

Annexure-I

Physical Fitness- Self Defence - Women Empowerment
Self Defence Training Program (SDTP)

**(Certificate Course in Physical Fitness, Empowerment and
Development of Self Defence Skills)**



Jointly Run by

Haryana Kickboxing Association (HKA)

KICKBOXING HALL, MCF Sports Complex, Block-C, NIT-3, Faridabad – 121 001,
Haryana (India)

AND

Women Cell (Through)



Aggarwal College Ballabgarh, District Faridabad, Haryana (India)-121004

Value Added Programs under Self Defence
(For Girls Students)

One Semester Skill Development Program

Objectives:

- To develop character, personality & inculcate sportsmanship among the players.
- To empower girls to be Fearless, Courageous, Fierce & Fabulous.
- To educate, promote awareness, build self-esteem and give women the physical and mental tools they need to detect, avoid and escape potentially violent situations.
- To provide Self Defence Training to girl students of the college so as to ensure their Physical Fitness, developing Self Defence skills and provide Women Empowerment .
- To pursue avenues for our students to excel in related sports and participate in State, National and International Tournaments/Competitions thereby bringing laurels to the institution.
- To develop a state-of-the-art infrastructure and facilities for Kickboxing Sports.

Benefits/Outcomes:

- Holistic development (Intellectual, Physical and Mental) of students capable of taking decisions for themselves and for the society and nation.
- Strengthening of Moral, Physical, Social, Emotional, Spiritual quotient besides Intelligent Quotient.
- Building Self Confidence and acquiring courage, strength and skill to face tough situations in life and help others in need of hour
- Developing Strength & Flexibility, Boosting Confidence, Ensuring Fitness & Well being, Reducing Stress and tone the whole Body, Promoting Commandership, Improving Mental Agility, Spirituality and Common Sense, Increasing Muscular Endurance and keeping fit and Improving VO2 Maximum.

Duration: 40 Hours

Examination/Assessment

Pen & Paper after completion of program

Paper-1 (50 Marks): Theoretical

Paper-2 (50 Marks): Practical by way of demonstration

Grading will be done as per table given below.

Sr. No.	Marks Range Percentage (%)	Description	Letter Grade
1.	85% and above	Outstanding	O
2.	75% to below 85%	Excellent	A+
3.	65% to below 75%	V. Good	A
4.	55% to below 65%	Good	B+
5.	45% to below 55%	Fair	B
6.	35% to below 45%	Average	C
7.	Less than 35% (Fail)	Poor	D

Course contents & Syllabus

1	INTRODUCTION – Kickboxing Sport <ul style="list-style-type: none"> ○ Birth & evolution ○ Development of Kickboxing ○ Characteristics of Kickboxing ○ Basic goals of Kickboxing
2	Health benefits of Kickboxing <ul style="list-style-type: none"> ○ Kickboxing for the body ○ Kickboxing for the mind ○ Kickboxing for the soul
3	Activities <ul style="list-style-type: none"> ○ Aerobic & HIIT fitness ○ Functional training ○ Mind Training in Kickboxing ○ Meditation ○ Yoga and its contribution in Kickboxing
4	Kickboxing – Fight Preparation <ul style="list-style-type: none"> ○ Training in stages <p>Stage -1 Stabilization, endurance & corrective flexibility</p> <ul style="list-style-type: none"> - Posture - Joint strength - Muscular endurance - Cardiovascular fitness <p>Stage -2 Strength Training</p>
5	Kickboxing – A Hybrid Sport with root in ancient techniques with Ring Sport & Tatami Sports <u>Tatami Sports</u> <ul style="list-style-type: none"> ○ Tatami Sports ○ Musical forum ○ Point Fighting ○ Light contact, ○ Kick light Ring Sports <ul style="list-style-type: none"> ○ Full Contact ○ Low Kick ○ K-1Style
6	Benefits: <ul style="list-style-type: none"> ○ General ○ Institution ○ Students/Athletes
7	Necessity of martial art in present environment
8	Purposes of Kickboxing (martial arts) Training

9	Uses for the jab <ul style="list-style-type: none"> ○ Jab to the body ○ Jab combinations ○ Technique ○ Reference ○ Defense jab ○ Speed jab ○ Power jab
10	Types of Punches / Kicks / Blocks
11	<u>SELF - DEFENSE</u> <ul style="list-style-type: none"> ● Basics & Advance Self Defense Techniques ● Realistic Self Defense ● Real Life Scenario ● Stand – up Fighting ● Ground Fighting ● Dealing with threats ● Targets, Basic Strikes, Basic Kicks ● Throws, Takedowns, and 3 Selected Locks ● Dirty Tricks, First Strikes, and Improvised Weapons ● Punches, Grab and Punch, Kick Defense, Hair Grabs ● Chokes, Wrist/Arm Grabs, Clothing Grabs ● Head Locks, Bear Hugs, Push/Shove/Tackles ● Selected Special Situations ● Weapons : Knives, Hand Guns, Clubs and Sticks
12	HOW TO DEVELOP A FIGHTING STRATEGY: A lesson plan for Becoming A World Champion <ul style="list-style-type: none"> ➤ Defense Strategies ➤ Defense Fighting Strategies ➤ Angle Kicking Techniques ➤ How to train to WIN ➤ The Video Room ➤ Good Sparring Partners ➤ Control, Timing & Speed

Certification: **Certificate Course in Physical Fitness, Empowerment and Development of Self Defence Skills**