

**Shri Shivaji Education Society Amravati**  
**Shri Shivaji Science College Amravati**  
**Department of Physical Education and Sports**  
**Two week online certificate course brochure**

**Online certificate course on**

**“Competitive Sports through Self-Defence”**

**Course starting date:** 8-9-2022

**Course end date:** 22-9-2022

**Platform:** Departmental YouTube channel

**Registration:** Free

**Course duration:** Two week (30 hours)

**passing criteria:** 60 marks test and 40 practicals

**registration Start from:** 22-8-2022

**last date of registration:** 4-9-2022

### About Course

#### **Dear Learner**

There are several reasons you might want to learn self-defense. The most obvious reason is that you want to be prepared to defend yourself or your family if you're ever in immediate danger. Knowing how to protect yourself from a potential attacker is a skill set all of us should have in our tool box. Mastering the steps necessary to identify a dangerous situation and ward off an attacker is at the core of self-defense course. by taking this need into consideration **Department of Physical Education and Spots, Shri Shivaji Science College Amravati** is going to organize two-week online certificate course on “**Competitive Sports Through Self-Defense**” this course is designed for **all students**

Most traditional self-defense lessons are designed to teach everything from basic level de-escalation skills to full, physical combat techniques. Although in-person instruction is ideal, you can still learn many valuable self-defence techniques at home. So, if you're ready to learn how to assess your surroundings, identify danger, and know what to do when confronted with a threat, we've got you covered. This roundup includes online self-defense course and programs from expert-trained instructors that feature strategies appropriate for all ages and levels.

### Course Objectives

1. To build Confidence
2. To work on Your Balance
3. To develop Self-Discipline
4. To help Improve Your Physical Conditioning
5. To improve Your Street Awareness

7. To help to Develop a Warrior Spirit
6. To teach You Self-Respect
8. To help You Develop a Fighters Reflex
10. To develop a Positive Influence on Your Life
9. To will Help You with Goal Setting

### Resource person

**1. Boxing: - Gaurav Wankhede Sir** (Boxing Coach & Secretary of YSDMA India) **2. Kickboxing: - Shubham Ingle Sir** (International Player Kickboxing) **3. Karate: - Ajinkya Gajbhiye Sir** (All India Player Karate) **4. Taekwondo: - Rakesh Sir** (NIS International Coach Pune )

### Course content

<b>Week –I</b>		
Day-1	8-9-2022	Boxing basic skills part 1
Day-2	9-9-2022	Boxing basic skills part 2
Day-3	10-9-2022	Boxing basic skills part 3
Day-4	11-9-2022	Self defence through boxing skills
Day-5	12-9-2022	Kickboxing basic skills part 1
Day-6	13-9-2022	Kickboxing basic skills part 2
Day-7	14-9-2022	Kickboxing basic skills part 3
Day-8	15-9-2022	Self defence through Kickboxing skills (Feedback and quiz 1)
<b>Week –II</b>		
Day-9	16-9-2022	Karate basic skills part 1
Day-10	17-9-2022	Karate basic skills part 2
Day-11	18-9-2022	Self defence through Karate skills
Day-12	19-9-2022	Taekwondo basic skills part 1
Day-13	20-9-2022	Taekwondo basic skills part 2
Day-14	16-9-2022	Taekwondo basic skills part 3
Day-15	21-9-2022	Self defence through Taekwondo skills
Day-16	22-9-2022	Feed back and final exam quiz 2
<b>Distribution of certificate</b>		

**Link for Registration:** <https://forms.gle/PZs3669mbGF34LqVA>

**Link for telegram group:** <https://t.me/+DidPopdO6dVIZWI9>

**Link for WhatsApp group:** <https://chat.whatsapp.com/LEMWGjXytcVIQDOeZPPjpP>

**Course coordinator**

**Dr.Rupali A.Ingole**

Director of Physical Education and Sports  
Shri Shivaji Science College Amravati

**Convener**

**Dr.Sugandh E.Band**

H.O.D. Physical Education and Sports  
Shri Shivaji Science College Amravati