

**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:** 3-9-2021

**Course end date:** 18-9-2021

**Platform:** Departmental YouTube channel

**Registration:** Free

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

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

**last date of registration:** 2-9-2021

### 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 Coach)

### Course content

Week –I		
Day-1	3-9-2021	Boxing basic skills part 1
Day-2	4-9-2021	Boxing basic skills part 2
Day-3	5-9-2021	Boxing basic skills part 3
Day-4	6-9-2021	Self defence through boxing skills
Day-5	7-9-2021	Kickboxing basic skills part 1
Day-6	8-9-2021	Kickboxing basic skills part 2
Day-7	9-9-2021	Kickboxing basic skills part 3
Day-8	10-9-2021	Self defence through Kickboxing skills (Feedback and quiz 1)
Week –II		
Day-9	11-9-2021	Karate basic skills part 1
Day-10	12-9-2021	Karate basic skills part 2
Day-11	13-9-2021	Self defence through Karate skills
Day-12	14-9-2021	Taekwondo basic skills part 1
Day-13	15-9-2021	Taekwondo basic skills part 2
Day-14	16-9-2021	Taekwondo basic skills part 3
Day-15	17-9-2021	Self defence through Taekwondo skills
Day-16	18-9-2021	Feed back and final exam quiz 2
Distribution of certificate		

**Link for Registration:** <https://forms.gle/vVT7gJihX2r9xH4C8>

**Link for telegram group:** <https://t.me/joinchat/mX8uPQ8xc00zMTI9>

**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