



SELF DEFENSE

SAKSHI SHAH

INSTRUCTOR INFORMATION :

Sakshi is a certified grade 2 black belt in karate. She's won medals at several state and national tournaments, represented India and won international medals for the country.

She's been training in karate for the past 16 years. For her, it's more than a hobby - it's a passion attached to her heart! She's also trained children and adults in martial arts for two years.

Sakshi hopes to instill a sense of self-confidence and discipline in this class, as well as help develop an ability to protect yourself. On top of all that, it will help keep yourself physically and mentally fit!

AGE ELIGIBILITY: 4 YEARS AND ABOVE

AGE GROUP

4-14 YEARS

15-18 YEARS

19+ YEARS



FOR DEMO LECTURES:

1. INTRODUCTION TO MARTIAL ARTS,
UNDERSTANDING THE CONCEPT ITS
ADVANTAGES IMPORTANCE

WEEK 1

BASIC STRETCHING AND WARM UP EXERCISES TO INCREASE
STRENGTH, FLEXIBILITY AND AGILITY

WEEK 2

INTRODUCTION THE BASICS OF MARTIAL ARTS
(KICKS, PUNCHES, ETC.)

WEEK 3

ADVANCED MARTIAL ART TECHNIQUES AND ITS USAGE

WEEK 4

SELF DEFENSE TECHNIQUES