

CERTIFICATE COURSE ON SELF DEFENSE MECHANISM (KARATE)  
FOR  
GIRL STUDENTS

**COURSE OUTCOME:**

Upon successful completion of this course students will be able to:

- Build self-esteem and strengthen self-confidence
- Learn and master self-defense techniques
- Enhance physical and mental health and discipline
- Improve the academic performance by raising the level of energy, focus and concentration

**COURSE OUTLINE:**

GRADING TO PRIMARY (WHITE BELT)

1) TEA WAZZA (HAND TECHNIQUES)

- a) Standing (Heiko Dechi) or Kiba Dachi Chudan Zuki – (10 counts) (Jodan, Chudan, Gidan)
- b) Step-Forward (Zenkutsu Dachi) Oi Zuki
- c) Step-Forward (Zenkutsu Dachi) Tate Zuki
- d) Step-Forward (Zenkutsu Dachi) Shuto Uchi
- e) Step-Forward (Zenkutsu Dachi) Nukite Uchi
- f) Step-Forward (Zenkutsu Dachi) Taisu Uchi

2) UKE WAZA (BLOCK TECHNIQUES)

- a) Gedan Uke Uchi Uke Agi Uke Soto Uke (Standing or Kiba Dachi)
- b) Gedan Uke (Zenkutsu Dachi-Santei)
- c) Uchi Uke (Zenkutsu Dachi-Santei)
- d) Age Uke (Zenkutsu Dachi-Santei)
- e) Soto Uke (Zenkutsu Dachi-Santei)
- f) Taisu Uke (Zenkutsu Dachi-Santei)

3) ASHI WAZA (LEG TECHNIQUES)

- a) Mae Geri Yoko Geri ((Zenkutsu Dachi-Santei)
- b) Mae Geri (Kiba Dachi)
- c) Yoko Geri (Heisoku Dachi & Hajachi dachi), Zenkutsu Dachi, Kiba Dachi

4) DACHI

- a) Heisoku Dachi, Musubi Dachi

5) KATA

- a) TAIKYOKU SHODAN & TEAM KATA (TAIKYOKU SHIODAN) with Bonkai

6) KUMITE

- a) Ippon Kumite (Standing)

7) ORAL

**COURSE DESIGN:**

- Duration of the Course in hours: 30 hours
- Course Fee: Nil
- This Course is open to all girl students of Hazi A. K. Khan College