



Dr.V.S.KRISHNA GOVT. DEGREE COLLEGE

(An Autonomous Institution Affiliated to Andhra University)

Reaccredited by NAAC with 'A' Grade(3rd Cycle)

District Resource Centre & Center for Research Studies
Maddilapalem, VISAKHAPATNAM 530 013, Andhra Pradesh



ADD ON COURSE IN SELF DEFENCE





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SYLLABUS 2018-19

Course Schedule 15-week model (30 Hours):

- WEEK 1: Introduction to fighting stances
- WEEK 2: Ground fighting basics / standing fighting basics
- WEEK 3: Video Day/ guest instructor day
- WEEK 4: Two turns and ground fighting basics / punch blocking and knee strikes
- WEEK 5: Basic ground fighting controls and turns / elbow strikes and punch blocking
- WEEK 6: Escapes from mount and guard / blocking test preparation
- WEEK 7: Ground fighting test preparation / blocking test preparation
- WEEK 8: Skills test
- WEEK 9: Defense against chokes / kicking basics
- WEEK 10: Takedown defense/ front and roundhouse kicking
- WEEK 11: Throwing and falling / basic kicking defense
- WEEK 12: Punching basics and footwork
- WEEK 13: Circuit training week
- WEEK 14: Knife/ Weapon attacks
- WEEK 15: Review/sparring/ etc.



Dr. V. S. Krishna Govt. Degree College (A)
 (NAAC ACCREDITED 'A' GRADE INSTITUTION & NODAL RESOURCE CENTRE)
 MADDILAPALEM, VISAKHAPATNAM-530013. ANDHRA PRADESH



Value Added Course Certificate

2028. to 2029.

This is to certify that - S. Lakshmi of
II B.Sc. (CBZ) has successfully completed the Value Added Course in Self defence
 with Regd No. T16203063 Organized by the Department of Zoology in
 collaboration with AU during year 2028. to 2029. He/She has passed the course with
'A' grade.

[Signature]
**Academic
 Coordinator**

[Signature]
**IQAC
 Coordinator**

P. Revathi
**Course
 Coordinator**



[Signature]
**PRINCIPAL
 Dr. V.S. Krishna Govt. Degree College (A)**



Man who
introduced the
Self-Defence
Add-On Course
in the college

PRINCIPAL

Dr. V. Chandra Sekhar
~~~~~

  
PRINCIPAL  
Dr. V.S. Krishna Govt. Degree College  
VISAKHAPATNAM

Master-Trainer  
who gives free  
training to the  
girl students -  
FOUNDER - DIRECTOR  
Indian Martial Arts  
Academy, VSP.

M. V. Ramana  
~~~~~  
6th Dan Black Belt
(USA)





Show by self-defence 2018 team performing before UGC - Autonomous Expert Committee.



Self-Defence students with UGC - Autonomous Expert Committee

Participation in Karate Championship
 JSKKOI - 5th Japan Shotokan Karate Kankinjuken Open
 National Karate Championship 2018, VSP

7-9th Sept 2018



M. Anitha III MPCs(TM) T 16202071 - Bronze
 P. Pavani III B.Com(TM) T 16331159 - Bronze
 Medal
 in 50-55 kg category & 45-50 kg category
 respectively. Principal, Sir Dr V. Chandra Sekha
 and Self-defence Co-ordinator, Dr P. R. VAN
 congratulating the winners.

NSS Special Camp 2019 -

08/2/2019

"Self-Defence Awareness Campaign"

By M. Anthe ITI MPCs (TM)
P. Pavani III B.Com (TM)



Principal, Vice-Principal, NSS PO's and lecturers of Dr VSK GDC (A) along with NSS, chief coordinator A.O, Prof. R.D Sampath Kumar



Niji-Shotokan National Open Karate Championship
-2019

17.02.2019



P. Pavani - III B.com (TM) T16331159 - Silver Medal
2nd position in individual kumite event



P. Pavani secured silver medal in the
event - III Bcom (TM)

ALL-INDIA Inter-University Karate Championships
M.D University, Rohtak

20-2-19 to 25-2-19



M. Anita III MPES participating in the event.

04.12.18



Practise Sessions with Karate Master
M.V. Ramana.



Practise session for Golden Jubilee Celebrations 2019

01.03.2019



2018-19 Self-defence students preparing for Golden Jubilee Celebrations - 2019



Participants of "Golden Jubilee Celebrations - 2019"

Niji Shotokan National Open Karate Championship
-2019

17.02.2019



P. Pavani, III B.Com(TM) - T 16331159
secured Silver Medal (2nd position)
in individual kumite event.
Principal Sir Dr V. Chandra Sekhar garu
and Course co-ordinator Dr P.R. Vani
congratulating the winner.

Presenting "Karate Kai Kit" to best student

16.02.2019



M. Anitha III MPCs (TM) - T16202071
receiving "Karate Kai Kit" to participate
in All India Inter-University Karate championship
2019 at M.D University, Rohtak,
Principal Sir and Vice-Principal Sir presenting
the kit to M. Anitha. The kit being
sponsored by Members of "Women Empowerment
Cell" and some male staff.



P. Pavani, III B.com(TM) - T16331159

"Golden Jubilee Celebrations" - Annual Day - 2019

02.03.2019



"Golden Jubilee Celebrations - 2019" - M. Anitha
III MPCs (TM) won 6 medals in academic year
2018 - 19 in various karate championships.



P. Pavani, III B.Com(TM) won 8 medals in
academic year 2018 - 19 in various karate
championships.

"Self-Defence Examination" - 2018-19 Batch .

06.03.2019



Add On Course "Self Defence" practical examinations being held for the academic year 2018-19



Examiner : Ms. M.V. Ramana
6th Dan Black Belt .