

SYLLABUS  
KARATE 30 DAYS CERTIFICATE COURSE

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|---|-----------|
| 1. Warm up exercise                           | (1 hour)  |
| 2. Leg strengthening exercise                 | (1 hour)  |
| 3. Different Abdominal strengthening exercise | (2 hours) |
| 4. Different Shoulders strengthening exercise | (2 hours) |
| 5. Punches with Different directions          | (3 hours) |
| 6. Different kicks                            | (3 hours) |
| 7. Different block techniques                 | (3 hours) |
| 8. Blocks with combination                    | (3 hours) |
| 9. Basic gymnastics                           | (3 hours) |
| 10. Basic forms techniques                    | (2 hours) |
| 11. Filmetic fighting techniques              | (2 hours) |
| 12. Basic self defense techniques             | (3 hours) |
| 13. Weapon (Nunjak)                           | (2 hours) |

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