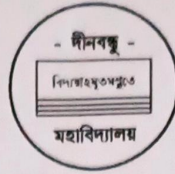


# DINABANDHU MAHAVIDYALAYA



Bongaon, North 24 Parganas  
West Bengal, Pin- 743235  
Ph. +91- 965753261, 03215-255044

**NAAC ACCREDITED**

**Affiliated to West Bengal State University & Formerly under University of Calcutta**  
**Registered under 2(f) & 12(B) of U.G.C. Act 1956**  
**ESTD: 1947**

**Dinabandhu Mahavidyalaya**

**Course Title: "Martial Mastery: Crafting a Safer YOU in 40 Hours"**

**Course Duration: 18 Day Course (40 Hours)**

**Course Objectives:**

- Develop a solid understanding of fundamental martial arts principles.
- Cultivate proper stance, footwork, and balance essential for effective martial arts practice.
- Learn and master basic attacking and defensive techniques.
- Acquire proficiency in various punching techniques including the jab, hook punch, and uppercut.
- Enhance speed, accuracy, and power in executing punches.
- Develop the ability to integrate learned techniques into fluid combinations.
- Gain confidence and skill in practical application through controlled sparring sessions.
- Foster mental discipline, focus, and resilience in martial arts practice.
- Prepare for real-world self-defense situations through comprehensive training.
- Demonstrate proficiency in martial arts techniques through the successful completion of a final practical examination.

**Course Outcomes:**

**Upon completion of the course, students will:**

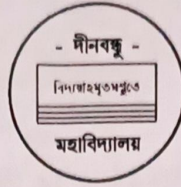
- Demonstrated proficiency in maintaining proper stance, footwork, and balance.
- Mastery of fundamental attacking and defensive techniques in martial arts.
- Ability to execute various punching techniques with precision and power.
- Enhanced speed, agility, and coordination in martial arts movements.
- Integration of learned techniques into effective combinations during sparring.
- Improved mental discipline, focus, and concentration skills.
- Enhanced self-confidence and self-awareness in self-defense situations.
- Understanding of martial arts philosophy, ethics, and respect for others.
- Development of physical fitness, endurance, and flexibility.
- Successful completion of a final practical examination demonstrating acquired skills and knowledge in martial arts.

**Course Curriculum:**

Topics	No. of Days	Hours
<b>Session 01: Introduction to Martial Arts</b> , Overview of the course objectives and expectations.	1 day	2 hours
<b>Session 02: Fundamental Stance and Footwork</b> , Proper stance for balance and mobility. Basic footwork drills to enhance agility and movement.	1 day	2 hours
<b>Session 03: Principles of Attack and Defense</b> , The concepts of attack and defense. Introduction to blocking and evading techniques.	1 day	2hours
<b>Session 04: Punching Techniques</b> , Overview of different types of punches.	1 day	2 hours
<b>Session 05: Perfecting the Jab</b> , Importance of the jab in martial arts. Techniques to improve jab speed and accuracy	1 day	3 hours
<b>Session 06: Mastering the Hook Punch</b> Understanding the mechanics of the hook punch. Drill exercises to develop hook punch proficiency.	1 day	2 hours
<b>Session 07: Understanding the Upper Cut</b> , Breakdown of uppercut technique and its application.	1 day	2 hours

**Biswajit Ghosh**  
Principal  
Dinabandhu Mahavidyalaya  
Bongaon, 24 Pgs (N)

# DINABANDHU MAHAVIDYALAYA

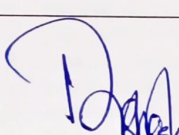


Bongaon, North 24 Parganas  
West Bengal, Pin- 743235  
Ph. +91- 965753261, 03215-255044

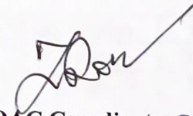
**NAAC ACCREDITED**

Affiliated to West Bengal State University & Formerly under University of Calcutta  
Registered under 2(f) & 12(B) of U.G.C. Act 1956  
ESTD: 1947

<b>Session 08:</b> Techniques Integration and Drills. Integration of previously learned techniques into fluid combinations.	1 day	2 hours
<b>Session 09:</b> Review and Revision, Recap of key concepts and techniques covered so far.	1 day	2 hours
<b>Session 10:</b> Practical Application and Sparring .Introduction to controlled sparring. Emphasis on safety and proper sparring etiquette.	1 day	2 hours
<b>Session 11:</b> Techniques Refinement, Fine-tuning of techniques and movements. Individualized feedback and correction.	1 day	2 Hours
<b>Session 12:</b> Advanced Defensive Strategies, Introduction to advanced defensive techniques.	1 day	2 hours
<b>Session 13:</b> Advanced Offensive Strategies, Strategies for effectively launching attacks. Developing combinations for offensive success.	1 day	2 hours
<b>Session 14:</b> Mental Conditioning and Focus, Importance of mental preparedness in martial arts. Techniques for maintaining focus and concentration.	1 day	2 hours
<b>Session 15:</b> Review and Preparation , Reviewing key concepts and techniques learned throughout the course.	1 day	2 hours
<b>Session 16:</b> Preparing for the final practical examination.	1 day	2 hours
<b>Session 17:</b> Practical Examination Preparation	1 day	2 hours
<b>Session 18:</b> Final Practical Examination	1 day	5 hours
<b>Total</b>	<b>18 days</b>	<b>40 Hours</b>

  
Dr. Biswajit Ghosh  
Principal  
Dinabandhu Mahavidyalaya  
Bongaon

Biswajit Ghosh  
Principal  
Dinabandhu Mahavidyalaya  
Bongaon, 24 Pgs (N)

  
IQAC Co-ordinator  
Co-ordinator, IQAC  
Dinabandhu Mahavidyalaya