

Certificate in Karate (CK)

Duration: 3 Months (1 Semester)

Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	CK201	1CK1	Introduction to Martial Arts & Karate
2	CK202	1CK2	Basic Stances, Blocks & Punches
3	CK203	1CK3	Kicking Techniques & Self Defense Basics
4	CK204	1CK4	Practical Training & Demonstration

Course Details (Semester – I)

- **Introduction to Martial Arts & Karate** – History, philosophy, rules, and discipline of Karate.
- **Basic Stances, Blocks & Punches** – Training in fundamental karate stances, defensive and attacking moves.
- **Kicking Techniques & Self Defense Basics** – Basic kicks, footwork, and practical self-defense applications.
- **Practical Training & Demonstration** – Hands-on karate practice, kata (forms), sparring basics, belt grading preparation.