



LPCPS
LUCKNOW PUBLIC COLLEGE
OF PROFESSIONAL STUDIES

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

MARTIAL ARTS

Duration (40 Hours)

Course Specific outcomes: To teach the student the basics of punching, kicking, blocking, and movement stressing the application of the basics in regards to self-defence, while applying the five virtues of Shoalin Martial Arts: effort, etiquette, character, sincerity, and self-control.

Unit-I (10 hours)

Introduction to martial art .Difference between martial and non-martial sports. Forms of martial arts —wushu,taekwondo,kick boxing, kalaripayattu etc.(mixed martial arts), principles and theories of martial art.

Unit-II (10 hours)

Introduction to defence and attacking styles of martial arts, Basic stances and bowing, theoretical approaches to of punching, kicking, blocking, and movement stressing the application of the basics in regards to self-defence.

Unit-III (10 hours)

Introduction to various defensive attacks like Hammer strike, Groin kick, Heel palm strike, Elbow strike, Alternative elbow strikes, Escape from a 'bear hug attack' Escape with hands trapped, Escape from side headlock.

Unit-IV (10 hours)

Practice of Chest Punch, Face Punch and Downward Punch Face Punch & Below Punch on Kibadachi Stance, Forward Stance + Front Kick (Chest Level & Face Level), Front Kick on Bag, Stepping, Blocks- Upper Block, Outer Block, Downward Block, Inner Block with practical application of all the blocks, Basic combination, Sparring techniques.

(Mr. Manoj Gupta)

Course Coordinator

(Dr. L.S. Awasthi)

Dean Academics

(Dr. Anil Singh)

Lucknow Public College of Professional Studies
Principal
Anamra Khand, Gomti Nagar, Lucknow