

WOMENS SELF DEFENSE



Under the Rani Lakshmibai Atma Raksha
Prashikshan Initiative

Submitted by:
RYUEI RYU KARATE

INTRODUCTION

Empowering young girls with the skills and confidence to protect themselves is not just an educational priority—it is a societal necessity. In line with the visionary Rani Lakshmibai Atma Raksha Prashikshan initiative and the directives of the State Project Director of Samagra Shiksha, we are proud to present this proposal to implement structured, high-impact self-defence and martial arts training for girl students of Classes 6 to 12 across government schools, KGBVs, Model Schools, and welfare institutions throughout Andhra Pradesh.

We represent a globally recognized and award-winning karate academy with deep roots in traditional Okinawan martial arts and a modern, student-centric training approach. Our academy is directly connected to Sensei Tsuguo Sakumoto—the legendary coach of Olympic Champion Ryo Kiyuna—ensuring access to elite standards of instruction. With this legacy and expertise, we aim not only to instill essential self-defence skills but also to identify and mentor talented students with the potential to compete and succeed at national and international levels, including global tournaments and future Olympic opportunities.



INTRODUCTION

Our mission is to develop a generation of confident, disciplined, and resilient young women who embody the strength and courage of Rani Lakshmibai. Through this partnership, we seek to contribute to a safer and more empowering learning environment—where girls not only defend themselves but rise to their fullest potential, both on and off the mat.

This proposal outlines our intent to collaborate with the Department of School Education to deploy professional martial arts instructors, design a structured training curriculum, and create a transformative learning experience that promotes discipline, courage, physical fitness, and personal security among young girls—true to the spirit of Rani Lakshmibai, the warrior queen who symbolizes strength and self-reliance.

We look forward to the opportunity to contribute to this noble mission and support the state's efforts in creating a safe and empowered learning environment for every girl.



ABOUT THE INTERNATIONAL KARATE SCHOOL

- **International recognition and Olympic credentials:**

Welcome to RYUEI RYU KARATE where tradition, excellence and empowerment converge. Founded in 1956 in the heart of Okinawa, Japan our martial arts dojo embodies the spirit of a time-honored discipline passed down through generations. Our journey is marked by dedication, mastery and a commitment to holistic development.

At RYUEI RYU we understand that Karate is more than just physical movements- it's a journey of self awareness and personal growth. Our philosophy embraces the fusion of physical precision and mental harmony. Through disciplined practice our students cultivate character, integrity, and a sense of responsible citizenship.



RYUEI RYU KARATE

ABOUT THE INTERNATIONAL KARATE SCHOOL

- **About the Chief:**

Kyoshi Chandrasekhar 7th Dan Black Belt, the Indian Chief of Ryuei Ryu, embodying strength and humility. With 43 years in karate since 1980, has cultivated an unbreakable bond with the art. He has trained for over 3 years in Okinawa, Japan directly under the grandmaster of this style.

At Ryuei Ryu, we understand that karate is more than just physical movements—its a journey of self awareness and Personal growth. Our philosophy embraces the fusion of physical precision and mental harmony. Through disciplined practice, our students cultivate character, integrity, and a sense of responsible Citizenship.

Our students have demonstrated exceptional skill, dedication and success both nationally and internationally. here are some of the remarkable achievements:



**NATIONAL
CHAMPIONS:**
150+

**STUDENTS
TRAINED:**
30K+

**INTERNATIONAL
MEDALS WON:**
75+

**YEARS
EXPERIENCE:**
35+

ABOUT THE INTERNATIONAL KARATE SCHOOL

- **DIRECT DISCIPLE OF SENSEI TSUGUO SAKUMOTO:**

Direct disciple of Sensei Tsuguo Sakumoto, coach of Olympic Champion Ryo Kiyuna. Hanshi Tsuguo Sakumoto is renowned martial artist from Okinawa, Japan. He is highly respected in the martial community, especially in the field of Karate. He holds a high rank of Hanshi , which is a title given to those who have reached the highest level of expertise and mastery in their martial art.

- i) 7 Times World Champion- 3 Times World Champion, 2 Times World Game Champion and 2- Times World Cup Champion.
- ii) Coach of 9 World Champions- 7 JapanEse & 2 Overseas Athletes.
- iii) 9th Dan-RYUEI RYU 5th Grand Master & Hanshi 9th Dan



ABOUT THE INTERNATIONAL KARATE SCHOOL

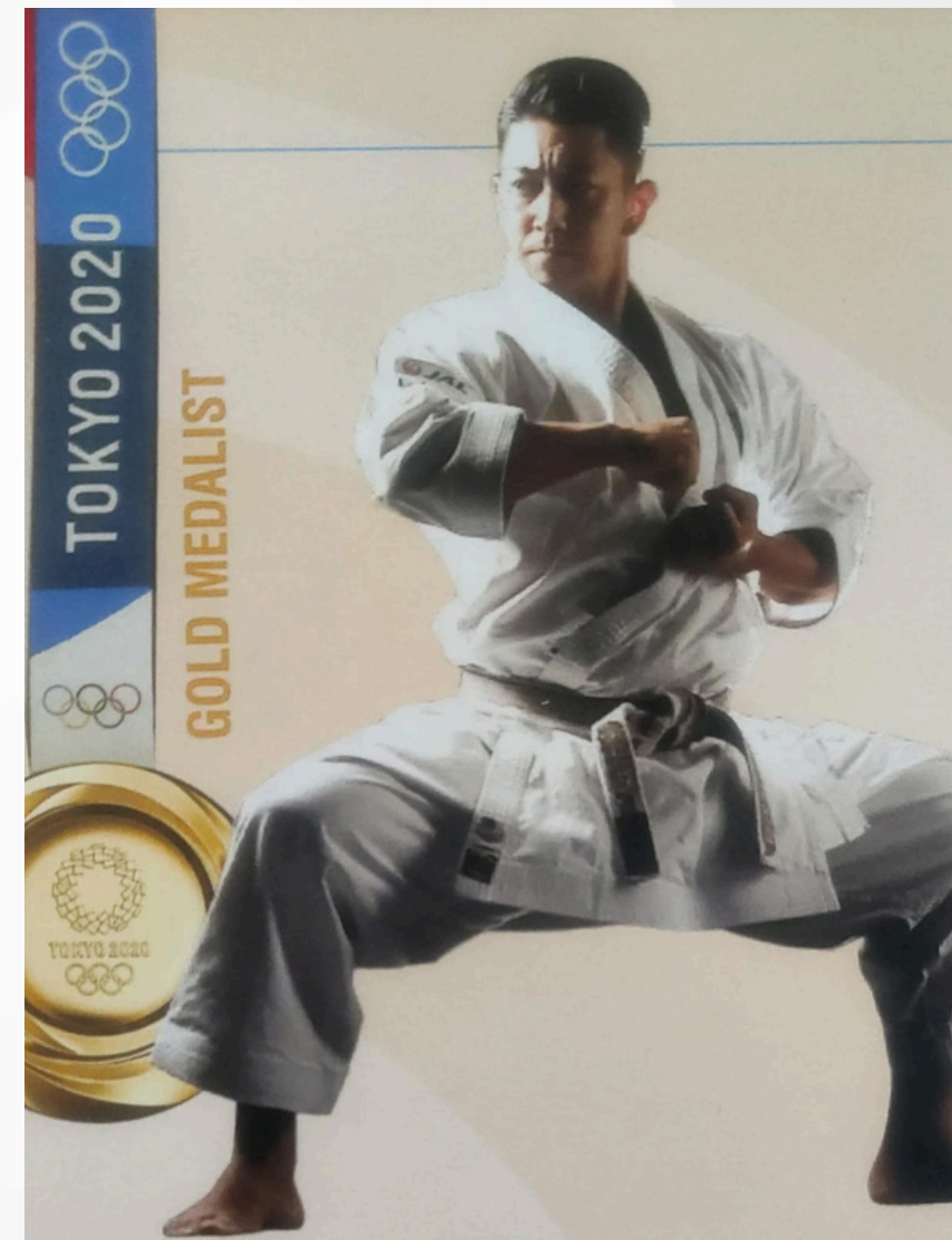
- **Awards and recognition received:**

Ryo Kiyuna is the best known for his expertise in Kata which is one of the two disciplines of competitive karate. Kata involves performing a sequence of predetermined movements showcasing techniques, transitions and martial principles.

i) Olympic Gold Medalist 2020- Kiyuna won gold in Men's Kata at the 2020 Tokyo Olympics, Japan's first Okinawan gold medalist.

ii) 4 Times World Champion- 4 Times Men's Kata Medalist, 2 Time Gold Medalist in the men's team Kata event.

iii) 5th Dan Black Belt



HISTORY AND ACHIEVEMENTS:

- The RYEUI RYU KARATE was established in the year 1980.
- We have trained and coached over 150 National Champions (100 Karnataka, 50 Inter State Athletes)
- Our students have won 75 medals in 15 global championships
- Training over 50 schools all over Karnataka.



- 6 Times National Champion-3 times AIKF Champion& 3 times Shito Ryu Style Champion.
- 30,000+ Students have been trained in the span of 35 years
- Provided free training to more than 100 government schools.

OBJECTIVES

- **Empowerment through Self-Defence Training:**

To train girls from Classes 6 to 10 in essential self-defence techniques, with a special emphasis on real-life applications in various environments such as roads, schools, public transport, and other vulnerable situations.

- **Mandatory Martial Arts Education for Girls (Classes 6–10):**

To introduce structured and compulsory Karate training as a part of the regular physical education curriculum for girl students from Classes 6 to 10, thereby building a strong foundation in discipline, resilience, and self-protection.



OBJECTIVES

- **Partnership with an Internationally Accredited Karate School:**

To deliver world-class martial arts training under the guidance of certified instructors from our international karate school, affiliated directly with the Okinawan school of Karate and Sensei Tsuguo Sakumoto, mentor of Olympic Champion Ryo Kiyuna.

- **Identification and Grooming of Talented Students:**

To scout and mentor students who display exceptional potential, with the goal of preparing them to represent India at national and international martial arts championships, including Olympic-level events.



OBJECTIVES

- **Holistic Development and Confidence Building:**

To create a positive and empowering environment that fosters not only physical skills but also mental strength, self-confidence, and leadership qualities among young girls—true to the spirit of Rani Lakshmibai.

- **Sustainability and Scalability:**

To develop a model that can be scaled across districts and sustained through continued mentorship, school integration, and periodic evaluations.



TRAINING PLAN

1. Target Group & Coverage

- The training will be compulsory for all girl students from Classes 6 to 10 in government schools, Kasturba Gandhi Balika Vidyalayas (KGBVs), Model Schools, Municipal Schools, and Social & Tribal Welfare institutions.
- Classes 11 and 12 will be offered an optional advanced training module based on interest and ability.



2. Training Frequency & Duration

- Sessions will be conducted twice a week for a duration of 45–60 minutes per session.
- Each academic year will include three terms (Foundation, Intermediate, and Advanced).
- The training will run for a minimum of 30–40 weeks annually, excluding exam and vacation periods.

TRAINING PLAN

3. Curriculum Design

Our training modules will be designed to cater to the physical, mental, and emotional needs of adolescent girls, and will include:

a. Practical Self-Defense Techniques

- Situation-based responses: defense strategies in public places, school premises, roads, public transport, and during emergencies.
- Escape techniques, verbal assertiveness, boundary-setting, and basic threat response.

b. Martial Arts Fundamentals

- Karate stances, strikes, blocks, and kicks.
- Focus on self-control, discipline, and respect through traditional martial arts etiquette.
- Age-appropriate drills and conditioning routines.



TRAINING PLAN

4. Training Faculty & Certification

- All training will be conducted by qualified instructors from our international karate school.
- Our academy is affiliated with the global Karate community and maintains a direct training lineage from Sensei Tsuguo Sakumoto, mentor of Olympic Champion Ryo Kiyuna.
- All instructors will be certified in child safety, first aid, and possess black belt rankings or higher.
- Students completing each level of training will receive progress certificates recognized by our international karate school and affiliated bodies.



5. Identification of Potential Talent

- During the course of the training, instructors will assess and shortlist students who display exceptional talent, discipline, and dedication.
- Selected students will be provided specialized training pathways, including exposure to:
 - District- and state-level competitions
 - National championships under Karate federations
 - International training camps and competitions, with potential Olympic pathways.

TRAINING PLAN

6. Infrastructure & Support Requirements

- Training will take place in school premises (assembly halls, open grounds, or designated rooms).
- Minimal equipment such as floor mats and punching pads will be provided as required.
- Sessions will be scheduled in coordination with school timetables to avoid academic disruption.



7. Monitoring & Evaluation

- Regular assessments will be conducted to track students' progress across physical skills, confidence levels, and knowledge of safety strategies.
- Monthly reports will be shared with school authorities and district coordinators.
- Feedback mechanisms (from students, trainers, and teachers) will help refine and customize the training approach

IMPLEMENTATION STRATEGY:

1. Trainer Deployment Plan:

- Our academy will deploy certified and experienced Karate instructors, all of whom hold internationally recognized rankings (Black Belt and above) and are trained in self-defense instruction specifically for school-age girls.
- Instructors will also possess qualifications in first aid, child safety, and gender-sensitive pedagogy to ensure a secure and encouraging environment for the students.
- Each instructor will be assigned to a fixed group of schools in a cluster model, ensuring consistency and familiarity with the student groups.
- Backup instructors will be available to ensure uninterrupted training in case of leave or emergencies.



IMPLEMENTATION STRATEGY:

2. Monitoring & Evaluation:

- A central monitoring team will oversee the quality and consistency of the training program, ensuring adherence to curriculum standards and safety protocols.
- Each instructor will maintain a training logbook and submit monthly performance reports including student attendance, skill progress, and behavioral feedback.
- Mid-term and end-of-term assessments will be conducted to evaluate student proficiency, engagement, and readiness for progression or talent scouting.



IMPLEMENTATION STRATEGY:

3. Coordination with School Authorities

- A dedicated liaison officer from our international karate school will be assigned to each district to coordinate directly with District Education Officers (DEOs), Additional Project Coordinators (APCs), and School Principals.
- Pre-training orientation sessions will be conducted for school staff to ensure seamless integration of martial arts sessions into school timetables.
- Regular review meetings will be scheduled with school authorities and district-level Samagra Shiksha representatives to address feedback, adapt logistics, and share progress updates.



EXPECTED OUTCOME:

1. Enhanced Physical and Mental Fitness

- Regular training will lead to improved physical health, flexibility, stamina, and coordination among students.
- Martial arts practice is known to boost self-discipline, focus, emotional regulation, and resilience—skills that also benefit academic and personal life.

2. Increased Self-Confidence and Empowerment

- Participation in martial arts builds a sense of strength, courage, and self-worth. Students will feel more confident in asserting boundaries and handling challenging situations.
- Girls who may otherwise be shy or hesitant will gain a stronger voice and improved self-esteem.

3. Structured Pathway for Talent Development

- Talented students identified during the training will be mentored and prepared for inter-school, district, state, and national-level competitions.
- Select students will be nurtured for international championships and may eventually compete at Olympic-level events under the guidance of our international karate school.



EARLIER CONDUCTED PROGRAMS:

Women's self defense training program at Madagalli, Mysuru

For the empowerment, safety and
Awareness



EARLIER CONDUCTED PROGRAMS:

NSS camp self defence training program at Mysuru Cauvery college

For teaching skill development and
preventive measure



EARLIER CONDUCTED PROGRAMS:

Life skills development Self protection at Christ University, Yeshwanthpur.

For personal safety, life skills and
community engagement



EARLIER CONDUCTED PROGRAMS:

Police training

For the preparedness, skill enhancement
and self defense



Gold medal in U-10 Kata Kumite category in state level Karate Championship 2025



THANK YOU
