



DDMSP.OBUL REDDYPUBLIC SCHOOL

SELF-DEFENCE (KARATE)



1(T) ARTY BTY NCC.

On 4th January 2020, NCC cadets learnt self-defence techniques which was taught by karate sir(Mr.Vijay kumar).The different techniques that cadets learnt were

- **How to save ourselves from a person who is trying to hold our hands.**
- **How to stop a person from slapping**
- **How to escape from a person who is trying to choke .**
- **How to choke a person who is trying to threaten us.**

Now a days , cadets all are aware of the incidents taking place in our society.

Our brothers and sisters and listens of the country are not safe any more and this has become a very important aspect.

Therefore it is important to learn from limply self-defence techniques to protect ourselves or others when in tuff situations.



