

Expression of Interest

The State Project Director, Haryana School Shiksha Pariyojna Parishad, Panchkula proposes to provide Master Trainers for self-defence training programme for girls students of classes 9th to 11th of Govt. schools in Haryana. It is proposed to invite proposals from intending agencies/organizations having expertise in the field. Eligible and interested organizations may submit their EOI in a sealed cover super scribed "Technical bid" along with brief profile of the organization:-

1. Training Academy should be registered at National or State Level and should be registered 5 years before the submission of EOI date.
2. The training academy should have at least five years' experience in conducting Self-defence trainings to Girls Student/Martial Art. Preference will be given to institutions having similar field of experience in High schools/colleges/Police.
3. At least having capacity of total 185 Master Trainers/experts to provide district-level trained professionals across Haryana State. Age of instructors should be between 18 to 55 years. Master trainer must have done 6 months certificate course in specific field and have training experience of one year.

Duration of training will be approx. 5 hours (as per schedule) per day to around 30 girls students for 10 days. Registration fee of Rs.2000/- (non-refundable) by way of Demand Draft in favour of State Project Director, HSSPP, Panchkula be submitted along with proposal by 08.01.2020 upto 3:00 PM. Interested bidders have to submit the rate in separate sealed envelope. The financial rate be quoted for one master trainer per day (in Rs.) be submitted in separate sealed envelope super scribed "Financial bid". For more details/syllabus, please visit the website www.hsspp.in.

State Project Director,
Haryana School Shiksha Pariyojna Parishad
3rd floor, Shiksha Sadan, Sec-5, Panchkula

➤ **Routine schedule for training of self-defence at District level for 10 days**

S.no	Activity	Timing
1	Attendance of girls, accompanying teachers and master trainers	9:00am to 9:15 am
2	Prayer	9:15am to 9:30am
3	Training session- I	9:30am to 11:30am
4	Refreshment/ Break	11:30am to 12:00non
5	Training session- II	12:00noon to 1:30pm
6	Lunch/ Break	1:30pm to 2:30pm
7	Motivational Session/ lectures regarding self-defence	2:30pm to 3:00pm
8	Training session- III	3:00pm to 4:00pm
9	Inspirational story/ literature of self-defence	4:00pm to 4:10pm
10	Departure attendance	4:10pm to 4:20pm

Financial be quoted as per above training schedule for each Master trainer.

➤ **District wise requirement wrt number of self-defence experts/ master trainers.**

S.No	District	No. of Schools/ KGBVs	No. of trainers (selected girls students)	No. of groups formed	No. of experts/ master trainers required
1	Ambala	132	264	9	9
2	Bhiwani	150	300	10	10
3	Charkhidadri	68	136	5	5
4	Faridabad	72	144	5	5
5	Fatehabad	129	258	9	9
6	Gurugram	100	200	7	7
7	Hisar	228	456	15	15
8	Jhajjar	123	246	8	8
9	Jind	180	360	12	12
10	Kaithal	130	260	9	9
11	Karnal	141	282	9	9
12	Kurukshetra	103	206	7	7
13	Mahindergarh	115	230	8	8

14	Nuh	67	134	4	4
15	Palwal	89	178	6	6
16	Panchkula	57	114	4	4
17	Panipat	106	212	7	7
18	Rewari	108	216	7	7
19	Rohtak	109	218	7	7
20	Sirsa	173	346	12	12
21	Sonipat	151	302	10	10
22	Yamunanagar	106	212	7	7
	Total	2629	5258	177	177

➤ Syllabus

Blocks: Time duration of training is approximately 10 days

1. These are defensive actions used to protect us from opponent's offensive action.

Outward Block (BahirgamiParirodhi):-

- It is a type of defensive action which is used to protect our face from opponent's offensive action.
- Back forearm is the part of impact for blocking.
- It has circular motion.

Inward Block (AntarParirodhi):-

- It is used to protect our body (chest & stomach)
- Inner forearm is the part of impact for blocking.
- Shoulder movement is preferred to complete inward block.

Low Block (AvgamiParirodhi):-

- This block is applied to protect our lower part of the body such as thighs.
- Back forearm is the part of impact for blocking.
- It has circular motion which comes through shoulder movement.

Inward palm block (AntarKartalParirodhi):-

- This block is applied to protect our face.
- Palm is the part of impact for blocking.
- It needs shoulder movement to complete this block.

Dodging Techniques: Time duration of training is approximately 6 days

Front to back dodge (AgratahPrishtheChhadyamSancharanam):-

- It is used to protect our face.
- Body is to be bent down straight without bending knees forward and move backward at back leg.

Back to front dodge (PrishthtahaAgreChhadyamSancharanam):-

- It is used to protect our face.
- Body is to be bent down straight without bending knees forward and move forward on front leg.

Hand Actions: Time duration of training is approximately 10 days

Vertical inward punch (LambwatAntarMushtiPrahara):-

- It is used to attack on jaw.
- First three knuckles are used to hit to the opponent.
- This punch is delivered with the help of body movement force transfers from one segment to the next.

Round elbow strike (VritakarahKarkonikaPrahara):-

- The strike is applied on jaw, neck & chest.
- The impact of elbow is there for hitting purpose.
- Elbow is to be swing and curved with shoulder movement & hip movement.

Upward palm strike (UrdhvamukhiKartalPrahara):-

- The strike is applied on jaw.
- Palm is the part of impact for hitting on opponent.
- Elbow is to be stretched back and tends to move up with shoulder & hip movement.

Vertical round punch (LambwatVritrakarahMushtiPrahara):-

- The strike is applied on jaw, neck, chest, stomach & ribs.
- First three knuckles are the part of impact for hitting on opponent.
- Arm is to be stretched back and move with shoulder & hip movement.

Side fist strike (MushtikonPrahara):-

- The strike is applied on jaw, neck, chest or stomach.
- The back part of the fist is used to hit an opponent.
- Arm is to be swing in front with shoulder & hip movement.

Back fist strike (PashchMushtiPraharah):-

- The strike is applied on jaw, neck, chest or stomach.
- The back part of the fist is used to hit on opponent.
- Arm is to be swing in front with shoulder & hip movement.

Reverse round elbow strike (PashchVritakarahKarkonikaPraharah):-

- The strike is applied on stomach, chest & jaw.
- The impact of back side of elbow is there for hitting purpose.
- Elbow is to be curved with shoulder & hip movement.

Leg Actions: Time duration of training is approximately 10 days

Straight knee strike (GuhyaSthaneRijuJanuPraharah):-

- The strike is applied on groin & stomach.
- Knee is the part of impact for striking an opponent.
- Thigh muscles are used to strike knee because thigh muscles are big which generate maximum force to harm the opponents.

Round Knee strike (ChakravatJanuPraharah):-

- The strike is applied on stomach, chest & ribs.
- Upper part of knee is the part of impact for striking an opponent.
- Thigh muscles are big. So, it is used to strike knee to an opponent so as to generate maximum force.

Stopping kick (AvrodhakahCharanPraharah):-

- The kick is applied on stomach & chest.
- Heel is the part of impact for hitting an opponent.
- Knee is to be raised up to the shoulder level so that inner thigh muscles get stretched. Thigh tends to move in a rectilinear motion.

Instep front kick (PadtalordhvaGuhyaSthaneSammukhahPraharah):-

- The kick is applied on groin.
- Instep is the part of impact for hitting an opponent.
- Knee is to be raised to the stomach level so as to stretch inner thigh muscles with the hip & thigh movement, the kick is to be raised forward and tends to move in reverse cycling motion.

Pattern combination: Time duration of training is approximately 10 days

Pattern is the use combinations of biomechanical techniques in enjoyable sequences. They are practiced for self-defense with imaginary opponent(s). Every technique in a Pattern is practical and has the same movement as when we hit an actual target.

A. To stand in parallel ready stance. To shift left leg in front and turn right side (in right front stance).

1. To execute right hand outward block.
2. To execute left hand inward punch.
3. To execute right hand inward punch.
4. To execute left hand inward punch.
5. To execute dodge front to back.
6. To execute left hand inward punch.

B. To turn left side (in left front stance).

1. To execute left hand outward block.
2. To execute right hand inward punch.
3. To execute left hand inward punch.
4. To execute right hand inward punch.
5. To dodge front to back.
6. To execute right hand inward punch.

A. To stand in a parallel ready stance. To shift left leg in front and turn right side (in right front stance).

1. To execute right hand outward block.
2. To execute left hand vertical inward punch.
3. To execute left leg knee strike and put it in front (in left front stance).
4. To execute left hand vertical inward punch.
5. To execute right hand round elbow strike.
6. To dodge front to back.
7. To execute right hand round elbow strike.

B. To shift left leg back and turn around (in left front stance).

1. To execute left hand outward block.
2. To execute right hand vertical inward punch.
3. To execute right leg knee strike and put it in front (in right front stance).
4. To execute right hand vertical inward punch.
5. To execute left hand round elbow strike.
6. To dodge front to back.
7. To execute left hand round elbow strike.

Close Range (Basic Self-Defense): Time duration of training is approximately 6 Days.

Close Range: Basic Self-Defense Moves Anyone Can Do (and Everyone Should Know) punches, strikes and kicks have failed to stop an opponent and we are grabbed, we utilize close range defense.

1. Attacker:-

To hold defender's left hand and pull.

Defender:-

1. To bend down and strike with key ring on attacker's stomach.
2. To hit key ring on attacker's neck.
3. Defender and attacker are facing to each other. Defender sticks to the wall.

2. Attacker:-

1. To come close to the attacker and put his left hand on the wall.
2. To stare the defender.

Defender:-

1. To attack upward palm strike on attacker's chin with his left hand.
2. To strike with right leg stopping kick on attacker's chest.
3. To attack inward punch with right hand on attacker's jaw.

3. Attacker and Defender are standing in parallel ready stance.

Attacker:-

To grab from front (including arms)

Defender:-

1. To strike with right leg knee on attacker's groin.
2. To attack inward punch with left hand on attacker's jaw.


27/12/019
Advisor (Physical Education)
HSSPP, Panchkula