

Nanda Attack N Defence Arts (NANDA)

Martial arts are not about fighting, it's about building a "Character" and at NANDA, we build characters, by teaching Karate, Self-defense & Self-Disciplinary Techniques.

Karate is not a game of points, weight classes or showy demonstrations. It is a martial art and way of life that trains a practitioner to be peaceful; but if conflict is unavoidable, true karate dictates taking down an opponent with a single blow. Such an action requires strength, speed, focus, control.

Martial arts are codified systems and traditions of combat practices, which are practiced for a variety of reasons:

Benefits of Martial Arts:

- Self Defense, Self-confidence,
- Physical Health and Fitness,
- Mental and Spiritual Development,
- It helps to prepare for life's challenges,
- Improves creative problem solving skills

At NANDA, students will experience a total body exercise, improving agility and flexibility to the fullest of very individual's potential. As important are the mental attitudes that emphasize respect for oneself, fellow students, the instructors, the martial arts, and all of life. No student is overexerted or under challenged.

We teach following forms of Martial Arts along with other activities.

Shotokan Karate:

Shotokan Karate is one of the most popular martial arts styles taught around the world. This branch of Karate focuses on kata, punches, hand/elbow strikes, knee strikes and kicks. Shotokan Karate was developed by Gichin Funakoshi in Okinawa, Japan.

Belt Grading and Syllabus: JKAI (Japan Karate Association of India)

Timings: Saturday and Sunday.

At Chambenahalli, Sarjapur Road or at the student's place.

Mornings

Batch 1: 7:00 to 8:30 am

Batch 2: 9:00 to 10:30 am

Evenings

Batch 3: 4:00 to 5:30 pm

Batch 4: 6:00 to 7:30 pm

Monthly Fee:

1250/- per Student

*Uniform and Belt Grading Tests fee are extra. *All safety gear is supplied while practicing in the Dojo.