

**Section : II**  
**Detail Syllabus**

**Part - I : Theoretical Section**  
**Semester - I**  
**Core Subjects**

**A-401 : PHYSICAL EDUCATION AND SPORTS PSYCHOLOGY**

- Unit-I :** (A) Meaning & Development of sports psychology  
(B) Meaning, Definition Types & Factors affecting Transfer & training
- Unit-II :** (A) Personality - Meaning, Definition Traits, Roll of Physical activities in Development of personality  
(B) Motivation - Meaning, Definition, Types & Methods of Motivation, Importance of Motivation in Physical Education & Sports  
(C) Interest, Attitude
- Unit-III :** - Cognitive Process in Physical Activities Characteristics of Process in sports  
- The Importance of Sensation & Perception in Physical activity  
- The Role of Memory in Physical activity
- Unit-IV :** - Socio Psychological Aspect of Physical activity LEADERSHIP IN SPORTS  
- Meaning, Definition of leadership, Qualities of a Leader  
- Importance & Need of leadership in Physical Education & Sports
- Unit-V :** - Psychological Aspects of Competition  
- Psychological Aspects of long term & Short term Preparation for Competition

**Book Recommended For Reference**

1. Oxendine, J. B., Psychology and Motor Learning (Engle Wood Cliffs, New Jersey)
2. Kamlesh M. L., Psychology of Physical Education and Sports, (New Delhi : Metropolitan Book Co. Pvt. Ltd., 1983)
3. Puni A., Sports Psychology, (Patialia : NSNIS, 1980)

**A-402 : Organization and Administration in Physical Education**

- Unit :1** - Introduction : Meaning and Definition, Importance Objectives, Guiding Principles of organization and Administration.
- Unit : II** - Facilities : Construction & Care of Gymnasia, Swimming Pools & Ply Fields  
- Equipment : Need, Purchase, Maintenance, Issue & Disposal
- Unit : III** - Professional Preparations : Qualities of a teacher, problem facing teacher, student leadership.  
- Programme planning: Principle & Factors affecting the time table, preparing time schedule, scheduling the school sports. Intramurals & Extra murals .
- Unit : IV** - Records & Registers : Attendance, Test & Extra Curricular Activities  
- Budget & Finance: Preparing of Budget, Administration, Rules for Expenditure forms & Routine for Payments & Entries, Accounting & Auditing.

- Unit : V** - Supervision of Physical Education: Purpose of Supervision, Nature of Supervision in Different Types of Institutes, Qualities of a supervision, Collecting and using Data.
- Techniques of supervision: visitation, Demonstration, Bulletins, projects, Conferences and Personal Counseling

**Books Recommended for Reference :**

1. Joseph P. M. Organisation of Physical Education, (Bombay : The Old Student Association, 1963)
2. Huges, W. L. et. al., Administration of Physical Education, (New York : The Ronald Pres Company)
3. Voltmer E. F. et. al., The Organisation and Administration of Physical Education, (New Jersey : Prentic Hall, Inc.)

**A-403 : ANATOMY & PHYSIOLOGY**

- Unit : I** - (A)Meaning of Anatomy & Physiology  
Meaning of Cell, Tissue, Organ & System  
(B)Skeletal System: Bones of Skeletal Structure & Types Joints & Joint Movements

- Unit : II** - Muscular System:  
- Structure Function of Muscles, Classification of Various Muscles  
- Effects of exercise on Muscles

- Unit : III** - Circulatory System  
- Heart, Structure, Chambers & Function of heart  
- Meaning of Artery, Veins & Capillaries  
- Meaning, Composition & Function of Blood  
- Blood Clotting, Blood Group - A, B, O, RH & Importance of Blood Group

- Unit : IV** - Respiratory System  
- Meaning and types of respiration  
- Function of respiration system  
- Organs of respiration system  
- Mechanism of Respiration  
- Vital Capacity  
- Oxygen debt  
- Second wind

- Unit : V** - Digestive System  
- Importance of digestive system  
- Functions and Processes of Digestive system

**Books Recommended for Reference :**

1. Pearce E. C., Anatomy and Physiology for Nurses, (London : Feber and Faber Ltd.)
2. David H. Clark, Exercise Physiology, (New Jersey : Prentice Hall Inc.)
3. Mathew, D. K. and Fox E. L., Physiological basis of Physical Education and Athletics, (Philadelphia : W. B. Saunders Co., 1976)

**Foundation Course**  
**B-401 : FOUNDATION OF PHYSICAL EDUCATION AND SPORTS**

**Unit-I : Education**

- meaning, definition, aims, objectives and importance of education
- Physical education meaning, definition, aims, objectives and importance of physical education

**Unit-II : Biological Foundation of Physical Education**

- Growth and development
- Principles of growth & development, Differences between growth & development  
Heredity and environment

**Unit- III : Psychological Foundations**

- Meaning of psychology
- Psychological factors effecting physical performance, Learning, meaning, laws of learning
- Learning curve & implications of learning curve in physical education & sports

**Unit - IV : Sociological Foundations**

- Meaning & concept of social institutions
- Various institutions which affect man & his group
- Role of games & sports in national & international integration

**Unit-V : Philosophical Foundations**

- Meaning of Philosophy
- Types of Philosophy
- Idealism & Physical Education
- Pragmatism & Physical Education Naturalism & Physical Education

**Book Recommended for Reference :**

1. Bucher C. A., Foundation of Physical Education, (St. Louis : C. V. Mosbi Co., 1987)
2. Frost Reuben B., Physical Education Foundations Practices - Principles, (London : Wesby Publishing)
3. Singer Robber N., Physical Education, Foundations, (New York : Halt Rinehatr and Winston)

**Soft Skills Course**  
**C-401 : Communication in English**

**Unit-I :** Introduction to communication

- Meaning and significances of communication
- Types of communication
- Methods of communication
- Developing communications skills
- Barriers to effective communication
- Improvement in communication skills

**Unit-II :** Written communication

- Principles of effective communication
- Relevance of grammer

- Composition of sentence
- Mechanics of communication in writing
- Letter drafting

**Unit-III : Non-verbal communication**

- Para language, body language and its significance
- Area of influence and local culture
- Expression through palms, arms and legs
- Hands as medium of expression
- Eyes-ultimate in expression
- Handshaking
- Obstructions by arms and legs
- Common and popular postures
- Carbon copying and effective use of body parts in communication
- Indicators and pointers
- Chairs, Tables and Office setup

**Unit-IV : Special communicative skills**

- Motivations skill
- Interpersonal skill
- Negotiation skill
- Interview technique

**Unit-V : Creative aspects of communicative skills**

- Presentation
- Project work
- Seminar

**Book Recommended for Reference :**

1. Sharme R. C., Mohan Krishna, Business Correspondance and Report Writing (New Delhi : Tata McGraw -Hill Co. Ltd. 2002)
2. Bhattacharya, Indrajit, An Approach Communication Skill, (New Delhi : Dhanpatrai Co. Pvt. Ltd.)
3. Wright Chrissies, Hand Book of Practical Communication Skills, (Mumbai : Jaico Publishing House)

**C-401 : Computing Skill**

**Unit-I :** Computer - Meaning and definition - Components of Computer - input and output devices - Storage Devices - software and hardware - languages - LaAN and WAN - Application softwar used in Physical Education and sports

**Unit-II :** Introduction to Ms word - Creating, saving and opening a document - Formatting and Editing features - Drawing table - page setup - paragraph alignment - spelling and grammer check - printing option - inserting page number, graph, footnote and end notes - mail merge - hyperlink.

**Unit-III :** Introduction to MS Excel - Creating, saving and opening a spreadsheet - Formatting and Editing features - cerating formulas - adjusting columns width and row height - understanding charts.

**Unit-IV :** Introduction to MS PowerPoint - Creating, saving and opening a ppt file - Formatting and Editing features - slide show - design - inserting slide number, picture, graph and table - hyperlink.

**Unit-V :** Meaning and Definition of Internet and Multimedia - Application of Internet and multimedia in Physical Education and Sports - Computer application in Physical education and sports.

**Book Recommended for Reference :**

1. Jerry R. Thomas, Jack K. Nelson and Stephen J. Silverman, Research Methods in Physical Activity, (New York : Human Kinetics, 2005)
2. Chris Gratton and Ian Jones, Research Methods for Sports Studies, (London : Routledge Taylor & Francis Group, 2004)
3. Chauhan Sunil, Saxena Akash, Gupta Kratika, Fundamentals of Computer, (Firewall Media, 2006)

**Semester - II  
Core Subjects**

**A- 404 : Methods and Planning in Physical Education**

**Unit : I Teaching Methods**

- Meaning of the term "Teaching Methods" and its importance. The factors to be considered in determining the methods of teaching, Principles of teaching.
- Types of teaching methods.  
Lecture method, demonstration method, lecture cum demonstration method, command method, imitation method, part-whole method, whole part method, discussion method and project method.

**Unit : II Presentation Techniques**

- Personal preparation, technical preparation.
- Steps in Presentation.
- Commands and their technique
- Types of formations
- Principles of Class Management
- Types of lesson, General and specific lessons, their parts

**Unit : III Organisation and conduct of competitions :**

- Various committees of organizations
- Responsibilities before, during and after the competition.

**Tournaments Meaning and Organisation of :**

- Single Knock out Elimination Tournaments
- Double Knock out Elimination Tournaments
- League Round Robin Tournaments
- Challenge of personal type Tournaments  
(Ladder, Pyramid, Cob-web type)

**Unit : IV Teaching Aids**

- Meaning and importance
- Criteria for selecting teaching aids
- Steps to be followed in using teaching aids
- Uses of audio-visual aids

**Publicity**

- Demonstration
- Exhibition
- Play Days
- Sports for all

## **Evaluation**

- Need, importance
- Methods of evaluation

### **Unit : V Basic concept about laying and preparation of**

- Various play field (football, volleyball, basketball, hockey, kabaddi, kho-kho, cricket, hand ball)
- Marking procedure of standard 400 metres and 200 metres track, for the running events, exchange zones for 4 x 400 m. 4 x 100 relays, and sectors for throwing events runways and jumping pits for jump events.

### **Book Recommended for Reference :**

1. Anand, R. L. Playing Field Manual, (Patiala : Netaji Subhas National Institute of Sports, 1986)
2. Bucher, Charles A. and Koeing II Methods and Materials for Secondary School Physical Education, (St. Louis : The C. V. Mosby Company, 1978)
3. Ehrler, Wilfred Construction and Maintenance of Sports Facilities, (New Delhi : Asia Publishing House, 1965)
4. Emmancul, George Track and Field Events Layouts and Marking, (Kottayam : Olickal, Mariadom Kadaplammattom, 1997)
5. Kamlesh M. K. and Sangral, M S. Methods in Physical Education, (Ludhiana : Prakash Brother, Revised)
6. Kamlesh M. L. Scientific Arts of "Teaching Physical Education", (New Delhi : Metropolitan Book Company Ltd. 1994)
7. Knapp Olyde and Hagman, E. P. Teaching Methods for Physical Education, (New York : M.C. Graw Hill Book Co. 1948)

## **A-405 : OFFICIATING AND COACHING**

- Unit : I**
- Meaning, Definition and Importance of Officiating
  - Principles of Officiating
  - Characteristics of a Good Official
  - Facilities to train Official

- Unit : II**
- Responsibilities of liaisons of officials
  - Responsibilities of officials
  - Before Competitions
  - During Competitions
  - After Competitions
  - Liasons of Officials

- Unit : III**
- Philosophy of Coaching, definition qualifications and Characteristics of a Coach Responsibilities of a Good Coach
  - Planning and Practice Seven Elements
  - Strategies of success Of coaching programmes

- Unit : IV**
- Warming up - types, Significance, General Guidelines, methods, duration, components and physical Basis
  - Cooling Down – Significance and Guidelines for Cooling Down.

- Unit : V** - Sports Training – Meaning, Definition, Aim, Objectives, Characteristics, Principle's and Effects.
- Different Training Methods
  - Interval, Circuit, Fartleg Weight Training

**Book Recommended for Reference :**

1. Matveyew, L. P. Fundamentals of Sports Training, (Moscow : Mir Publishers, 1981)
2. Singh, H. Sports Training/General Theory and Methods, (Patiala : NSNIS, 1984)
3. Dick, F. W., Sports Training Principles, (London : Lepus, 1980)

**A-406 : Sports Science**

**Unit : I Sports Medicine**

- Meaning, Definition, Scope, Importance
- Development of Sport Medicine in India

**Unit : II Sports Injuries**

- Soft tissues injuries
- Confusion, strain, Muscular spain
- Fracture
- Simple fracture
- Compound fracture
- Multiple fracture
- Dislocation

**Unit : III Nutrition**

- Introduction
- Function of Diet
- Factor effecting diet
- Balanced diet
- Elements of balanced diet
- Diet for player

**Unit : IV Posture & Postural Defortunities**

- Introduction
- Meaning
- Type of Posture
- Flat foot, knock knee, Bow legs
- Preventive & Remedical measure

**Unit : V Doping**

- Meaning & Definition
- History of Doping
- Classification of Doping

**Book Recommended for Reference :**

1. William J. C. P., Medical Aspects of Sports and Physical Fitness, (London : Peroamon Press, 1965)
2. The Encyclopedia of Sports Science and Medicine, (New York : Macmillan Co., 1971)
3. Lee, M & wagner M. M., Fundamentals of Body Mechanics and conditioning, (New York : Green wood press publishers)

## Foundation Course

### B-402 : HISTORY AND MODERN TRENDS IN PHYSICAL EDUCATION

- Unit : I** - Games and Sports as a man's cultural Heritage  
- Physical education in ancient India, Ramayana and Mahabharata Period  
- History of physical education in ancient Greece  
- Physical education in India during British period
- Unit : II** - Importance and aims of Olympic Games  
- Origin and development of ancient Olympic Games Modern Olympic Games  
- Origin and development of Asian Games
- Unit : III** - SPORTS AND PHYSICAL EDUCATION ORGANISATION  
NSNIS            SAI            SAG            IOA            IOC    YMCA  
L.N.U.P.E.                    H.V.P.M.
- Unit-IV** - **Sports and Prize**  
Rajeev Gandhi Khelratna Award                    Sardar Patel Award  
Dronacharya Award                                    Jaydeepsinh Baria Award  
Arjuna Award  
Eklavya Award
- Unit : V** - Review of Sports Performance  
- Causes of deterioration of Sports Performance  
- Suggestion for improvements of Sports Performance.

#### Books Recommended for Reference :

1. Majumdar, D. C., Encyclopedia of Indian Physical Culture, (Baroda : Baroda Good Companies, 1950)
2. Krishna Murty V. & Ram Parenshwar, Educational Dimensions at Physical Education, (New Delhi : Sterling Publishers, 1980)
3. Wakharkar, D. G., Manual of Physical Education, (Bombay : Post Publishers Pvt. Ltd., 1967)

## Soft Skills Course

### C-402 : Injuries and Management

- Unit : I Sports Injuries**  
- Introduction  
- Reasons & Types of Sports Injuries  
(Sprain & Strain, Fracture, Dislocation, Abrasion, Contusion Bruise, Tennis Elbow)
- Unit : II Treatment of Simple Sports Injuries**  
- Prevention of Sports Injuries  
- Steps to Reduce the risk of sports injuries
- Unit - III First Aid**  
- Meaning, Definition, Purpose of First Aid

**Unit : IV Fitness & Wellness**

- Meaning, Definition,
- Components of Fitness & Wellness
- Benefits of Physical Fitness & Well Being

**Unit : V Warming Up & Cooling Down**

- Types of Warming Up
- Significance Warming Up
- Methods Warming Up
- Guidelines & Components of Warming Up
- Meaning Cooling Down
- Significance Cooling Down

**Books Recommended for Reference :**

1. Wermer V. K. Moeger, Fitness and Wellness, (Wadsworth : Thomas Learning)
2. Bouchard, C. et. al., Exercise, Fitness and Health, (B.D. (Eds), 1990)
3. Aahper, Sports Safety, (Washington D.C.)
4. St. John's Ambulance, First Aid by Red Cross Society of India

**C-402 : Yoga and Neuropathy****Unit : I Yoga**

- Concept & History of Yoga
- Meaning, Aim & Types of Yoga

**Unit : 2 Asanas**

- Meaning & importance of Asanas
- Rules for Yogasanas
- Meditative Poses
- Asana / Yogic Exercise & Cure of Diseases

**Unit : III Pranayama**

- Meaning, Objectives & Types of Pranayama
- Physiological Values of Pranayama

**Unit : IV** - Meaning of Sudhikriya

- Objective of Sudhikriya
- Type of Sudhikriya
- Physiological Values of Sudhikriya

**Unit : V** - Meaning, Definition & Importance of Yogic Neuropathy

- Source of Neuropathy
- Diet, Exercise, Water, Sunbath, Message

**Books Recommended for Reference :**

1. Goswami, S. S., Hathyoga, (London : Fowler)
2. Jack Peter, Yoga Master the Yogic Power, (Chandigarh : Abhishek Publications)
3. The National Fitness Corps Syllabus for Schools, (Ministry of Education, Govt. of India, 1965)

**Semester - I**  
**Part : II**  
**Practical Section**

**D-401 (P) :**

**Group - I**

**Callesthenics Activities**

- Mass P.T. Table I & II
- Lazim
- Lathi
- Marching

**Mass P. T. Table**

- Madyamic P. T. Table
- N.D.S. P.T. Table

**Lazim**

- (Hindustani) : Charawaj, Ekjgah, Ati Cagav, Pavitra Do Rukh, Chorukh, Domal, Chorukh Bethak
- (Ghati) : Do Awaz, Char Awaz, Bethak Awaz, Age Pau, Age Kadam, Pavitra, Kudan, Pavitra Attawai

**Lathi**

- Sadhi, Ulti, Millat, Age Flang, Pichhe Flang, Dohriwel Jung, Slami Ek, Slami Do

**Marching** : - Savdhan, Vishram, Salute, Dahene Dekh, Bahe Dekh, Tejchal, Thum

**Group - II**

**Track & Field**

**Running Events**

- Starting to Finishing
- Relay Race, Hurdles

**Jumping Events**

- Long Jump, High Jump, Hop Step Jump, Pole Vault

**Running :**

Short Distance Running : Start (...), Stride (Short, Medium, Long)

Finishing (Run throw, lung finish, torso turn finish)

Middle : Distance running, start (standing), Strides, Finishing

Long Distance Running : Start, Stride, Finishing

Hurdles : For Women : Start, Cross the Hurdles & Strides, Finishing

Relay Race : Holding the baton, start, skill of baton exchange, finishing

**Jumping :**

Long Jump : Sail, Hang, Hitchkick

High Jump : Western, Fosberry Flop, Stradler Style

Hot-Step-Jump : Skill-Hop, Step, Jump, Hang, Sail

**Group - III**

**Gymnastics**

**Men**

- Floor Exercise
- Parrelal Bar
- Vaulting Horse

**Women**

- Floor Exercise
- Balancing Beam
- Uneven Bar

**Gymnastics (Men) :**

**Floor Exercise :** Forward Roll, Backward Roll, Pair Roll, Hand Stand, Cart Wheel, Head Spring, Hand Spring, Dive & Roll, Side Scale, V Seat Scale

**Parrelal Bar :** Dips, Chest Balance, Shoulder Balance, Stradle Seat, Forward Roll, Swing Dismount, Forward Roll

**Vaulting Horse (Box):**

Astride Valut, Wole Vault, Face Vault, Side Valut, Between Vault

**Gymnastics (Women) :****Floor Exercise :**

Forward Roll, Backward Roll, Knee Scale, Head Stand, T Scale, Cart Wheel, Hand Stand, V Seat Scale, One Knee Band-Balance, Walk with Action

**Balancing Beam :**

Straight Arm Mount, Cross Seat, T. Scale, Simple Walk, Turn with Action, Glide Walkm V Scale, Front Scale, Knee Scale, Jump Walk with Action

**Uneven Bar :**

Straight Arm Support on High Bar Support, V Seat, Stradle Scale, T. Scale, 'One Leg Square Balance', Simple & Rear Dismount

**Group : IV****Games & Sports**

- Kabaddi, Kho-Kho, Volleyball, Table Tennis, Football

**Kabbadi :** - Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating

Skill :

Offensing Skill : Raid kicking, Touching with the leg, Breaking the Cover, Chasing, Cross the Buck & Bounslime

Defensive Skill : Cover (Individual, More than one man cover) Catching (leg hand, trunk)

**Kho-Kho :** Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating

Skill : Chaser's Skill : Trapping at the Poll (Dock Marvi), Touching with Hand, Leg or Both, Judgement Kho, Tapping at 45° Angle, Dive, Take the correct direction.

Runner Skill : Single chain, Double Chain, Round, Dogding, To change the direction

**Volleyball :** Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating

Skill : Types of Service, Passing, Lifting, Blocking, Net Recovery & Smashing

**Table Tennis :** Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating

Skill :

Counter, Topspin (fore to backhand)

Side Spin (fore to backhand)

Fore hand Drop Shot, Back hand Flik,  
Drive (fore & back hand)

Service : (forhand top spin, back hand topspin, fore hand back spin, back hand back spin, fore hand side spin, back hand side spin, high top service (fore & back hand)

**Foot Ball :** Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Passing, Throwing, Trapping, Heading, In Step kick, Doudgling & Tracking, Kicking, Dribling, Shooting, Goal Keeping

**Semester - II  
Practical Section  
D-402 (P) :**

**Group - I**

**Lesson Planning :**

1. Internal (10 lessons : 5 from games, 3 from track and field and 2 from other activities)
2. External (2 lessons : 1 from games or track and field and 1 from other activities)

**Group - II**

**Track & Field**

**Throwing Events :**

- Shot, Put, Discuss, Javelin Throw, Hammer Throw

Shotput : Holding, Perryobrain, Discopot

Discus Throw : Holding, Swing of Hand Throw (standing), Balance

Javelin Throw : Holding, Carry (Under arm over shoulder), Cross Step, Throw & release, Balance

Hammer Throw : Holding, Stance, Swing, Throw, Balance

**Athletics Performance**

Men : 100 mts., Long Jump, High Jump, Shot Put (7.260)

Women : 100 mts., Long Jump, High Jump, Shot Put

**Group : III**

**Asana**

- Padmasan, Halasan, Vakrasan, Savasan, Chakrasan, Vajrasan, Bhujangasan, Pavanmuktasan, Garudasan, Dhanurasan, Pachimotansan, Mayurasan, Shirsana

**Group : IV**

**Games & Sports**

Handball, Cricket, Badminton, Basketball, Hockey

**Hand Ball :** Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill : Throwing, Catching, Dribling, Shooting, Power & Shot, Goal Keeping

**Cricket :** Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill : **Batting** : Leg Glance, Half Volley, Full Tos, Hook Shot, Cover Drive, Straight Drive  
Bowling : Spin, space Bowling  
Fielding : Throwing, Caching  
Wicket Keeping  
Running Between the Wicket

**Badminton :**  
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill : Service (for singles & doubles)  
Shot (over head, back hand & fore hand)  
Placing  
Dropping

**Basketball :**  
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill :  
Player Strance Catching, Passing (chest pass, bounce pass, over head pass, side arm pass, under hand pass, back hand pass, hook pass, base ball pass)  
Dribling : Low, High, Jigjag, Pnoting  
Shooting : chest shot, over head shot, lay up shot, jump shot, hook shot, pivat shot, foul shot  
Rebounding : Defensive & Offencing Rebounding  
Defence : Man to man & Zone defence.

**Hockey :**  
Conditioning, Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Dribling, Hiting, Pushing, Stopping, Dougding, Shooting, Goal Keeping, Bulley, Tackling

### **Group : V**

#### **Dual Sports**

##### **1. Judo (Men, Women)**

- Posture (Natural & Defensive),
- Hold (Normal Grip, Kumikata, Belt, Reverse Hold)
- Advance Retreat (Sintai)
- Break the balance (Kujusi)
- Body Drop, Floting Drop, Belt Drop
- Hip Throw, Sholder Wheel, Ground Work, Stomach Throw

##### **2. Wrestling (Men, Women)**

- Stance and Grip
- Dasrang, Salami, Nelson, Kalajung, Ground Work, Jholi, Push, Dhobi Pachad, Take Down, Leg Tackle