



ROAR !

A self defense program designed by the team of self defense experts at Sanshinkan.

Established 1969, Stockholm Sweden.

About “ROAR”

We engage with organisations to empower their employees to stay safe in most situations with the correct knowledge and practice.

ROAR ! is a special program designed for the corporates in India.

Understanding “ROAR”

R - Resilient

O- Oblique

A - Aware

R- Response

About Sanshinkan

Was established in 1969 at Stockholm, Sweden. Tamas Weber, World's well known Self defense and martial art expert. He served in military for over 45 years.

We are Sanshinkan India, based in Delhi and Gurgaon. we are certified Organisation engaged in learning, practicing, promoting Martial art and women self defense.

- 25 years of experience
- Trained
 - Military
 - Police
 - Paramilitary Forces
 - Security Services
 - BPO & Corporates



Founder - Sanshinkan International

- Double Ph. D in Martial Sciences
- Tamas Weber served with honour in the rank of the legendary Foreign Legion during the 60s- The European commando.
- Tamas is recognised as one of Europe's premier close combat experts.
- He has trained Police and Armed Forces in close combat and selfdefense in various countries around the world.
- Tamas has written two books about his life: ***The Warrior's Rose*** and ***The Song of the Desert***.
- Has been awarded numerous medals for bravery while serving Military for his country.
- Determined to overcome his war injuries he went back to Karate and close combat training.
- Tamas is now the highest ranking Karate master outside of Japan.



Dr. Tamas Weber

Director - Sanshinkan Asia

- **Black Belt - 7th Dan (Sweden) & 2nd Dan - Military & Police Combat Tactics (Israel).**
- Gold Medalist - US open 2016.
- Gold Medelist - Swedish Open Karate Championship 2013
- Interviewed and featured by **Norwegian news magazine for teaching self defense to women in India**
- Indian National Team Representative - World championship
- Former Trainer - Haryana Police.
- Lead Haryana Police Rapid Action Force team on 26th January 2014.
- Certificate of Recognition by the Governor of Haryana on 26th January 2014 for excellence in Self Defense.
- Trained National Security Guard Black Cat Commandoes.
- Trained 5000 + employees on self defense techniques in leading multinational organisations with **99%+ satisfaction ratings.**



Yashpal Singh Kalsi

Director - Sanshinkan India

- Represented India in World Karate Championships 2007.
- 10 times national champion.
- Winning more than 100 medals at different levels.
- Helped Haryana police and some NGOs to encourage women to learn Selfdefense.
- Trained ore than 3000 Kids and 8000 female employees pan India.
- Trained in leading multinational organisations with 99%+ satisfaction ratings.
- Interviewed and recognised across all major newspapers and channels in the country.



Anamika Singh Kalsi

India's first book on women Self Defense

Head coach Anamika Singh Kalsi

Based on the real life scenarios and experiences.



Experienced

staff with Self Defense Training in India

Clients served



NIIT



Aricent



HindustanTimes

FIS

SONY



Testimonials

We follow a protocol to collect a feedback after every Self Defense workshop. We are crowned with large database of random companies, with thousands of employees with 98 % of satisfaction ratings. We never filter out negative feedbacks.

- **Gili Bijlani** (SAP labs Pvt. Ltd.) - *“This training was really helpful, We could realise our strength with which we can save ourselves”.*
- **Swati** (SAP India Pvt Ltd.) - *“Can we look at having martial art classes from these trainers as they are well experienced.”*
- **Sruthi Jain** – *“I Love the session and would recommend this to other females.”*
- **Naveen Saini** (Dr. Lal Path Labs) – *“Good and knowledgeable training, Learnt lot of Techniques to protect ourselves, more sessions should be organised to learn more self defense techniques.”*



Training Method

A session could be divided into 2

- Theory session with presentation - which spread awareness and develop the mental reaction
- Audio and video compiled footage for the real life experiences.
- Practical self defense exercises with demonstrations.

Compiled CCTV footages

Description :

Our experts has compiled a series of some incidents recorded on CCTV cameras . We have collected information about the videos for selfdefense training purposes.

- To understand the emergency situations
- Keep the participants engaged and interested
- To check the awareness in participants
- Raise the response time when attacked
- Understanding knock out points
- Discussions if any

Practical exercises

Description :

This session would be completely about training one to one with the instructions provided by the coaches, Students will be trained and will try all the basic self defence moves mentioned below.

- Basic Escaping and release the holds- hands, Neck, Shoulder, waist, Hair
- Trying the power of punches, knees and elbows on the target pads provided
- Escaping when pinned down on the ground
- Locking the opponents wrist and elbow
- Using - pen, keys, ID Card, Book etc. as a weapon.
- One or two practical real situation oriented testing with random trainees Vs Instructor

Level 1 (Basic)

Description :

Basic training workshop would be divided into 2 sessions,
First part is theory session explained with Slides presentation and demonstrations with scenarios.

Second part is focused on the practical self defense using martial art techniques and tactics.

Points to be covered: -

- Introduction of the instructors
- Disclaimer - for the appropriate use of techniques taught
- Understanding Victimisation
- Awareness to avoid trouble
- Where to head in case of threat or being attacked
- Preparing your first Selfdefense move
- Using punch, Knee, Elbow and knees in selfdefense
- How to knock out.
- Escaping

Level 2 (Advanced)

Followed only after successfully undergoing Level- 1. Completely focused on striking and practical self defense.

- Introduction of the instructors
- Disclaimer - for the appropriate use of techniques taught
- Learning striking
- How to escape when pinned down on ground
- Preparing If there are more than one attacker
- Using punch, Knee, Elbow and knees on target dummy or guarded coach
- Learn to use Pepper spray, Stun Gun and hooter alarms.
- Protecting your loved ones
- Practical fightback training with coach or assistant coach (optional)

Training requirements

Description :

Followed only after successfully undergoing Level- 1. Completely focused on striking and practical self defense.

Duration:

Level 2 Hour for Basic course.

Trainers-

One Male and one Female Minimum Black Belt qualified and experienced instructors.

Batch size-

One batch Minimum 2 and Maximum 30 participants.

Basic requirements for Program :

- Loose clothing (Track suit / T- Shirt) is recommended for the participants.
- Adequate space for the participants to stand / move during the practical session.
- A room equipped with a screen or a projector for understanding theory.
- It will be great support to provide soft or semi soft flooring during the practical session.

Payments

Cost

25,000 INR + GST

Confirmation

Confirmation of the workshop would be considered on 50% payment in advance.

Mode of payment

Cheque or Bank transfer preferred.

THANK YOU

SANSHINKAN

159, Sector 56, Gurgaon 122011, Haryana, India

9312877677 / 7838282994

www.sanshinkan.org

info@sanshinkan.org

yashipali@gmail.com