

DELHI PUBLIC SCHOOL

Secunderabad

Karate and Tae Kwon Do Belt Test 2019-20

Glorifying the essence of true sportsman spirit, beyond the cutting edge of victory, DPS Secunderabad raised the curtain for the '**Karate and Tae Kwon Do Belt Test**' for the selected students of Classes II to VII, in the school premises, on 3, January 2020.

The event commenced with the arrival of the Karate judges **Mr. B Parmesh** (*Black belt 8th Dan, KBI Asian Chief Instructor*) and his team **and the Tae Kwon Do, judges Mr. A Praveen Kumar**, (*Grand Master Black belt 6th Dan, General Secretary of Telangana*) and his team. They were formally welcomed by the Principal, Ms Shailaja Gopinath. In her welcome address loaded with inspiration and stupendous wisdom, the Principal reiterated that there was no substitute for hard work and discipline and spoke about FIT India. The Fit India flag was also displayed to commemorate this special event.

The Martial Arts Display by the students of Classes II to VII comprised of various moves like Katas and sparring. They also showcased a demo on self defence and highlighted their strength in tile breaking. The Sparring and self defence techniques performed by them were very impressive. The young ones demonstrated the main aspects of Martial Arts like **discipline, honour, confidence**, and **perseverance**, and how one can integrate the different states of physical, mental and spiritual well-being, for a holistic growth.

The judges were greatly impressed with the performance of the participating students. In their address to the students, the judges emphasized the importance of martial arts and health and fitness in one's life. This was followed by the prize distribution ceremony where the achievers were felicitated. Fourteen students were also awarded Black Belts in Karate, on this occasion.
