

**Semester I
Practicum Course**

**MPPC- 103 YOGA/ AEROBICS/ SELF DEFENCE TECHNIQUES-MARTIAL ARTS,
TAEK-WON-DO/ SHOOTING/ ARCHERY**

Yoga, Asanas prescribed by Maharshi 'Patanjali', Shudhi Kriyas, jalneti, sutraneti, dugdhaneti, kunjaj, Nauli, Bhastika, shatkriya, Pranayams, Anulom-vilom, Kapalbhati,

AEROBICS

Rhythmic Aerobics - dance

Low impact aerobics

High impact aerobics

Aerobics kick boxing

Moves

March single, basics, side to side alternate, turn s/a ,double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11. kick side, corner, heel to reft, shape, 'e' shape, shapew, shape, repeater left mode

Warm up and cool down

Being successful in exercise and adaptation to aerobic workout.

**SELF DEFENCE TECHNIQUES-MARTIAL ARTS, TAEK-WON-DO/ SHOOTING/
ARCHERY**