

ACHIEVEMENTS OF KARATE TEAM

Karate in Japanese literally means "empty hand". It is traditional Japanese sport of unarmed combat using smashes, chops, kicks, etc., made with hands, feet, elbows or legs.

Karate is designed to ensure a state of mental calm and to facilitate maximum explosiveness. In karate the whole of the body and in particular all the body parts are used as weapons. An experienced karateka can utilise even a single finger as highly specialised weapon

ACHIEVEMENTS

Name and Rank	Address	Achievements
Sub. Inspector Rakesh Kumar No. ASR/2001	1411, Dilwari Street, Post Office- Amritsar, District- Amritsar	<u>International Tournaments</u> 1.1989- Modi Nagar (Bronze Medal in 75kgs weight) 2.1996-Delhi (Gold Medal in 75kgs weight) 3.2000-Dehradun (Gold Medal in 75 kgs weight) 4.2001-Dehradun (Gold Medal in 75 kgs weight) <u>Senior National Championship</u> 1. 1993-Delhi (Gold Medal in 75 kgs weight) 2. 1995-Dehradun (Silver Medal in 75 kgs weight) 3. 1998-Ghaziabad (Gold Medal in 75 kgs weight) 4. 2001-Gujrat (Gold Medal in 75 kgs weight) 5. 2001-Batala (Gold Medal in 75 kgs weight) <u>All India Level Tournaments</u> 1. 1992-Delhi (Gold Medal in 75 kgs weight) 2. 1995-Patiala (Gold Medal in 75 kgs weight) 3. 1996-Delhi (Silver Medal in 75 kgs weight) 4. 2001-Meerut (Gold Medal in 75 kgs weight)

2003

15TH KARATE STATE CHAMPIONSHIP HELD AT KHANNA FROM 15TH TO 17TH AUG.2003.

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|----------------------|--------------------|
| 1. SI.Rakesh Kumar | 1st in above 85 KG |
| 2. CT.Kamaljit Singh | 2nd in 70-75 KG |
| 3. CT.Gurnam Singh | 2nd in 80-85 KG |

4. CT.Gurpreet Singh 3rd in 65-70 KG

7TH PUNJAB STATE WUSHU KARATE CHAMPIONSHIP-HOSHIARPUR FROM 27TH TO 29TH DEC.-2003

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- 1. CT.Gurpreet Singh 1st in 75-80 Kg Wt.
 - 2. CT.Kamaljit Singh 1st in 80-85 Kg Wt.
 - 3. CT.Gurnam Singh 1st in 85-90 Kg Wt.

2006

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Senior National Championship held at Bangalore
from 24.02.06 to 26.02.06

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- 1. Ct.Kamaljit Singh 1st in 75-80 Kg Weight.
- 2. Ct.Gurnam Singh 2nd in 85-90 Kg Weight.

World Championship held at Tokyo (Japan)
from 16.09.2006 to 19.09.2006

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- 1. Ct.Kamaljit Singh Participation

Karate

International Championship held at Pokhra (Nepal)
from 20.07.2007 to 24.07.2007

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- 1. Ct.Kamaljit Singh 2nd in 85 Kg

Karate

Senior National Championship held at Chennai
from 15.11.07 to 18.11.07

- 1. Ct.Kamaljit Singh 2nd in 75-80 Kg