# A Tagaleed Karate Center

- 命 Room No: 2 , HC Floor, Al Reyyan Tower, Al Taawun, Sharjah, UAE.
- 🅸 +971 056 828 4242 | +971 050 934 6200
- ⊠ altaqaleedkarate@gmail.com
- 🖄 Visit Us: 🖸 🕂 🖻 灯





www.altaqaleedkarate.com

### Unity is Strength... When there is teamwork and collaboration, wonderful things can be achieved.



# **About Us:**

Build strength, agility and power with some of the world's best martial arts practices...!

Our organization is open for students, Karate athletes who are willing to learn, train and develop themselves. Our classes are built on the first and foremost principles of Respect, Self-Discipline, Sincerity, Compassion, Honesty, Character and Humility. Our training are held in a Safe & Friendly as well as in challenging atmosphere that nourishes the complete growth in an individual.

















## **Our Mission** & Vision

#### Self Discipline, Improving Focus and Concentration, Self Defense, Physical & Mental Fitness

Our mission at Al Taqaleed Karate Center is to make a positive difference in the lives of children, students, youth, men and women and our community in general, through the study of the martial arts.

We care about ourselves and others to create, support and maintain powerful, engaged learning in the martial arts for better health, fitness and wellbeing.



# +500 ACTIVE MEMBER

# +1 BEST GYM LIST

our services Our Classes

Our organization is open for students, Karate athletes who are willing to learn, train and develop themselves. Our classes are built on the first and foremost principles of Respect,Self-Discipline, Sincerity, Compassion, Honesty, Character and Humility. Our training are held in a Safe & Friendly as well as in challenging atmosphere that nourishes the complete growth in an individual.

.



#### KARATE

Since karate is a fighting art, every karate-ka should consider the meaning of each technique in kata, why and how is effective, and practice accordingly. Al Taqaleed Karate Center is to make a positive difference in the lives of children, students, youth, men and women and our community in general, through the study of the martial arts.

#### TAEKWONDO

Taekwondo is a Korean martial art, characterized by punching and kicking techniques, with emphasis on head-height kicks, jumping spinning kicks, and fast kicking techniques. Students / Kids will learn the basics of Taekwondo and build a foundation for their future Martial Arts. Here, the kids will enjoy a friendly environment where they will learn about self-defense, improve your fitness, increase your confidence, reduce stress, properly maneuver punches and kicks in these interactive and energetic Taekwondo clasess.





#### JUDO

Judo is generally categorized as a modern Japanese martial art and self defence. This is an excellent discipline for someone looking to get started in martial arts. As it focusses mainly on subduing the opponent, you can first learn to defend yourself before learning how to attack. It is also one of the Best Martial Arts for people looking to learn how to protect themselves in real life situations, where attacking back isn't as important as survival and escape. We teach our stodent our best way Judo martial art and self defence.

#### **FITNESS**

Fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Al Taqaleed Karate Center is to make a positive plan. Regular exercise and physical activity are important factors of healthy living. While adequate regular physical activity can help you maintain a healthy body weight, one aspect of being healthy, physical activity can promote health in a number of ways.



# If you have any feedback or questions, Please contact us or visit our office

Join Our Class connects you and your kids. it becomes a commitment. Whilst we aim to achieve your goals, We expect you to push yourself daily to get the best results possible in-order to have healthy, consistent habits that will impact your life forever.

Call & Vist

Join Us



#### **SELF DEFENSE**

Self Defence is the skill of fighting without weapons to protect yourself. You will learn techniques to react against aggression from a third party without the need to use weapons. Our Self Defence Course is a dynamic combination of one of the most effective martial arts and which is fastest growing worldwide. With this class you will learn techniques that will allow you to use your opponent/aggressor manoeuvres at your own favour. It is an effective discipline our instructors at Al Taqaleed Karate will teach you as a form of self defense.

#### **AIKIDO**

Aikido, is a modern Japanese martial art and Aikido is a comprehensive system of Throwing, Joint-Locking, Striking and Pinning techniques. Aikido is a very effective martial art for self defense, not only because it teaches us how to defend against a variety of attacks, but because it is also training our state of mind and physical condition. Improved posture and breathing help us to fit better into our bodies; a positive state of mind affects how we move in the world and how we are perceived by others. You will learn to be environmentally aware, self aware and increase confidence as part of Aikido techniques.





#### DANCE

We design a special customized program and schedule for every student to achieve theirDancing Dreams...! Also diverse experiences with which students can grow mentally and physically as dancers. Our teachers have various certifications and vast experience in teaching and displaying different styles and disciplines. Contact us for more information about our dance clasess.







AVAILABLE TRANSPORTATION Provides safe & reliable transport services to our

students...



ONLINE TRAINING & ADMISSION

24 X 7 SERVICE We provides admission & online classes 24 X 7 support to...



AVAILABLE LADY INSTRUCTOR Lady instructors are available for all classes...

# Teamwork builds trust and the trust build growth





## **TestResults**

We are committed to our student's success from start to finish. Our input helps make their solutions.

Martial Arts Course Registration Form provides enrollees personal and contact information, belt ranking status, contact information for emergency issues, health/medical history and also provides the ability to select from course packages and payment system.

## **Our Trainers**



#### Sensei. RAJEEV GUPTA Technical Director & Chief Instructor

Certified By Japan Karate Association Uae Taekwondo & Karate Federation



Sensei. VYSHAK VM Chief Instructor

Certified By Shotokan Karate Uae Karate Federation



Sensei. FAZAL AMINKHAN Instructor Trained In: Karate Kyokushin Shotokan & Kickboxing



Sensei. ABDUL MAJEED AH Instructor

Certified By: Wtf Kukkiwon Korea Uae Taekwondo Federation



Dance Master. RLV SHIBU VALLARPADAM Dance Master

Post Graduate In Performing Arts



Sensei. SUNITHA DSOUZA Instructor Certified By Shotokan Karate

Certified By Shotokan Karate Uae Karate Federation

## OUR SERVICES **Our Gallery**





























































# SUMME & CAN



# **RAJEEV GUPTA**

**Technical Director& Chief Instructor CERTIFIED BY JAPAN KARATE ASSOCIATION** UAE TAEKWONDO & KARATE FEDERATION

Trained in: Karate, Judo, Aikido, Taekwondo Practiced Under: P Johnson, Sattrajit Chaudhury, Arvind Malhotra, Anand Ratna, Anil Sinha, Hitoshi Kasuya, Takuya Taniyama



## Tournament Achievements

- 1st Place Kerala State Freestyle Wrestling Championship [2002]
- 1st Place Kata & Kumite in Shotokan International championship [2005]
- 1st Place Kata in Shotokan Karate International Championship [2006]
- 1st Place Kata in World Shotokan Karate-Do Federation India State Championship [2007]
- 1st Place Kumite in Shotokan Sports Karate-Do Federation of India [2007]
- 2nd Place Kata in Shotokan Sports Karate-Do Federation of India [2007]
- 2nd Place Kumite in WSKF National Championship ,India [2008]
- 1st Place kumite in Open Karate Championship, Kerala [2009]
- 1st Place Kata in Open Karate Championship, Kerala [2010]
- 1st Place Kata in Open Karate Championship, Kerala [2011]

## **Transportation Available**





### **Pick & Drop** Transportation Available

Provides safe and reliable transport services to our students..

# Build Strength, Agility and Power with Some of The World's Best Martial Arts Practices...!



## **Contact Us**



- **M** Room No: 2, HC Floor, Al Reyyan Tower, Al Taawun, Sharjah, UAE.
- 😢 +971 056 828 4242 I +971 050 934 6200
- 🛛 altaqaleedkarate@gmail.com
- 😤 Visit Us: 🛛 🕂 🖻 灯



www.altaqaleedkarate.com