



MBS INTERNATIONAL SCHOOL

WORKSHOP FOR STUDENTS

SESSION 2018-19

TOPIC: SELF DEFENCE

DATE: JULY 25, 2018

ATTENDED BY: I-II

VENUE: SCHOOL GROUND

RESOURCE PERSON: MR. VINOD KUMAR

MBS International School conducted a Self Defence Workshop for the student of Grade –I and II by Mr. Vinod Kumar 4th Dan Blackbelt. He is associated with Taekwondo Federation of Delhi. He is an International Level mentor, player and referee.

This workshop was conducted to make our students learn how to defend themselves from different challenges. It was a great opportunity for them to boost their self confidence by learning different self defence techniques.

