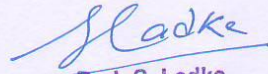


3.3.3 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during the year

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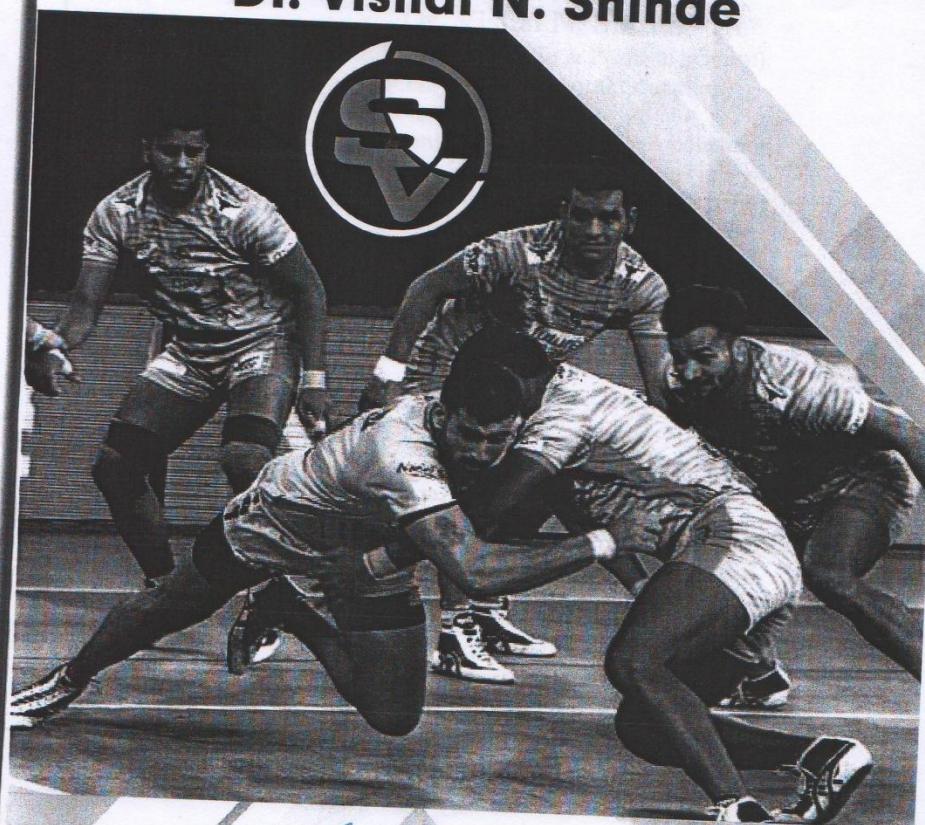
Sr. No	Name of the teacher.	Title of the book/ chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN/ISSN Number of the proceeding	Affiliation Institute at the time of publication	Name of the publisher
1	Dr. Vishal N. Shinde	Kabaddi Skills And Techniques				National	2022	ISBN:- 978-93-94245-40-2	Nilkanthrao Shinde Scinece and Arts College, Bhadrawati	Sports Vision, New Delhi.
2	Dr. Vishal N. Shinde	Complete Book of Taekwondo				National	2022	ISBN:- 978-93-94245-39-6	Nilkanthrao Shinde Scinece and Arts College, Bhadrawati	Sports Vision, New Delhi.

  
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# KABADDI

## Skills and Techniques

Dr. Vishal N. Shinde



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# KABADDI

## Skills and Techniques

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Techniques of Kabaddi, Rules of Kabaddi etc. The text are arranged in a lucid form and written in simple colloquial English. Some illustrations are given along with text in order to better understand each techniques.

Constructive criticism and suggestions for improvement of this book are always welcome.

Dr. Vishal N. Shinde

## CONTENTS

<i>Preface</i>	iii
1. All About Kabaddi	1-10
2. History and Development of Kabaddi	11-29
3. Forms of Kabaddi	30-35
4. Skills and Techniques of Kabaddi	36-98
5. Rules of Kabaddi	99-176
6. Kabaddi at the Asian Games	177-179
7. Diet and Nutrition for Kabaddi Athletes	180-185
8. Common Injuries in Kabaddi	186-204
<i>Bibliography</i>	205-206

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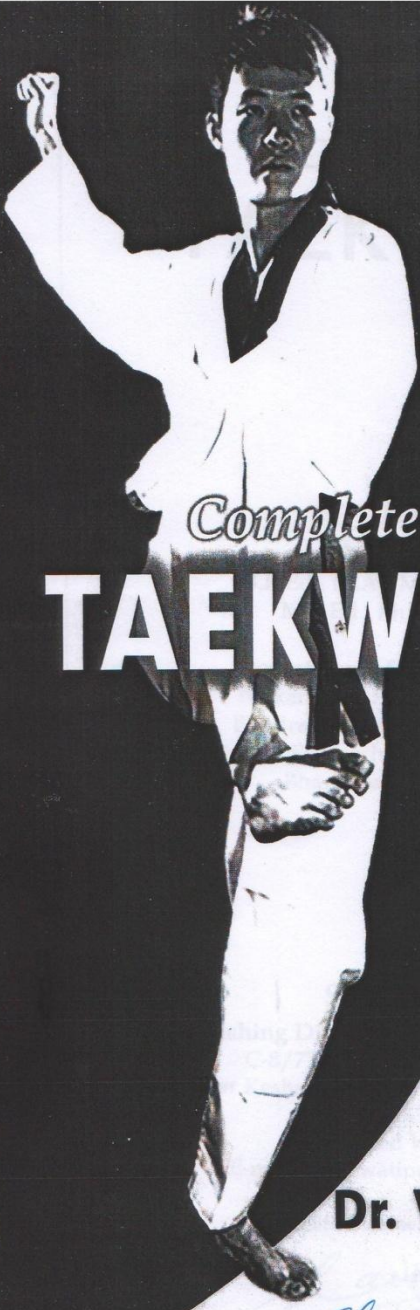
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*Complete Book of*  
**TAEKWONDO**



**Dr. Vishal N. Shinde**

*Ladke*  
Dr. L.S. Ladke  
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# Complete Book of TAEKWONDO

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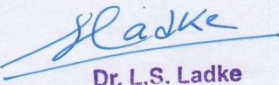
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F  
Taekwondo is a martial art that originated several centuries ago in Korea. Over the years, it has become an international sport. The main feature of this free-fighting combat sport is that it is fought without the use of weapons. The main aim is to defeat the opponent by using various techniques like punching, kicking, and blocking. It consists of sharp and powerful movements and techniques. With the addition of modern techniques it is a complete sport for self-improvement. All of its activities are based on the principles that originally developed for

The most important fact about Taekwondo is that it is a superior art of self-defense. It helps practitioners to gain self-confidence and to overcome weaker opponents. This art is not only beneficial to the individual but also to their families and friends. It helps in the development of self-defense, its complete regimen, and it leads to improved concentration and offers a total fitness program.

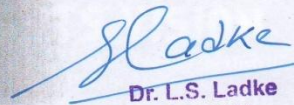
The present book "Complete Book of Taekwondo" covers every essential aspect of Taekwondo. It includes an Introduction, Historical Development of Taekwondo, Rules of Taekwondo, and various techniques in a lucid form and written in a simple language. Illustrations are given along with each technique.

Comments and suggestions are welcome.



## CONTENTS

<i>Preface</i>	iii
1. All About Taekwondo	1-6
2. History and Development of Taekwondo	7-19
3. Components of Taekwondo	20-24
4. Techniques of Taekwondo	25-108
5. Rules of Taekwondo	109-192
6. Taekwondo at the Olympics	193-196
7. Diet and Nutrition for Taekwondo Athletes	197-202
8. Taekwondo Terminology	203-206
<i>Bibliography</i>	207-208



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