**PROFILE**

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**HEM RAJ SHARMA**

**PROFESSIONAL QUALIFICATION:**

* **5th Degree (GO-DAN) Black Belt from World Karate Federation (WKF) and national federation (NF).**
* **Director of RAJ KARATE ACADEMY**
* **2nd Degree black belt from IOGKF Japan.**
* **Qualified JUDGE from Asian karate faderation.**
* **Qualified Referee from Karate association of India.**
* **Certified coach from Karate association of India.**
* **Secretary of referee commission in uttrakhand karate federation & Vice president of Dehradun district karate federation.**
* **Qualified physical training instructor course at ITBP.**
* **Authorised technical examiner for belt grading examination by N/F.**

**ACHIEVEMENTS:**

* Selected as a **Best Instructor** **in ITBP academy** during the year 2010, out of nearly 165 nominated instructors by all over India.
* Selected as a **National team coach for 8th commonwealth karate** **championship** from 18-20 september 2015 at Talkatora indoor stadium New Delhi.
* Selected by the school games federation of India as a referee for **ISF WORLD SCHOOL COMBAT GAMES AGRA – 2017**
* Selected 2 time as a technical official for **south Asian karate championship** by All India karate Association in 2012 & 2016.
* **4 Time CBSE Karate team coach for school games federation of India.(SGFI) in 60th 61st 63rd  and 64th SGFI national.**
* **2 Time Director General (DG) ITBP Commendation roll**.
* **Director General (DG) Insignia Medal.**
* Represented India two times in international karate championship as a athlete and won medals every time. Three time as a team official.
* Represented ITBP 8 Times in national karate championship and won medals each and every time.
* Represented ITBP twice in all India police karate championship and emerged as a champion.

**EXPERIENCE: -**

* **12 Years served as a Physical/Karate/Unarmed combat instructor in ITBP Academy Mussoorie** ( Officers training center)
* **4 Years as a coach of ITBP central karate team .**
* **Faculty at Lal Bahadur Shashtri National Administration Academy (LBSNAA) for “unarmed combat” and Physical Training classes since 2010.**
* **Faculty at FRI dehradun to train IFOS officer trainees.**
* **Since 2010, I have ongoingly trained students for karate demonstration on annual sports day in various schools and institution.**

**CURRENT STATUS: (1)** Since 2012 my student has represented India five times in International karate championships including two time commonwealth karate championship.

**(2)**  We are going to train more Students for national and international level in our “**RAJ KARATE ACADEMY**” which is affiliated by national federation. Lots of players of our academy have represented Uttrakhand state in National karate championship/School games national and got medals.

(3) We focus on:- a) Physical fitness.

b) Traditional karate

C) Self defence techniques

D) Sports karate

**Hem Raj Sharma**

Black Belt 5th Dan, from WKF & NF

Certified coach from Karate Association of India.

Qualified Kumite Judge from Asian karate federation.