

Special Class of Thang-Ta (Indian Martial Art) – Jan 18, 2019



18th January, 2019 a special class of Thang-Ta (Indian Martial Art) was organized by Faculty of Physical Education and Yoga, at playground, ICFAI University Tripura. In this special class, Grand Master H. Premkumar Singh, President of World Thang-Ta Federation was invited.



Time Table of the Class:

- 6:30 AM Introduction and Teaching basic Techniques of Thang-Ta
- 12:15 PM Felicitation to Grand Master H. Premkumar Singh by Dr. Aditya Kumar Das, FOPEY, IUT
- Motivational Speech and Shearing of the life experience of Grand Master Sir.
- 3:55 PM Teaching Self Defence Techniques and rules and regulation of Thang-Ta.

In this class all the students of BPEd were participated and they were enjoyed the classes, especially girls were very excited about some of the self-defence techniques.

