

MAHARSHI DAYANAND UNIVERSITY ROHTAK

(A state University established under Haryana Act. No. 25 of 1975)

(NAAC Accredited 'A' Grade)

SPORTS OFFICE



Uni. Website : www.mdurohtak.ac.in
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Dr. Davinder Singh Dhull
Director Sports

Sports /2018/ 20075-325
Date : 17-12-2018

To

The Principals/Directors/Dean
All the Colleges/Institutes affiliated with M.D.U., Rohtak

Sub: **Regarding Schedule of Inter College Taekwondo(M&W), Qwan Ki Do (M&W) Competitions, 2018-19**

Sir/Madam,

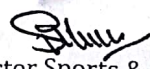
It is to inform you that schedule of Inter College Qwan Ki Do (M&W) & Taekwondo(M&W) Competitions, 2018-19 are as per details below:-

Sr. No.	Name of the Competition	Old Schedule	New Schedule	Weighing	Venue
1	Qwan-Ki-Do (M&W) I/C Competition 2018-19	01.02.2019	Qwan-Ki-Do (M) - 20 to 21.02.19 Qwan-Ki-Do (W) - 22 to 23.02.2019	9:00 a.m. Sharp	Sports Complex, M.D.U., Rohtak
2	Taekwondo (M&W) I/C Competition 2018-19	03 to 06.01.2019	Taekwondo (M) - 22 to 23.02.2019 Taekwondo (W) - 20 to 21.02.19	9:00 a.m. Sharp	Sports Complex, M.D.U., Rohtak

All the Principals/Directors of participating Colleges/Institutes teams are requested to kindly direct the Incharges/Managers of the said team along with student players of your college/institute to reach as per revised schedule of mentioned above Competition, 2018-19 and also note to College/Institute record. If, college entry not send, kindly send at the earliest.

Note: All students are requested to bring all necessary documents along with Eligibility Performa (two copies), College I-Card and all protective guards. Detail Information of Qwan Ki Do is attached with this letter.


Yours sincerely,


Director Sports &
Secretary, MDUSC

Endst. No. Sports/2018/ 20326-31 Date: 17-12-2018

A copy of the above is forwarded to the following for information and necessary action:-

1. President, MDUSC (Principal, DAVCC, Faridabad)
2. The Director, UCC, M.D.U. Rohtak to upload the letter on University website inside sports link, please.
3. Director, Public Relation Office, M.D.U, Rohtak
4. Deputy Director Sports, M.D.U, Rohtak
5. Chairman/Chairperson and Members of Qwan Ki Do (M&W) Club Committee(s) 2018-19
6. Dealing Assistant/Clerk, Sports Office, M.D.U, Rohtak for advance and adjustment.


Director Sports &
Secretary, MDUSC

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QWAN KIDO

It is hereby informed that a new martial art has been introduced in All India University Games Calendar, 2018-19. Qwan-Ki-Do is similar like Taekwondo but it has its own unique advantages and abilities, it is originated from Vietnamese Martial Arts.

The 10 fundamental Principals of Qwan-Ki-Do:

1. To attain the highest technical level of Qwan-Ki-Do by cultivating the notions of Effort, Perseverance, Self-Confidence and respect for others, in the ancestral spirit of our Martial Art.
2. To form body and spirit for oneself and to serve others.
3. To practice the moral virtues which are the very basis of Qwan-Ki-Do. They are rectitude of mind. Honesty, Gratitude, Simplicity, Modesty and Tolerance.
4. To develop Qwan-Ki-Do according to the noble, thousand-year-old traditions passed down from Master to Master. To never betray this spirit by individual small-mindedness which tends to breed malicious gossip, dissidence and schism.
5. To cultivate respect towards the instructors, the directors and to promote brotherhood between members.
6. To consider the practice of Martial Arts combat or sparring as a means of personal progress and not as an end in itself.
7. To use Martial Arts only in legitimate defense.
8. To rigorously follow all regulations established by the World Union of Qwan-Ki-Do.
9. To attend training regularly, maintain good personal hygiene and respect the conditions of admission to the Qwan-Ki-Do conditions of admission to the Qwan-Ki-Do club.
10. To respect all other Martial Arts.

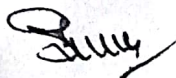
Scoring System in Qwan-Ki-Do is

1. 2 scores on truck protector
2. 3 scores on trunk protector advance turning kick
3. 3 scores on face
4. 4 scores on turning face kick

These are the following weight categories for senior Men and Women (Senior Category)

WEIGHT DIVISION	WOMEN'S DIVISION	WEIGHT DIVISION	MEN'S DIVISION
Under 45 Kg	Not exceeding 45 Kg	Under 53 Kg	Not exceeding 53 Kg
Under 48 Kg	Over 45 Kg & Not exceeding 48 Kg	Under 57 Kg	Over 53 Kg & Not exceeding 57 Kg
Under 51 Kg	Over 48 Kg & Not exceeding 51 Kg	Under 61 Kg	Over 57 Kg & Not exceeding 61 Kg
Under 55 Kg	Over 51 Kg & Not exceeding 55 Kg	Under 65 Kg	Over 61 Kg & Not exceeding 65 Kg
Under 59 Kg	Over 55 Kg & Not exceeding 59 Kg	Under 69 Kg	Over 65 Kg & Not exceeding 69 Kg
Under 63 Kg	Over 59 Kg & Not exceeding 63 Kg	Under 73 Kg	Over 69 Kg & Not exceeding 73 Kg
Under 67 Kg	Over 63 Kg & Not exceeding 67 Kg	Under 78 Kg	Over 73 Kg & Not exceeding 78 Kg
Under 71 Kg	Over 67 Kg & Not exceeding 71 Kg	Under 83 Kg	Over 78 Kg & Not exceeding 83 Kg
Under 75 Kg	Over 71 Kg & Not exceeding 75 Kg	Under 88 Kg	Over 83 Kg & Not exceeding 88 Kg
Over 75 Kg	Exceeding 75 Kg	Over 88 Kg	Exceeding 88 Kg

We request you to send your college entries as soon as possible so that we can enter the participation and come out with a grand event for this session.


 Director Sports &
 Secretary, MDUSC