



COFFEE TABLE BOOK 1989-2018

PART II-TAEKWONDO HISTORY WITH AFFWA

BY
AIR VETERAN JWO (RETD) ASHOK KUMAR LENKA

HAWRANG ACADEMY TAEKWONDO HISTORY

Took birth in the year 1989 and imparted training with collaboration with AFWWA

MARTIAL ARTS: Style- Taekwondo, Kenbudo, Sailum & Yoga (Unarmed Combat & Traditional Weapon)-Conducted Yogic Martial Arts/ Taekwondo/ Adventure classes (like trekking, swimming, rock climbing , cycling & biking) for officers, cadets, air warriors, quick reaction team, non-combatant members, Children (school) and families at various units of Indian Air Force since 1989 to till date.

- ▣ **AFS Adampur, Punjab, IAF 1990-96 to IAF Personnel, their Families, School Children & Civilians**
- ▣ **AFS Awantipur, J&K, IAF, 1996-98, to Quick Reaction Team (QRT), IAF Personnel & their Families.**
- ▣ **Air Force Technical College, Bangalore, Karnataka from IAF, 1998-01, Officers' Cadet & School Children**
- ▣ **Communication Training Institute, Bangalore Karnataka, IAF, 1999-01 to Airmen Trainee & School Children**
- ▣ **Jalahalli East, Bangalore Karnataka Civil, 1998- 2001 from Civilians, IAF Personnel, their families & School Children.**
- ▣ **AFS Nal, Rajasthan, IAF, 2001-03 from IAF Personnel, their families and School Children.**
- ▣ **AFS Bhuj, Gujarat, IAF, 2003-08 from IAF Personnel their families & School Children**
- ▣ **AFS AVADI, Chennai, IAF, 2008- Till Date, IAF Trainees, Personnel, their families & KV School Children**

AFS ADAMPUR, PUNJAB, IAF

1990-95 to IAF Personnel, their Families, School Children & Civilians



AFS ADAMPUR, PUNJAB, IAF

1990-96 to IAF Personnel, their Families, School Children & Civilians



MY FAREWELL FROM AF STN ADAMPUR BY HAWRANG ACADEMY STUDENTS

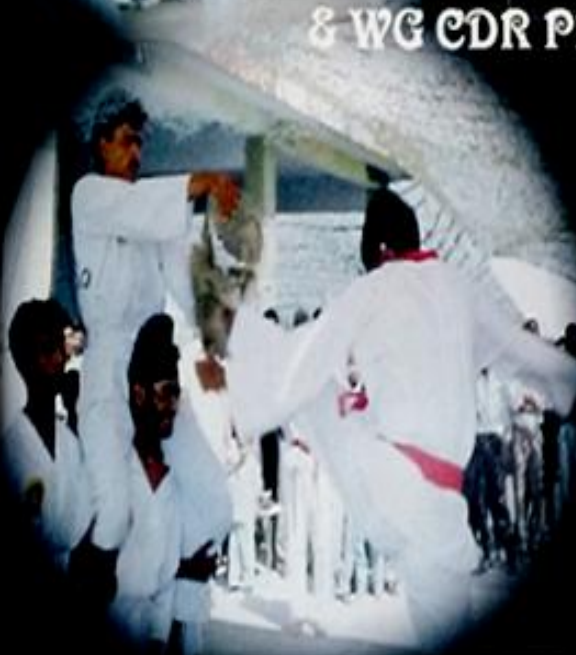


DEMONSTRATION OF HAWRANGS MARTIAL ARTS

ON THE OCCASSION OF 2210 SQN ANNIVERSARY-21 MAR 1993



TEAM WITH AIR CMDE TM ASTHANA AOC AF STN ADAMPUR
& WG CDR PR RAJKUMAR COMMANDING OFFICER 2210 SQN AF



ASHOK K LENKA

DEMONSTRATION AT KV II ANNUAL DAY AT STATION ADAMPUR



CHIEF GUEST

AIR CMDE TM ASTHANA, AOC WITH KV II PRINCIPAL & STAFF

52 MEMBERS

HAPPY KARANGI

FIRE RING

FLYING KICK

JUMP SPIN

FLYING KICK

ON 09 DEC 1994

BOYS EVEN...

GIRLS ON FIRE

HANDS OF STEEL FOREHEAD ON WORK

HAND POWER

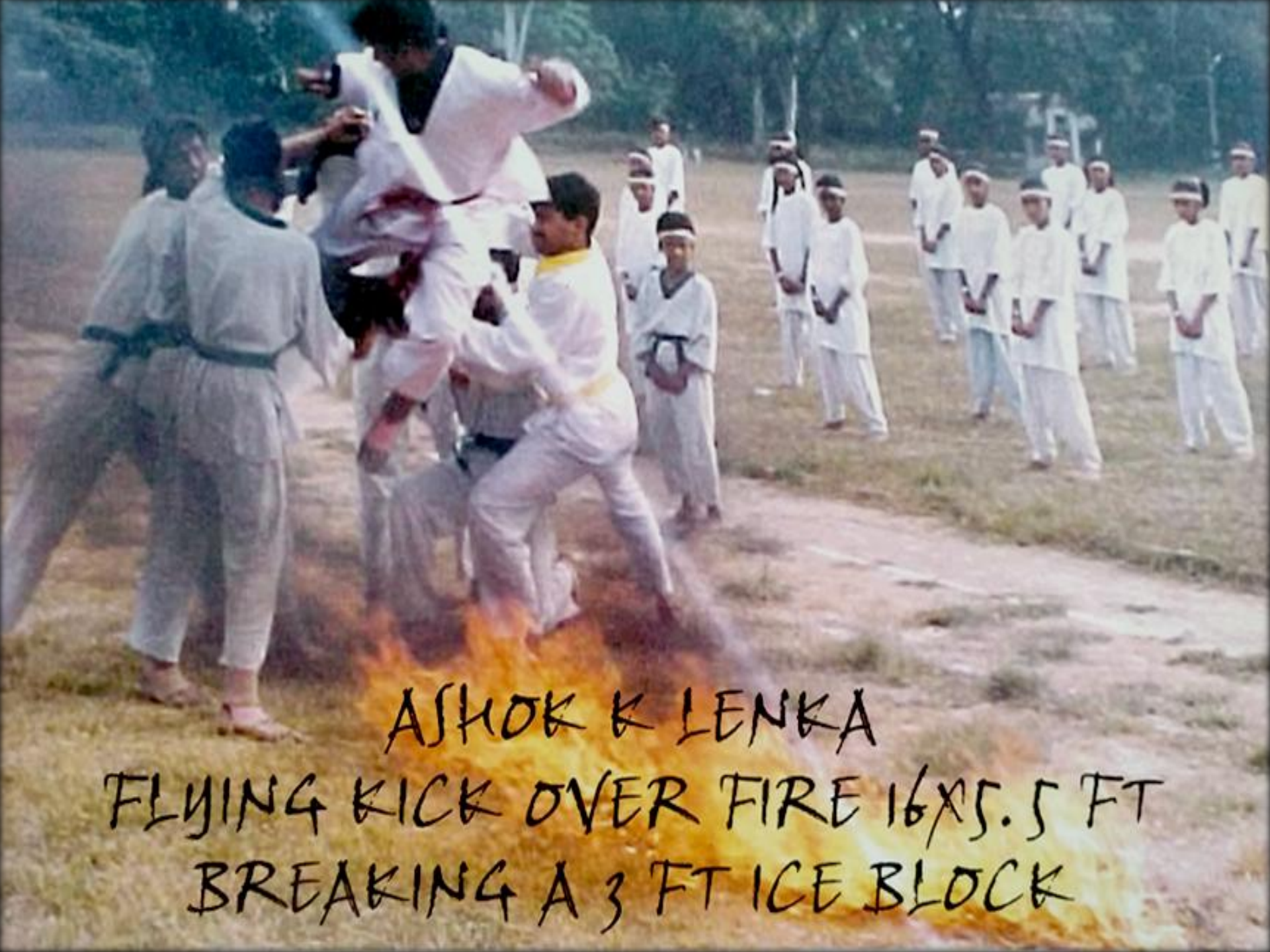
KICK ON ICE

DEMONSTATION OF MARTIAL POWER AT WESTERN AIR COMMAND ATHLETIC MEET-13 AUG 1993



TEAM WITH AIR CMDE TM ASTHANA, AOC AF STN ADAMPUR

AWRANGES IN ACTION



ASHOK & LENKA
FLYING KICK OVER FIRE 16X5.5 FT
BREAKING A 3 FT ICE BLOCK



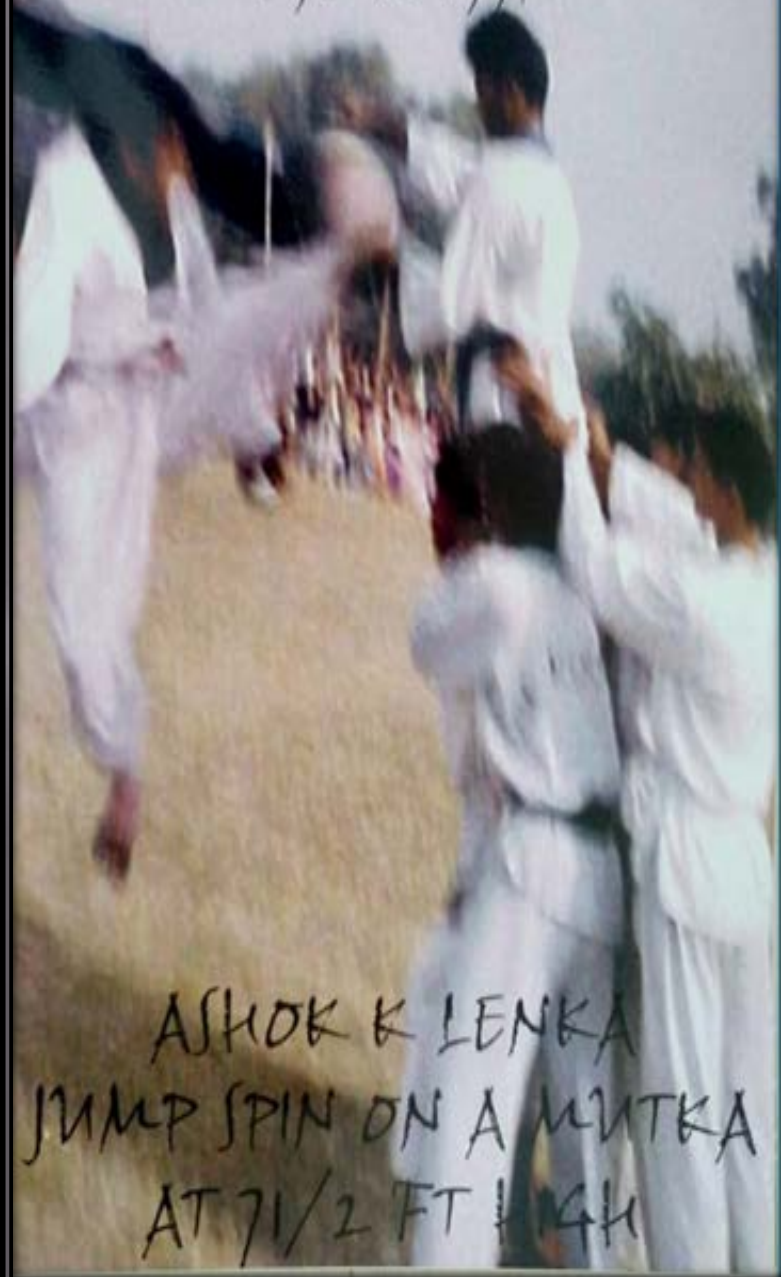
DEMONSTRATION OF MARTIAL POWER AT WESTERN AIR COMMAND ATHLETIC MEET



FOREHEAD STRIKE ON CEMENT TILE BLOCKS ON FIRE

ASHOK K LENKA RED BELT 1993

DEMO AT KV ANNUAL DAY
09 DEC 1994



ASHOK K LENKA
JUMP SPIN ON A MUTKA
AT 7 1/2 FT HIGH

1ST TAEKWONDO CAMP AT ADAMPUR



1ST WESTERN INDIA TAEWONDO CAMP AT ADAMPUR



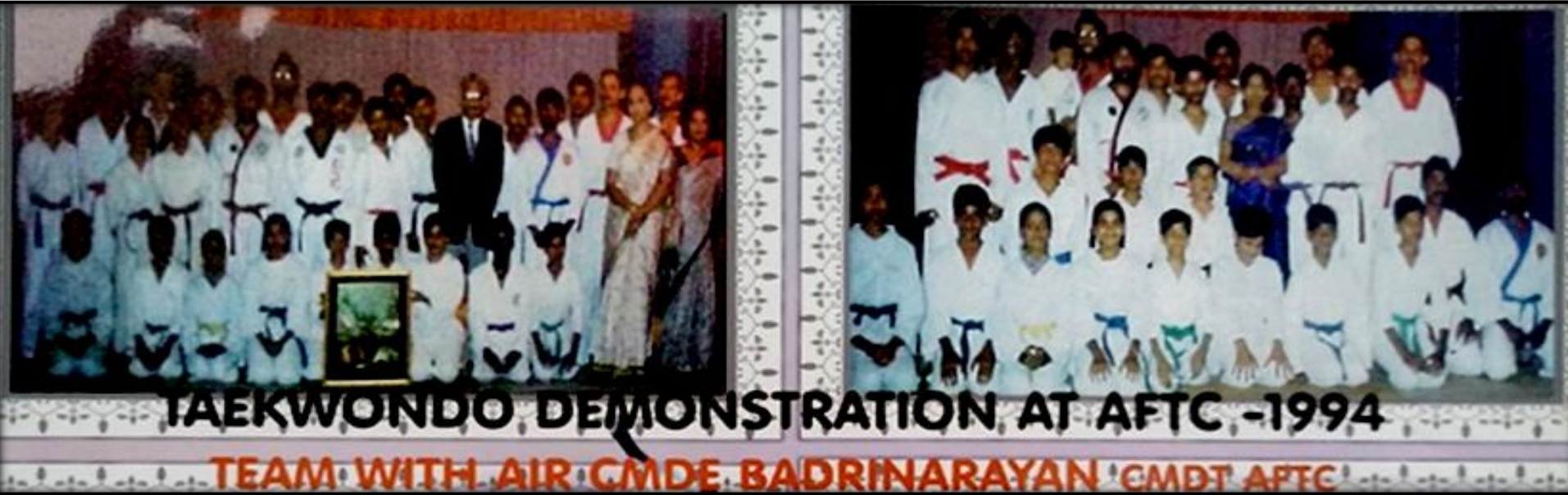
AFS AWANTIPUR, J&K, IAF

- ▣ 1995-97 to Quick Reaction Team (QRT), IAF Personnel & their Families.



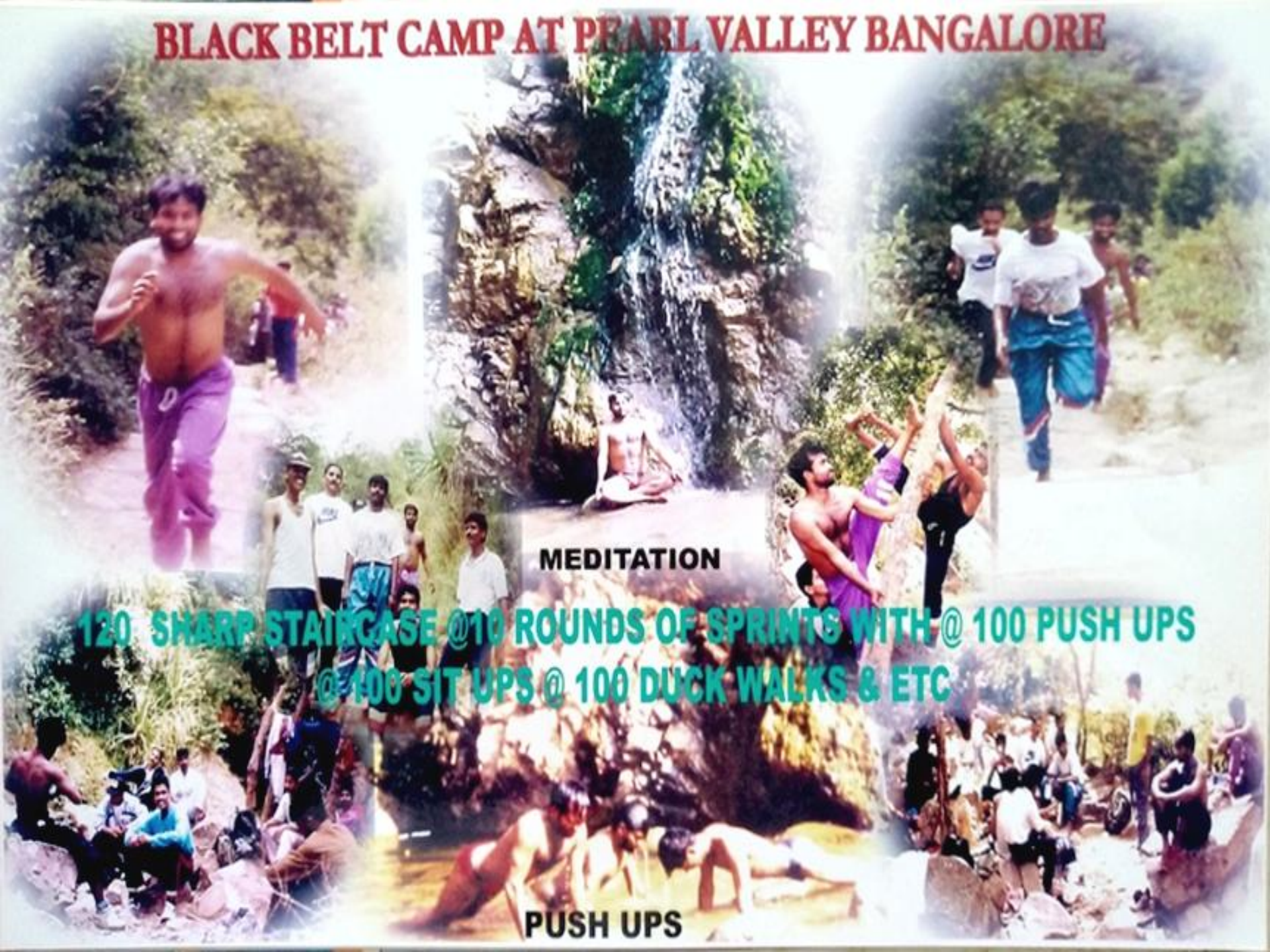
AIR FORCE TECHNICAL COLLEGE, BANGALORE

▣ 1998-01, Officers' Cadet & School Children

A photograph of five Air Force officers in uniform standing in a row. They are all wearing light blue short-sleeved shirts and dark trousers. The officer on the far left is wearing a pilot's wing. The officer in the center is wearing a pilot's cap. The officer on the far right is wearing a pilot's cap. They are standing in front of a wall with several framed pictures.

AIR CMDE KAKKER, COMMANDANT AFTC
FELICITATING THE TRIPPLE PEAK CLIMBER

BLACK BELT CAMP AT PEARL VALLEY BANGALORE



MEDITATION

**120 SHARP STAIRCASE @ 10 ROUNDS OF SPRINTS WITH @ 100 PUSH UPS
@ 100 SIT UPS @ 100 DUCK WALKS & ETC**

PUSH UPS

NATIONAL BLACK BELT TEST AT YMCA NEWDELHI-1995

WITH ALL TAEKWONDO GURU'S OF INDIA

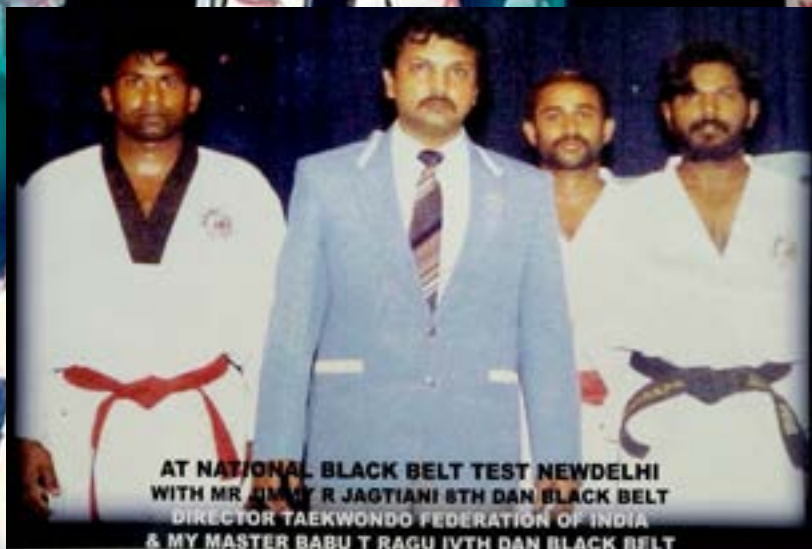


MR LOKPATI TRIPATHI PRESIDENT
MR JIMMY R JAGTIANI DIRECTOR,
TAEKWONDO FEDERATION OF INDIA

MR MUKUL WASHNIK
SPORTS MINISTER OF INDIA WITH
KOREAN AMBASSADOR TO INDIA



SELF DEMO WITH THEOPHIL



AT NATIONAL BLACK BELT TEST NEWDELHI
WITH MR JIMMY R JAGTIANI 8TH DAN BLACK BELT
DIRECTOR TAEKWONDO FEDERATION OF INDIA
& MY MASTER BABU T RAGU IVTH DAN BLACK BELT



MASTER THEOPHIL
DIRECTOR GOA TFI

MASTER VINOD
DIRECTOR ARMY TFI

AT JAWAHAR LAL NEHRU STADIUM NEW DELHI

DEMONSTRATION AT SAILUM NATIONAL HQRS AT BANGALORE



**AIR CMDE SK JINDAL CMDT AFTC
AT NATIONAL BLACK BELT CAMP CLOSING CEREMONY**



ASHOK K LENKA II DAN BLACK BELT



COMMUNICATION TRAINING INSTITUTE (CTI), BANGALORE

▣ 1999-01 to Airmen Trainee & School Children



JALAHALLI EAST, KUVEMPUNAGAR, BANGALORE (CIVIL)

- ▣ 1998- 2001 from Civilians, IAF Personnel, their families & School Children.









AFS NAL, RAJASTHAN, IAF,

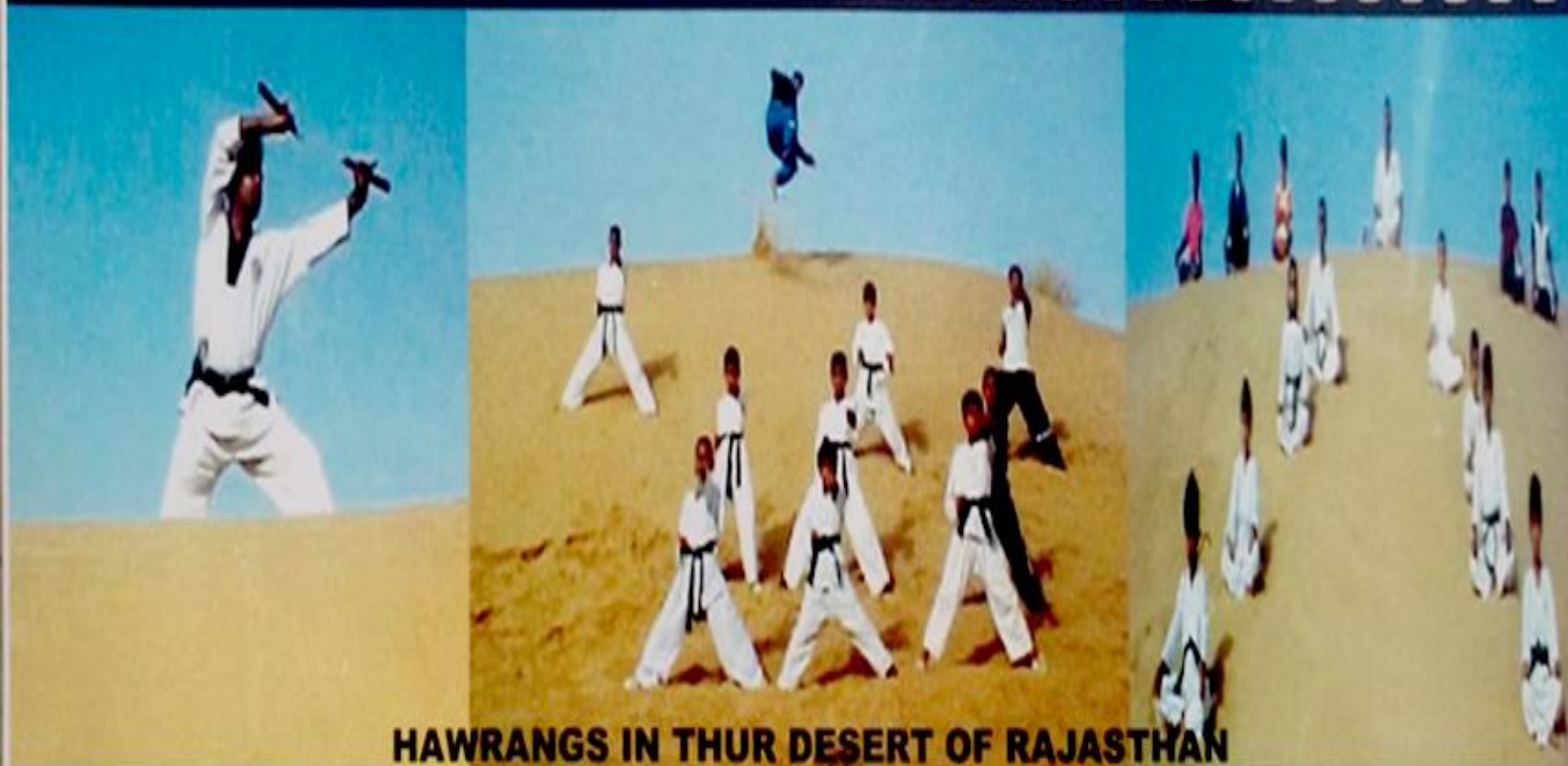
▣ 2001-03 from IAF Personnel. their families and School Children.



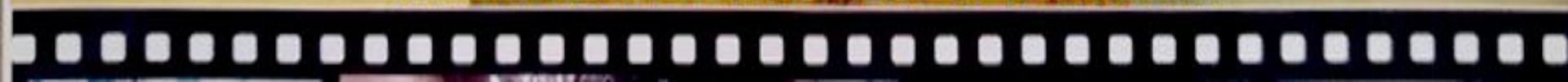


HAWRANGS
AT
AF STN NAL

FEB 01 - MAR 03



HAWRANGS IN THUR DESERT OF RAJASTHAN

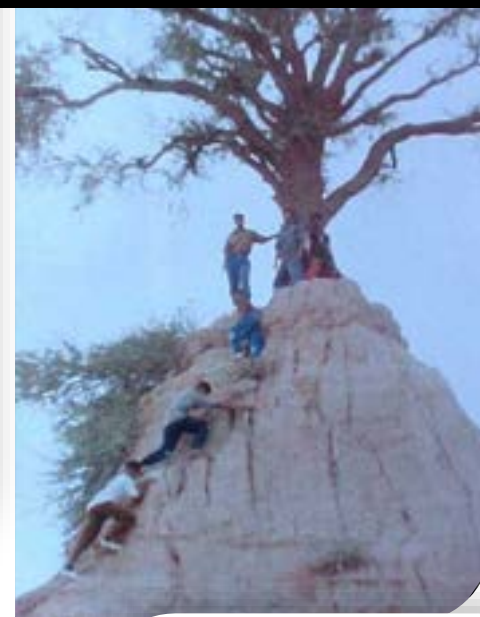


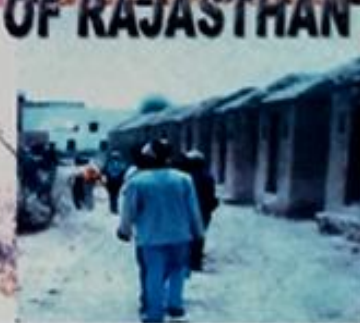


ADVENTURE AT AF STN NAL



ADVENTURE AT AF STN NAL





MAWRANGS TREK IN THEIR DESERTS OF RAJASTHAN



FUN WORLD NAL BIKANER



LIFT CANAL (NAL, BIKANER)



CYCLING FOR 35 KMS



**SWIMMING EVERY
SATURDAY & SUNDAY**



HAWRANGS POWER TRAINING



**TREKKING & CYCLING
FORTNIGHT PROGRAM**



AFS BHUJ, GUJARAT, IAF

▣ 2003-08 from IAF Personnel their families & School Children.



OUTDOOR TRAINING BY HAWRANG ACADEMY AT BHUJ

AFS BHUJ, GUJARAT, IAF

▣ 2003-08 from IAF Personnel their families & School Children.



OUTDOOR TRAINING BY HAWRANG ACADEMY AT BHUJ

AFS BHUJ, GUJARAT, IAF

▣ 2003-08 from IAF Personnel their families & School Children.



OUTDOOR TRAINING BY HAWRANG ACADEMY AT BHUJ

Sailum Martial Arts Demonstration to Gp Capt NJS Dhillon, Station Commander

AF Stn Bhuj & Mrs Simmar Dhillon President AFWWA(L)



hawrang in action



sadhaka's on meditation

seasoned forehead & abdomen



surprise?



independence day



cheered?



participants with principal Mr TB Panda



guest, pleased



welcome



Tough Hand



celebrating india's independence



By Sgt Ashok K Lenka at KV No 1 on on 15 Aug 2005



**HAWRANGS AFTER DEMO WITH STN CDR AF STN BHUJ G/C NJS
DHILLON AND SMT SIMMAR DHILLON**



Sailum Demonstartion to Mrs Sarita Mehra AFWWA(R) HQ SWAC IAF



her gift

lady cheer

AF
Stn
Bhuj

SAILUM

leg power

sk panda black belt
nb singh black belt

self defence

kenbudo

hand power

sailum

kyoto

on
move

hawrangs
in
action

By sgt lenka ak black belt & hawrangs 27 Jun 06





AFWWA AF STN BHUJ-HAWRANG ACADEMY STUDENTS WITH GP CAPT NJS DHILON AND SMT SIMMAR DHILON STN CDR 27 WING AND PRESIDENT AFWWA (L)



AFS AVADI, CHENNAI, IAF,

▣ 2008- Till Date, IAF Trainees, Personnel, their families & KV School Children



2008-2011-2012 ACADEMY AT BASKET BALL GROUND MTTI



2008-2011-2012 ACADEMY AT BASKET BALL GROUND MTTI



2008-2011-2012 ACADEMY AT BASKET BALL GROUND MTTI





**CLASS BEHIND
AFWWA, AF STN AVADI
MADE BY SMT SMITHA
BAPAT, PRESIDENT
AFWWA(L)**



**CLASS AT NARENDRA FILM
THEATRE**



**WITH MY BOTH SON
MASTER KALINGA K
LENKA &
ARYAN K LENKA**



SENIOR BLACK BELTS

1. NARENDER BAHADUR SINGH
2. VISHAL THAKUR
3. RAJENDER CHANDEL
4. AMIT YADAV
5. PANKAJ PANWAR
6. SHAH ALAM
7. VENKATESH RAGHU
8. SUNIL KUMAR
9. SURYA PRAKASH DIXIT
10. SATYA PRAKASH PANDEY
11. KC BHATT
12. PRADEEP KUMAR
13. PRASHANT KUMAR KAR
14. G MURALI ACHARY
15. VINOD KUMAR



OUTDOOR TRAINING BY HAWRANG ACADEMY AT CHENNAI



OUTDOOR TRAINING BY HAWRANG ACADEMY AT CHENNAI



OUTDOOR TRAINING BY HAWRANG ACADEMY AT CHENNAI



OUR TRAINING METHODOLOGY

TRAINING ON MARTIAL ART

The Finer aspects of Martial Arts are covered by practicing

- ▣ **Hatha Yoga,**
- ▣ **Stitha Yoga,**
- ▣ **Pranayama,**
- ▣ **Breath Control,**
- ▣ **Chanting,**
- ▣ **Meditation,**
- ▣ **Controlling of Chi/ Ki (internal energy).**



Academy imparts a sound knowledge on human

- ▣ **Physiology,**
- ▣ **Psychology,**
- ▣ **Philosophy,**
- ▣ **Food & Nutrition.**

TRAINING (TAEKWONDO)

APART FROM ABOVE THE COURSE ON TAEKWONDO ALSO INVOLVES THE FOLLOWING TRAINING:-

- Tae-basic hand movement,
- Kwon-basic leg movement,
- Do- combination of hand &
- Patterns(poomse), total 19
- Sparring/ korugi,
- Aerobic
- Target training,
- Self defence,
- Techniques pressure points,
- Locks & throws,
- Bone locking methods etc.



TRAINING (TAEKWONDO)

APART FROM ABOVE THE COURSE ON TAEKWONDO ALSO INVOLVES THE FOLLOWING TRAINING:-

- Basic conditioning
- Strength,
- Speed,
- Power,
- Stamina,
- Agility,
- Reflex,
- Flexibility,
- Endurance,
- Explosive strength/power/ stamina
- Above all killers instinct.



OUTDOOR TRAINING

TREKKING

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- **TREKKING**
- **CYCLING**
- **HILL TRAINING**





HAWRANG WINTER CAMP TREK-2016 WITH ARJUN TANK

CYCLING

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- **TREKKING**
- **CYCLING**
- **HILL TRAINING**



HILL TRAINING

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- **TREKKING**
- **CYCLING**
- **HILL TRAINING**



BEACH/ SAND TRAINING

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- BEACH TRAINING
- SWIMMING
- TREE TRAINING
- SAND TRAINING



SWIMMING

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- BEACH TRAINING
- SWIMMING
- TREE TRAINING
- SAND TRAINING



TREE TARGET TRAINING

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- BEACH TRAINING
- SWIMMING
- TREE TRAINING
- SAND TRAINING



INDOOR TRAINING

SPEED AND AGILITY

Taekwondo interactive training program for Children with Music.

- LADDER TRAINING
- WEIGHT TRAINING
- CONE AND SOUCER TRAINING
- SPECIAL ABS TRAINING
- CROSS FIT TRAINING
- STEP TRAINING



TRAIN THE MIND

TRAINING

TAEKWONDO INTERACTIVE TRAINING PROGRAM FOR CHILDREN WITH MUSIC.

- AEROBIC MARTIAL ARTS
- WEIGHT MANAGEMENT
- YOGA & MEDITATION
- NUTRITIONAL GUIDANCE



TRAINING (WEAPONS)

ACADEMY ALSO TRAINS ON ART OF WAY OF SHARP AND BLUNT EDGED WEAPON CALLED 'KENBUDO'

▣ **STAFF**

▣ **SWORD**

▣ **NANCHAKU**



WOMEN EMPOWERMENT

TRAINING WOMEN SELF DEFENCE

A CUSTOMISED WOMEN SELF DEFENSE PROGRAM:-

- BARE HAND SELF DEFENCE
- USE OF DAILY USE ARTICLES AS WEAPON
- SAMPLE TRICKS TO HANDLE MAN
- NORMAL SECURITY TIPS
- LECTURE/ TRAINING
-



23 ED,IAF

AFWWA

8 BRD,IAF



TRAINING WOMEN SELF DEFENCE

A CUSTOMISED WOMEN SELF DEFENSE PROGRAM:-

- BARE HAND SELF DEFENCE
- USE OF DAILY USE ARTICLES AS WEAPON
- SAMPLE TRICKS TO HANDLE MAN
- NORMAL SECURITY TIPS
- LECTURE/ TRAINING
-



23 ED,IAF

AFWWA

8 BRD,IAF



TRAINING WOMEN AEROYOGA

A CUSTOMISED WOMEN FITNESS PROGRAM:-

- CROSS FITNESS TRAINING
- AEROBIC/
- ZUMBA/
- BOLLYWOOD



TRAINING WOMEN AEROBICYOGA

A CUSTOMISED WOMEN FITNESS PROGRAM:-

- YOGA (HATHA YOGA & STITHA YOGA)
- MEDITATION/
- PRANAYAMA/
- CHANTING
- NUTRITIONAL HEALING



MARTIAL DEMONSTRATION

MARTIAL DEMONSTRATIONS TO AOC AIR CMDE SITARAMAN

DEMONSTRATION BY MTTI TRAINEES AT PASSING OUT PARADE











MARTIAL DEMONSTRATIONS

**60 CHILDREN MARTIAL DEMONSTRATION TO AIR CMDE BAPAT & MRS SMITHA BAPAT
ON 15 AUG AT KV AFS AVADI**



Sailum, Taekwondo & Kenbudo Demonstration on Independence Day-2013 at KV AFS Avadi

To Air Cmde PK Bapat & Mrs Smita Bapat

Guru AshokkLenka

Happy Independence Day-2013



KV CHENNAI REGIONAL TAEKWONDO MEDAL WINNER AFTER WINNING 42 MEDALS AND 12 NATIONALS

WITH PRINCIPAL V THIAGARAJAN, VP, HEAD MASTER & THEIR COACH MR ASHOK K LENKA



केन्द्रीय विद्यालय संगठन

KVS Golden Jubilee Year

44th KVS

NATIONAL SPORTS MEET - 2013



Taekwondo Mass Drill 35 Girls + 35 Boys of AFS KV with their Coach Ashok K Lenka

Venue : Ajeya Stadium Avadi, Chennai - 54



MARTIAL DEMONSTRATIONS

- 80 musical demo at ajeey stadium on kvs nationals opening ceremony.



MARTIAL DEMONSTRATIONS

650 CHILDREN MARTIAL ART DEMO TO KV COMMISSIONER.



Martial Arts Demo on KV Afs Avadi Inspection by Asst Commissioner Dr. Uma Sivaraman & her Team

MARTIAL DEMONSTRATIONS

650 CHILDREN MARTIAL ART DEMO TO KV COMMISSIONER.

Martial Arts Demo on KV Afs Avadi Inspection by Asst Commissioner Dr. Uma Sivaraman & her Team





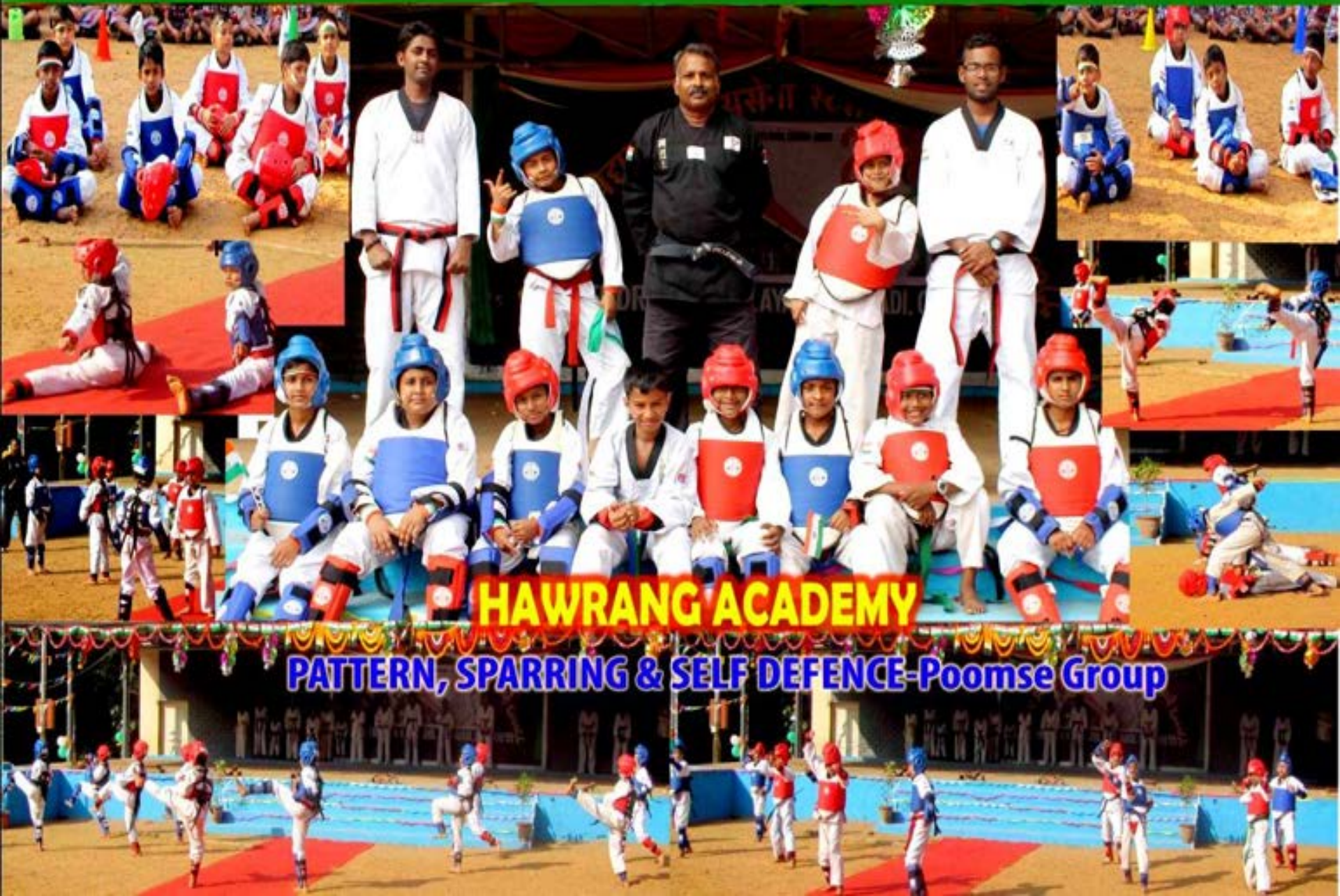
Flying Kick Demo by Ashok K Lenka at KV AFS Avadi Inspection Day-2013

MARTIAL DEMONSTRATIONS

110 CHILDREN DEMONSTRATIONS AT REPUBLIC DAY FUNCTION KV AFS AVADI



A TRIBUTE TO THE NATION BY KV AFS AVADI HAWRANGS ON REPUBLIC DAY -2015



HAWRANG ACADEMY

PATTERN, SPARRING & SELF DEFENCE-Poomse Group

A TRIBUTE TO THE NATION BY KV AFS AVADI HAWRANGS ON REPUBLIC DAY -2015



BASIC-Martial Arts Group



4 DIRECTION & FLYING BREAK - Martial Aerobic Group



HAWRANG ACADEMY



PIRAMID KYOTO FIREBREAK - Martial Power Group

DEMO AT KV FOUNDATION DAY AT KV AFS AVADI -2018



MARTIAL DEMONSTRATIONS AT KV AFS AVADI

60 Children musical Martial Demonstration on Republic Day at KV AFS Avadi

Happy Republic Day to India from KV Hawrangs



TAEKWONDO DEMO AT KV AFS AVADI TO AOC 23 ED AF

MARTIAL DEMONSTRATIONS

60 Children musical Martial Demonstration on Republic Day at KV AFS Avadi



HAWRANGS DEMONSTRATES AT ORDNANCE CLOTHING FACTORY (OCF) SCHOOL



HAWRANGS DEMONSTRATES AT OCF SCHOOL



HAWRANGS DEMONSTRATES AT OCF SCHOOL



HAWRANG ACADEMY TAEKWONDO TRAINED STUDENTS DEMONSTATE AT SPORTS DAY OF OCF SCHOOL AVADI ON 22 DEC 2017



WITNESSED BY MRS & MR SURJIT DAS, AGM OCF, MRS & MR MOHAPATRA, JGM OCF,
MRS JGM RENU SINHA, COL DILBAGH SINGH, SECURITY OFFICER, PRINCIPAL MR AK TIWARI
MR KOTHANDAN, HM, MR ASHOK K LENKA, DIRECTOR & COACH HAWRANG, LEAD BY MISS PAVITHRA

OCF SCHOOL-2018-19



OCF SCHOOL-2018-19



Sep 4, 2018



OCF SCHOOL-2017-18



DEMO BY OCF SCHOOL HAWRANG AT REPUBLIC DAY-2019





Hawrang Demonstate at OCF Durga Puja



HAWRANGS WITH OCF AGM MR SURJIT DAS



DEMO TO PRESIDENT AFWWA(R) AT 23ED AIRFORCE



MARTIAL DEMONSTRATIONS TO 1ST LADY IAF-21JAN15

- 120 CHILDREN DEMO TO MRS LILY RAHA WIFE OF AIR MSHL ARUP RAHA, CHIEF OF AIR STAFF, IAF.



From Left Ashob K Lenka (Coach), Mrs Tyagi, 1st Lady IAF, Mrs Kamala Ramesh President AFWWA AFS Avadi, Mrs Neelkamal Pillai, 1st Lady MTTI



MARTIAL DEMONSTRATIONS TO C-IN-C MAINTENANCE COMMAND

- 110 children demo to aoc-in-c maintenance command Air Mshl Jagjit Singh, Indian Air Force.



MARTIAL ARTS DEMO TO AIR MARSHAL JAGJEET SINGH VSM AOC-IN-CHIEF MAINTENANCE COMMAND



AIR CMDE P RAMESH AOC 23 ED & MRS KAMALA RAMESH PRESIDENT AFWWA (R)



HAWRANG ACADEMY-A venture of AFWWA AFS Avadi-19 Jan 2015

1ST DEMO AS EXSERVICEMEN

HAPPY REPUBLIC DAY TO ALL INDIANS



EXSERVICEMEN WELFARE ASSOCIATION CELEBRATING 63RD REPUBLIC DAY OF INDIA





MUSICAL MARTIAL DEMONSTRATIONS TO AOC 23 ED AF



MUSICAL MARTIAL DEMONSTRATIONS TO AOC 23 ED AF



MARTIAL DEMONSTRATIONS BY HAWRANGS



MUSICA MARTIAL DEMONSTRATIONS AT ESM MITTNAMALI

AEROBIC TAEKWONDO DEMO ON REPUBLIC DAY 2018 AT EXSERVICEMEN FUNCTION TO AOC AIR CMDE AMAR AHUJA AND PRESIDENT AFWWA((L) MRS MAMATA AHUJA



DEMO ON UTKAL DIVAS-2017 AT UTKAL ASSOCIATION OF MADRAS



DEMO AT UTKAL DIVAS BY UMB



DEMO AT UTKAL DIVAS BY UMB



**HOLD YOUR BREATH MY ODIA BROTHERS & SISTERS
NEVER MISS, JOIN TO SEE HAWRANGS "THE COMMANDO"
IN ACTION AT OUR**

81st Utkala Dibasa Celebration
UAM, Chennai

Version 1: Image: Anandavaram (Utkala Bank),
Poo S. V. Harinarayana (Utkala Bank),
R.A. Patra, NRI, Nagas, Chennai - 600012

TAEKWONDO BLACK BELT/ CHAMPION

WOMEN EMPOWERMENT

HAKKIDO/SELF DEFENCE

KENBUDO/WEAPONS

RATHA YOGA

AEROBIC

FITNESS

ADVENTURE

NUTRITIONAL GUIDANCE

**Block your day - 18th June 2017
Sunday - 03:00 PM on wards**

POWDER VETERAN ANSHU K LAKSHIAJAF

6TH DAN BLACK BELT TAEKWONDO

3RD DAN BLACK BELT KENBUDO

3RD DAN BUSHIDO

4TH DAN BLACK BELT HAKKIDO

TAEKWONDO COACH THIRUVALLUVE HIN

CLIMBER II MOUNTAIN PEAKS IN HIMALAYA

NOMINATED NATIONAL LAND ADVENTURE AWARD

SHORT FILM MAKER

DEMO DIRECTOR

SUMIT - TANUSHREE - KALINGA

2ND DAN BLACK BELT



HAWRANG DEMONSTRATES AT CRPF KV ANNUAL DAY WITH KV CRPF PRINCIPAL MRS



DEMONSTRATES AT CAMP CLOSING WITH CRPF DIG SHRI VIRENDER AGARWAL



CRPF HAWRANG ACADEMY



DEMONSTRATES AT CRPF WOMENS DAY WITH CRPF DIG



DEMONSTRATES AT NATIONAL CADET CHAMPIONSHIP-2019 AT JAWAHAR LAL NEHRU INDOOR STADIUM, CHENNAI, TAMILNADU



HAWRANG TEAM DEMONSTRATES AT NATIONAL CADET CHAMPIONSHIP-2019 AT JAWAHAR LAL NEHRU INDOOR STADIUM, CHENNAI, TAMILNADU



HAWRANG TEAM DEMONSTRATES AT AFWWA, 23 ED TO 1ST LADY AF STANTION AVADI AND 1ST LADY MC, IAF.



DEMO AT PRABASI ODIA BUSINESS SUMMIT-2017



OPENING CEREMONY OF HAWRANG ACADEMY AT PLUSPORTZ WITH MR PALANIAPAN DIRECTOR, INAUGURAL CERMONY CHIEF GUEST SQN LDR(RETD) UNNI NAIR DIRECTOR PLUSPORTZ AND CEO OF EXCEL GROUPS



INTERNATIONAL/ NATIONAL CAMPS

GRAND MASTER CHANG SEONG DONG, 9TH DAN BLACK BELT. KUKKIWON KOREA, VISIT TO HAWRANG ACADEMY-2018



INTERNATIONAL TAEKWONDO SEMINAR BY GRAND MASTER CHANG SEONG DONG



**AT HAWRANG ACADEMY FROM 08-09 FEB 2017
WITH MASTER ASHOK K LENKA, 6TH DAN TAEKWONDO**

BLACK BELT CAMP/INTERNATIONAL SEMINAR/HATHA YOGA & MARTIAL ARTS CAMP

राजस्थान पात्रक



राई से सामान्य होती
हृदय की धड़कनें ...



स्पंदन... युगल सृष्टि
गुलाब कोठारी की कलम से

health

पेट रहेगा सेट,
तो नहीं होंगे अपसेट

■ ट्रेनिंग ■

ताइक्वांडो का विशेष प्रशिक्षण



प्रशिक्षण में शामिल प्रतिभागी।

चेन्नई. आवड़ी स्थित हवरंग ताइक्वांडो अकादमी में ताइक्वांडो खिलाड़ियों को साठथ कोरिया के ब्लैक बेल्ट ताइक्वांडो प्रशिक्षक ग्रैंड मास्टर चैंग सिओंग द्वारा प्रशिक्षित किया जा रहा है।

अकादमी में अंतराष्ट्रीय ताइक्वांडो सेमीनार में 120 ताइक्वांडो खिलाड़ियों ने हिस्सा लिया। सेमीनार में मुख्य रूप से फाइटिंग के दौरान फुटवर्क पर ध्यान दिया गया।

गौ

pat

चेन्नई. ध
संरक्षण समि
में गौमाता व
पद पर स
लिए 15
3.30 से
तक महान
कथा का
सदस्य ह
महाराज

VISIT OF KOREAN GRAND MASTER CHANG SEONG DONG TO HAWRANG ACADEMY INDIA

FROM 03-05 FEB 2016 FOR TAEKWONDO SEMINAR



110 HAWRANGS PARTICIPATED IN THE 3DAYS HISTORIC SEMINAR



Felicitation of GM
Mrs. Sumati Singh, 1st Lady, 8BRD



Chief Guest
Wg Cdr Parthasarathi (Retd), VSM
Editor MITRAN



Guest of Honour
Gp Capt RK Singh CO, 8BRD IAF



Guest of Honour
Gp Capt Mrs. Sumati Singh



Hawrang Academy
Panel of Guests
at Closing Ceremony of Taekwondo Seminar



Guest of Honour
Lt Col Ravi Sinha, Arjun Cdr



Guest Of Honour
Wg Cdr Girijesh, TCO MTTI



Patron
Sqn Ldr Biju, SAO, 23ED



Guest of Honour
Mr Murugan, Vice President
Exservicemen Assn Muthapet

FREE NEWSLETTER TO
ARMED FORCES VETERANS

THE SECRET OF GETTING
AHEAD IS
GETTING STARTED



CIRCULATION RESTRICTED
FRIDAY DATE : 01-04-2016

NOTHING IS IMPOSSIBLE,
THE WORD ITSELF SAYS
I' POSSIBLE

GOD AND SOLDIERS ARE REMEMBERED IN CRISIS ONLY



MITRAN

VOICE OF VETERANS

(NON-PROFIT PUBLICATION)

VOLUME 14, HAND SHAKE 1

MITRAN 37



INTERNATIONAL TAEKWONDO SEMINAR 3rd to 5th Feb 2016 & 2nd HAWRANG BLACK BELT CAMP-2016-IAF AVADI

HAWRANG ACADEMY owned by 687549-A, Air veteran JWO Ashok Kumar Lenka, organised an International Taekwondo Seminar for his Students as part of 2nd Hawrang Black Belt Camp-2016 in IAF Avadi. The Seminar was held from 03 Feb-05 Feb 2016. Taekwondo is a Korean Sport included in Olympic Games. The game has been ruled by Koreans in the Olympic for quite a sometime. Even the "Black Belt degree" in Taekwondo is given only by Kukkiwon University in South Korea. Keeping in mind that the Korean's are the best in this sports, HAWRANG Academy invited Grand Master Chang Seong Dong, "9th Dan Black Belt" from World Taekwondo Federation, Kukkiwon Korea to conduct this Seminar. The Grand Master is of the age 64 and has Taekwondo experience for more than 54 years. Getting Training from Grand Master of that repute for his students, was like a dream had come true for Hawrang Academy, claimed Air Veteran Lenka. He aims deservedly very high to produce an Olympian from his academy.



120 CHILDREN OF ARMED FORCES PERSONNEL

120 students of his academy, the children of local Armed forces personnel participated in the seminar. They learnt lot of tips from the grand master in foot work and nuances to become the best performer. He gave demonstration in all the three days of the seminar which was very useful to the children, Miss Rishika Jha



JWO & Mrs. Lenka with Chief Guest Wg. Cdr. Parthasarathi



Master Chang With Mrs Sanjibancee Lenka, Mrs Sumati and Lenka

was adjudged by the grand Master as the best performer. She got the certificate from Sangrok Korea in appreciation of her performance. Air Veteran Ashok Kumar Lenka qualified for 3rd Dan belt from World Taekwondo Federation, Kukkiwon, Korea. It was presented by Grand master Chang himself. Mitran congratulates Air veteran JWO AK Lenka on his extraordinary achievement and wishes him more such laurels.

As a part of closing ceremony Hawrang students Sumit Kumar Sahoo, Kalinga Kumar Lenka and Atashu Singh gave a nerve thrilling demonstration. It was watched by Wg Cdr Parthasarathi VSM (Retd), the Chief Guest and other invitees, Smt. Sumati Singh, Gp Capt KK Singh, CO 8BRD AF, Lt Col Ravi Sinha from Ordnance Depot, Wg Cdr Girijesh MTTI, Sqn Ldr Biju Senior accounts Officer 23ED, Air Veteran Sgt PR Murugan, Vice President, Muthupupet Ex-servicemen Association who distributed certificates to the participants.

If you need any wellness related class at your premises like, Martial Arts, Self Defence, Taekwondo, Aerobics, Yoga, Mountaineering and Film Making, Air Veteran JWO AK Lenka can be reached by email hawrangacademy@gmail.com, <https://web.facebook.com/hawrangacademy/> Cell-9790752227/ 9677290735.

BEST WISHES

"JAI HIND"

Yours sincerely,

Wg. Cdr. K. Parthasarathi VSM (Retd)
INFORMATION ♦ INSPIRATION ♦ INTEGRATION



BLACK BELT CAMP-2015



HAWRANG 1ST BLACK BELT CAMP AT CHENNAI FROM 16-28 MAR 2015

1ST HAWRANG BLACK BELT FROM CHENNAI CAMP MR VISHAL THAKUR

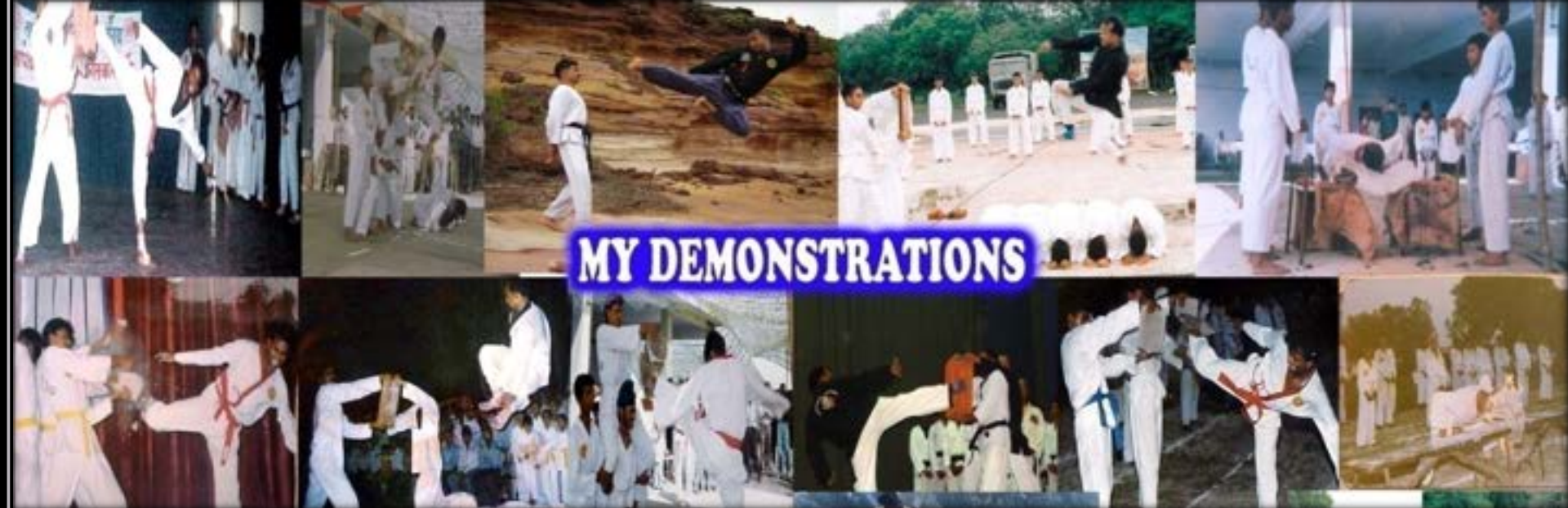
BLACK BELT CAMP-2016





AFWWA SUMMER CAMP -2019





HAWRANG MARTIAL ARTS DEMONSTRATION



CREATING SOCIAL AWARENESS



**FREEDOM RUN RIDE-2015 BY TAEKWONDOINS OF HAWRANG ACADEMY
AGAINST SOCIAL ATROCITIES ON THE EVE OF INDEPENDENCE DAY
7-8KM CYCLING BY CHILDREN FOR SOCIAL CAUSE**



**CELEBRATIONS A PART OF OUR
ACADEMIC CULTURE**