वायु शक्ति संगिनी

Welcome
to our
HAWRANG ACADEMY
ESTD-2014

ENTER TO LEARN EXIT TO SERVE

ISO CERTIFIED INTERNATIONAL ACADEMY, MSME REGISTERED
WORLD TAEKWONDO AACADEMY KUKKIWON, /KMS SOUTH KOREA AFFILIATED,
FIT INDIA CERTIFIED--TAT & IT C/O WORLD TAEKWONDO AFFILIATED,
VETERANS IINDIA SPORTS WING AFFILIATED,
WELFARE VENTURE OF AFFWA, INDIAN AIR FORCE (37YEARS),
17 YEARS AT AFFWA IAF AVADI
WELFARE VENTURE OF ORDNANCE CLOTHING FACTORY (6YEARS)

MASTER KALING K LENKA
4TH DAN BLACK BELT
INTERNATIONAL COACH/MEDALIST
NATIONAL REFEREE

MASTER ARYAN KUMAR LENKA
4TH DAN BLACK BELT
NATIONAL COACH/MEDALIST
INTL PLAYER, STATE REFEREE

INFORMATION BROCHURE

ACADEMY ACHIEVEMENTS

4 DECADES OF EXPERIENCE IN TAEKWONDO IN INDIA: ACADEMY ACHIEVEMENTS ARE MORE THAN 10000 MEDALS, 500 BLACK BELTS,50 INTERNATIONAL MEDALIST, 200 NATIONAL MEDALIST, , 15 INDIA TEAM TRIALS, 500 KVS NATIONAL/CBSE ZONE/ NATIONAL MEDALIST, 20 SGFI PATICIPANTS, 02 SGFI MEDALIST, 6 STUDENTS QUALIFIED TO INDIA TEAM - 3 MASTERS, 1 WT LEVEL1 COACH, 2 LEVEL 3 COACH, 4 SAI CERTIFIED COACH, 10 NATIONAL REFEREES, STUDENTS IN 20 STATES OF INDIA. MORE THAN 150 DEMONSTATIONS

ABOUT

FOUNDER MASTER DR JWO ASHOK K LENKA & SMT SANJIBANEE SUDHA LENKA

Grand Master Dr. Ashok Kumar Lenka, PhD, MPEd, MBA, BE, PGJMC, PGDCA is a 6th Dan Taekwondo Black Belt, International Kukkiwon Master, and World Taekwondo Level-1 Coach (Kyorugi & Poomsae). He secured 5th position at the World Taekwondo Poomsae Championship 2024, Hong Kong, and is a two-time Pride of Nation Awardee (conferred by the Ministry of Defence), Lifetime Achievement Awardee, International Hall of Fame Inductee, A National Champion, Referee (Poomsae & Kyorugi) and International Coach & Medalist, and National Secretary General – Veterans India Sports Wing. With over 45 years of experience in sports and as a climber of 11 Himalayan peaks (14,000–22,000 ft), Dr. Lenka stands as one of India's most respected martial artiest and youth leadership icons.

Smt. Sanjibanee Sudha Lenka is a distinguished educator, administrator, and social contributor who plays a vital role in shaping youth and empowering communities through education and sports. She holds advanced academic qualifications including M.A., B.Ed., NTT, and D.T.Ed, 1st Dan Black Belt, reflecting her deep commitment to learning and teaching. She serves as a dedicated Teacher and the Managing Director of Hawrang Academy, where she oversees academic planning, student development programs, and organizational growth.

AIM & HISTORY OF HAWRANG ACADEMY

Aim of Hawrang Academy : The aim of Hawrang Academy is to build the nation by nurturing patriotism and "Rashtravaad" (nationalism) at the grassroots level through sports. We strive to empower every section of society by widely promoting martial arts, martial sports (Taekwondo), adventure sports, sports education, media education, academic and cultural activities, all delivered through affordable and accessible means. This mission is strengthened by the Founder's exceptional experience across these diverse fields.

Meaning of "Hwarang": The Hwarangs, known as the "Flowering Knights," were an elite group of youth warriors from the Silla Dynasty of ancient Korea (up to the 10th century). They were courageous patriots, always prepared to sacrifice their lives for the honor and safety of their nation.

Meaning of the Crest : The crest of Hawrang Academy symbolizes the Yin & Yang – the ultimate life force in Zen philosophy – surrounded by a blooming lotus, representing purity and growth. This is guarded by two warrior figures called Hwarangs, who protect the sanctity of the Academy and humanity at large. The logo reflects our commitment to balance, discipline, and the nurturing of young warriors whose potential is still unfolding like the petals of a flower.

Motto of the Academy - "Enter to Learn – Exit to Serve", Service to humanity is the highest goal of true education.

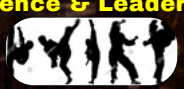
History of Hawrang Academy: Hawrang Academy was founded in 1990 at Air Force Station Adampur, Punjab. The journey continued through various Indian Air Force establishments: • AFS Awantipur, J&K (1996–98) • Air Force Technical College & Communication Training Institute, Bengaluru (1998–2001) • Jalahalli East, Bengaluru (Civil Training: 1998–2001) • AFS Nal, Rajasthan (2001–03) • AFS Bhuj, Gujarat (2003–08) • AFS Avadi, Chennai (2008 – Present): For the last 37 years with AFFWA (IAF) and 17 years at AFFWA Avadi, Hawrang Academy has been serving IAF trainees, AFP personnel, their families, and school children with dedication and discipline.

Academy Training Specifics: Taekwondo is a government-recognized Olympic sport under The Ministry of Youth and India Olympic Association (IOA). All certificates issued are valid for education, scholarships, government jobs, and sports careers under the Sports Authority of India (SAI) and SDAT sports quota.

Teaching Method

Hawrang Academy follows a holistic training system that develops the body, mind, and character:

- Taekwondo & Korean Karate
- Yoga & Meditation
- Aerobics & Zumba
- General Fitness & Flexibility
- Self-Defence Techniques
- Demonstration & Stage Performance
- Championship Training
- Stamina, Strength & Power Development
- Self-Confidence & Leadership Building



Championship Disciplines

Our students are trained in all competitive formats

- Kyorugi (Sparring/Fighting)
- Poomsae (Patterns / Forms)
  - Individual Poomsae
  - Pair Poomsae
  - Group Poomsae
  - Freestyle Poomsae
  - Mixed Poomsae
- Kyukpa (Breaking Techniques)
- Demonstration Events

HAWRANG-THE PATRIOTIC WARRIOR

HAWRANG-THE PATRIOTIC WARRIOR

HAWRANG-THE PATRIOTIC WARRIOR

ACADEMY ACHIEVEMENTS: WITH FOUR DECADES OF EXCELLENCE IN TAEKWONDO IN INDIA, HAWRANG ACADEMY HAS BUILT A POWERFUL LEGACY OF PERFORMANCE, LEADERSHIP, AND NATIONAL SERVICE:

- 10,000+ Medals across district, state, national & international levels
- 500+ Black Belts trained and certified
- 50+ International Medalists
- 200+ National Medalists
- 30+ India Team Trials Participants
- 500+ KVS / CBSE Zonal & National Medalists
- 50+ SGFI Participants
- 30+ SGFI Medalists
- 6 Students Qualified for India Team

- Coaching Strength Includes:
  - 3 International Masters
  - 1 WT Level-1 Coach
  - 2 Level-3 Coaches
  - 4 SAI-Certified Coaches
  - 10 National Referees
- Training Presence in 20+ States of India
- 200+ Demonstrations conducted nationwide

LEVELS OF CHAMPIONSHIP IN TAEKWONDO: HAWRANG ACADEMY PREPARES ATHLETES TO COMPETE ACROSS ALL RECOGNIZED COMPETITIVE PATHWAYS:

Federation Sports Pathway
- District Level
- State Level
- National Level
- International Level
- Asian Championship
- South Asian Championship
- World Championship
- Grand Prix Championship
- Olympic Games

University Pathway
- University Zonal Championships
- University Nationals
- World University Games

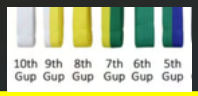
School Games Pathway
- KVS Regional
- CBSE Zonal
- Matriculation Zonal
- KVS Nationals
- CBSE Nationals
- Matriculation State
- SGFI Nationals

(School Games Federation of India)
- School Games World Meet

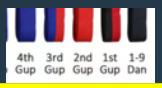
Government of Tamil Nadu / Govt of India Events
- CM Trophy
- Khelo India School Games

ADMISSION RULES & REGULATIONS

- Admission is compulsory for all students; the belt system is optional.
- Fees once paid are non-refundable.
- Monthly fees cover 12 classes per month; however, the Academy offers up to 14 additional days of practice free.
- Even if a student attends only one day in a month, the full monthly fee is applicable, except in genuine medical cases.
- After admission, a student may join any Branch for class or timing with the same monthly fee.
- Fees must be paid in advance on or before the 7th of every month.
- Absence exceeding three consecutive months requires re-admission with a fee of ₹250.
- Any leave must be applied for in advance.
- For doubts, feedback, or counselling, kindly meet the Founder after class hours by prior appointment only.
- Uniform Policy:
  - Taekwondo dress is compulsory for Belt Category students.
  - Tracksuit is mandatory for Non-Belt (Fitness) Category students



COLOR BELT TO BLACK BELT CAREER PATH



HAWRANG - THE PATRIOTIC WARRIOR

- **Upon admission into the Belt Segment, the minimum duration to achieve Poom/Dan Black Belt is 1 year and 6 months, with 6 days a week training (or more), subject to the student's performance and discipline.**
- **Color Belt Progression: White → White-I → Yellow → Yellow-I → Green → Green-I → Blue → Blue-I → Red → Red-I**
- **Each belt is officially registered with applicable certification fees, ensuring structured progress toward Black Belt.**

BLACK BELT – A GLOBAL QUALIFICATION

- **Black Belts are issued by KUKKIWON, South Korea – the world's highest authority in Taekwondo.**
- **The certificate is valid in 191 countries worldwide.**
- **Black Belt is not the end, but the beginning of a lifelong Taekwondo journey – Starting fm Dan 1 to End with Dan 10.**
- **Black Belt registration fees are fixed by Kukkiwon in USD.**
- **Hawrang Academy guarantees to train every committed student to champion level till a student reach Black Belt.**

TERMS AND CONDITIONS FOR TAEKWONDO COLOR BELT TO BLACK BELT REGISTRATION FEE AND DURATION FOR FINANCIAL YEAR -2025-26 FOR AFFWA, IAF AVADI

BELTS	BELT REGTN FEE	KUKKIWON($) MAINT FEE	IND RS	EXAMINER SHARE	ASSOCIATION MAINT FEE	ACADEMY SHARE	TOTAL DURATION
ADMISSION	500	0	0	0	0	500	0 MONTH
WHITE	500	1	100	100	50	250	0 MONTH
WHITE-1	500	1	100	100	50	250	1 MONTH
YELLOW	500	1	100	100	50	250	
YELLOW-1	500	1	100	100	50	250	1 MONTH
GREEN	500	1	100	100	50	250	
GREEN-1	500	1	100	100	50	250	1 MONTH
BLUE	500	1	100	100	50	250	2 MONTHS
BLUE-1	750	1.5	200	100	50	400	3 MONTHS
RED	1000	3	300	100	100	500	3 MONTHS
RED-1	1500	5	500	100	100	800	3 MONTHS
BLACK BELT	10000	60	5500	1500	1000	2000	4 MONTHS
TOTAL	*17250*	76.5	7700	2500	1600	5950	18 MONTHS

IMPORTANT NOTES ON COLOUR TO BLACK BELT FEE POLICIES

1. Hawrang Academy has been functioning as a rental venture under AFFWA, IAF Avadi for the past 17 years.
2. The rates mentioned are kept at the bare minimum in view of IAF welfare considerations. Across India, belt fees range from ₹800 to ₹2,500 per level. Each belt requires valid certification and complete database management. Hawrang Academy maintains a full office system to monitor progress, conduct examinations, and preserve individual records up to Black Belt.
3. All Color Belt certificates are valid across India, and Black Belt certificates are valid in 191 countries worldwide. Participation in National Championships requires Black Belt status. In State Championships, meritorious Color Belt students may be promoted out of turn to qualify for Nationals.
4. With 6 days/week training, the total duration to Black Belt is 1 year 6 months. The total cost is ₹17,250. Students opting to pay the full belt fee at admission receive a ₹1,750 discount, making the total ₹15,500. Fees once paid are non-refundable.

HAWRANG-THE PATRIOTIC WARRIOR

IMPORTANT NOTES COLOUR TO BLACK BELT FEE POLICIES CONTD.../...

5. White Belt registration ₹500 is taken along with Admission ₹500 (Total ₹1,000).
6. There is no charge for rotational color belts. If a separate belt is demanded at every promotion:
• Single colour belt: ₹75 • Double colour belt: ₹100
• During Black Belt promotion: – Professional Black Belt: ₹1,500 – Name Embroidery on Belt: ₹500
7. Kukkiwon Black Belt Registration: US $60 : • $25 – Kukkiwon Fee • $20 – Black Belt Seminar • $10 – Postal & Handling • $5 – Dollar Conversion & GST
8. All rates are subject to change based on USD exchange rates and other circumstances. The Academy's decision will be final and binding.
9. The Belt system is optional. Students may choose the Non-Belt (Fitness) Category by paying admission and monthly fees only.
10. Documents required at Admission: • Birth Certificate • Aadhaar Card • Academy Admission Form • Medal Certificates (if any) • Biodata Form • Kukkiwon Black Belt Form (if applicable)
11. All Academy shares as shown in the table are inclusive of GST and are filed with annual IT returns (records available since 2014).
12. Safety & Equipment Standards : • Fighter's Kit and Poomsae Dress are provided by the Academy. • Premium quality with warranty is ensured to maintain the highest safety standards at a reasonable cost.
13. Championship Governance : All championship-related matters follow the rules and regulations of the Tamil Nadu Taekwondo Association C/O India Taekwondo under the aiges of World Taekwondo . Taekwondo Educational training and curriculum are governed exclusively by Hawrang Academy C/O Kukkiwon, South Korea.
14. Payment Details: Bank: SBI – AFS Avadi Branch Account Name: Hawrang Academy Current A/c No: 36782043606 IFSC: SBIN0002185 UPI / PhonePe / GPay / Paytm: 9790752227

DETAILS OF REGULAR FEE/ OFFERS EXTENDED TO IAF SERVING/ OTHERS

ADMISSION NORMAL/ IAF ONE TIME LIFELONG VALIDITY	BELT CAT DRESS/ NON-BELT CAT (FITNESS CAT)	MONTHLY FEE FOR IAF SERVING ONLY	OTHERS FEES PER CHILD/ ADULT ABOBE 18 YEARS	MONTHLY FEE FOR ONLINE CLASS	HAWRANG OFFER FOR TWO CHILD	COLOR BELT REGTN PER BELT IAF/ OTHERS	OFFER ON PAYMENT 3 MONTHS PER CHILD	OFFER ON PAYMENT 6 MONTH/ PER CHILD	OFFER ON PAYMENT 12 MONTHS/ PER CHILD
1500/-/ 1000	TKD DRESS/ TRACK SUIT	750/-	CHILD-850/- ABOVE 18-1000/-	1000/- FOR ALL-	1400/- IAF 1600/- ORS	IAF-500/- OTHERS-600/- TILL BLUE BELT **	2100/-IAF 2400/-ORS	4000/-IAF 4600/-ORS	8000/-
YOU CAN SAVE IF YOU DECIDE SMART							SAVE 150/-	SAVE 500/-	SAVE 1000/-

HAWRANG SPECIAL STUDENT SUPPORT & SAFETY

1. Online Classes (IAF Support Program) : Online classes with SAI-certified coaches are conducted exclusively for IAF wards and Other Ranks (ORs) who are on leave, temporary duty (TD), or posted in hard/remote areas where physical classes are unavailable. This ensures training continuity and consistent performance.
2. Accelerated Black Belt Program for IAF Wards : While the standard progression is 3 days/week over 3 years, Hawrang Academy offers 6 days/week training at the same fees, enabling IAF wards to achieve Black Belt in just 1 year and 6 months, considering their limited stay period.
3. Fee Waiver for National & International Medallists : Outstanding performers at the national and international level are given 100% fee waiver.
4. Fee Concession for the Economically Weaker Section : Special fee discounts for financially challenged students and for two wards of the same parent.
5. Scholarship for National Gold Medallists : A one-time cash scholarship of ₹5,000 is awarded to every National Gold Medallist.
6. Employment Pathway for Senior Students : Senior students of repute are absorbed as paid coaches in the Academy.
Currently: 6 Coaches and 1 Manager ensure high-quality training and effective administration.
7. Transparent Use of Admission Fees : All Admission Fees are reserved exclusively for Academy equipment and infrastructure development.
8. Service to the Indian Air Force (IAF) : For the past 17 years at IAF Avadi, Hawrang Academy has never charged a single rupee for demonstrations or services to the IAF. Each demo costs the Academy approximately ₹5,000–₹8,000, which is borne fully by the Academy as a service to the Nation.
9. Student Welfare Support : All students receive Free Nutritional Guidance, Personal Counselling & Career Counselling.
10.Every 15 Days we Conduct Celebrations, Parties Etc for Students & Parents also we celebrate all National Days of Significance

COACHING & MANAGEMENT TEAM : ALL COACHES AND MANAGERS OF HAWRANG ACADEMY ARE:

BLACK BELT HOLDERS
NATIONAL & INTERNATIONAL PLAYERS / MEDALLISTS
SAI-CERTIFIED COACHES
WORLD TAEKWONDO (WT) CERTIFIED COACHES
STATE & NATIONAL REFEREES

HAWRANG-THE PATRIOTIC WARRIOR

HAWRANG-THE PATRIOTIC WARRIOR

BLACK BELT

IS EARNED — NOT GIVEN

ONLY 1 OUT OF 50 ADMISSIONS EARN A BLACK BELT

KUKKIWON CERTIFIED
WORLD TAEKWONDO HEADQUARTERS
SEOUL

QUALIFICATION FOR
NATIONAL • INTERNATIONAL • OLYMPIC EVENTS

1st DAN TO 10th DAN
ACADEMIC EXCELLENCE

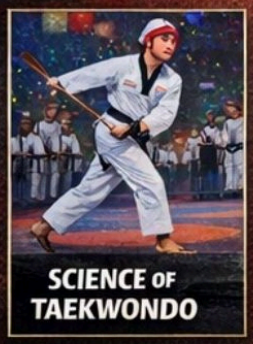
- Graduate-Level Achievement
- Mandatory for Competition
- Pathway to PhD IN TAEKWONDO

RESPECT EVERY BLACK BELT

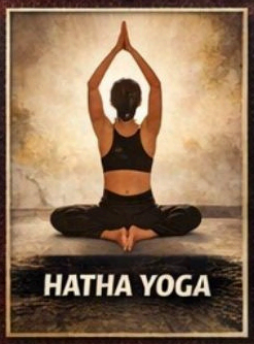
HAWRANG ACADEMY

ELITE MARTIAL EDUCATION

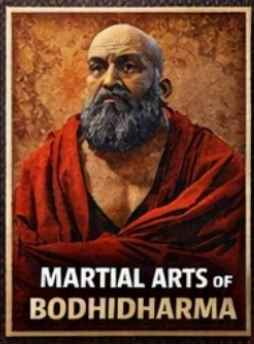
OUR UNIQUENESS


SCIENCE OF TAEKWONDO

TRADITIONAL WEAPONS


HATHA YOGA

TAEKWONDO DANCE


MARTIAL ARTS OF BODHIDHARMA

DISCIPLINE • LEADERSHIP • SELF-MASTERY • PHILOSOPHY • HONOR

MODERN SPORT WITH ANCIENT WISDOM

📍 Contact Details
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🌐www.veteransindiasports.com 🌐www.veteransindia.com
🌐 Official Social Media Handles
▶ YouTube: @hawrang_sports / -📘 Facebook: https://www.facebook.com/hawrangacademy/📸 Instagram: @hawrangacademy_official
📸 Instagram: @hawrang_academy 🐦 Twitter (X): @Ashokklenka2 💼 LinkedIn: ashokklenka549

HAWRANG-THE PATRIOTIC WARRIOR

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HAWRANG-THE PATRIOTIC WARRIOR

Contacts

Hawrang_Academy

(Taekwondo | Self-Defence | Fitness | Traditional Weapons | Hatha Yoga | Taekwondo Dance)

Email: hawrangacademy@gmail.com, Phone / WhatsApp: +91 97907 52227
Website: https://hawrangacademy.com/ www.veteransindiasports.com www.veteransindia.com

Official Social Media Handles
▶ YouTube: @hawrang_sports
Facebook: https://www.facebook.com/hawrangacademy/
Instagram: @hawrangacademy_official Instagram: @hawrang_academy
Twitter (X): @Ashokklenka2 LinkedIn: ashokklenka549
Headquarter Address:
Address: BS2, Ashirwad Apartments, First St, Periyar Nagar, Muthapudupet, Avadi, Tamil Nadu 600042, India

BRANCH I : Mukherjee Hall, Near Kendriya Vidyalaya, &, PTS E-deop,
Near GD Prasad Hall, AFS, Muthapudupet, Avadi, Chennai,
Tamil Nadu 600055, India
Phone: +91 97907 52227
Typical hours: early morning & evening classes Mon - Sun (varies)

Other Branches / Venues Mentioned Online
BRANCH II : At Kalaivani Arangam, Ordnance Clothing Factory, Avadi,
(5PM-0730PM FRI-SAT EVN -SUN MOR 07-1030AM)

BRANCH III : At Above SBI ATM, Mittnamalli 5pm -0630pm - MON TO THU & SUN

BRANCH IV offers Online Taekwondo Class through Zoom App

Additional Contact Info
Manager Mr J Kirubakaran Phone: +91 9444386292
Email: ashokklenka@gmail.com
Alternate Mobile: +91 8925130962/ 96772 90735
WhatsApp messaging is supported on the above numbers for enquiries & class scheduling.

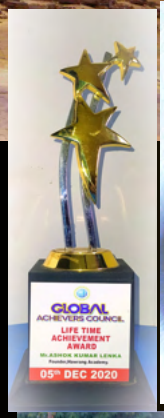
you can get exact class locations and schedules by WhatsApp or call.

BRANCH TIMINGS

AIR FORCE CLASS MUKHERJEE HALL	GENERAL-MON-WED-FRI: 0500PM-0630PM-900PM FIGHTER STUDENTS TUE-THU: 0500-0630-900PM SAT – MAITNENANCE DAY SUN-OPTIONAL	HAWRANG ACADEMY MITTNAMALLEE ABOVE SBI ATM	MON-THU 0500-0630 GEN CLASS 0600-0730PM FIGHTER CLASS FRI-MUKHERJEE SAT – MAINT DAY SUN-8-10AM	RAMASWAMY KALYAN MANDAP GIRI NGR OCF AVADI	FRI, SAT 0500-0630PM-GEN 0600-0730PM-FIGHETRS CLASS SUN: 0730-0900 GEN0730-0900-1030AM-FIGHTER CLASS	ONLINE CLASS THROUGH ZOOM	4 DAYS TUE-WED-THU 0600-0700PM SUNDAY- 7AM - 8AM

Some Cherishable Moments with AFFWA & IAF

Air Force Wives Welfare Associat
HAWRANG ACADEMY- A venture of AFWWA AFS
Happy Republic Day to India from KV Hawrangs
VISIT OF KOREAN GRAND MASTER CHANG SEONG DONG TO HAWRANG ACADEMY INDIA
FLAG OFF OF HAWRANG TEAM BY SRI Y THIAGARAJAN PRINCIPAL KV AFS AVADI, CHENNAI-55
NATIONAL BLACK BELT TEST AT YMCA NEWDELHI-1995
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
A TRIBUTE TO THE NATION BY KV AFS AVADI HAWRANGS ON REPUBLIC DAY -2015
KENDRIYA VIDYALAYA AFS AVADI-2014-15
CHENNAI REGIONAL TAEKWONDO TEAM
Some Cherishable Moments with AFFWA & IAF
TAEKWONDO DEMONSTRATION AT AFTC -1994
AIR CMDE SK JINDAL CMDT AFTC
AT NATIONAL BLACK BELT CAMP CLOSING CEREMONY
DEMONSTRATION AT KV II ANNUAL DAY AF STATION ADAMPUR
Martial Arts Club At AF Stn
Martial Arts Demo on KV Afs Avadi Inspection by Asst Commissioner Dr. Uma Sivaraman & her Team
WITH AIR CMDE AMAR AHUJA, AOC AF STATION AVADI,
PRSESIDENT MR RAJGOPAL SECRETARY MR SEKHAR
PRABASI ODIA



Awards & Rewards

Some Cherishable Moments of Recognition