Aparna’s Experience at NMFA

Aparna M Rao, a student of Kendriya Vidyalaya, Bengaluru enrolled herself for Karate classes at NMFA in the year 2017. Within two years of dynamic training under Master Prabhakaran, she had more than 15 medals to her credit from participating in various national and international tournaments of high calibre.

Master Prabhakaran is a certified coach *par excellence* who puts in 100% effort and dedication in honing the martial art skills of all his students. He instinctively knows the strengths and weaknesses of each student and takes special care to reinforce the strengths and overcome the weaknesses. Even during the difficult Covid times, he continued his online classes with the same admirable patience and determination.

The following are Aparna’s achievements arranged in chronological order:

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| **Sl. No.** | **Championship** | **Organized by** | **Venue** | **Date** | **Event** | **Prize/Medal** |
| 1 | All India Hakuakai Open Karate Championship | Japan Karate Hakuakai Organization-India | Koramangala Indoor Stadium, Bengaluru | August 2018 | Team Kata | I (Gold) |
| 2 | All India Hakuakai Open Karate Championship | Japan Karate Hakuakai Organization-India | Koramangala Indoor Stadium, Bengaluru | August 2018 | Individual Kata | II (Silver) |
| 3 | All India Hakuakai Open Karate Championship | Japan Karate Hakuakai Organization-India | Koramangala Indoor Stadium, Bengaluru | August 2018 | Kumite | III (Bronze) |
| 4 | Karnataka State Cadet Junior & Senior Kickboxing Championship | World Association of Kickboxing Organizations (WAKO), India | Basavabavana, Bengaluru | September 2018 | Kickboxing | II (Silver) |
| 5 | 3rd International Open Karate Championship | Japan Hayashi-Ha Shito-Ryu | Sri Krishna Hall, Sri Krishna Institutions, Coimbatore | October 2018 | Individual Kata | III (Bronze) |
| 6 | 3rd International Open Karate Championship | Japan Hayashi-Ha Shito-Ryu | Sri Krishna Hall, Sri Krishna Institutions, Coimbatore | October 2018 | Kumite | III (Bronze) |
| 7 | 3rd National Level Open Karate Championship | Leo Martial Arts & Fitness | Rajiv Gandhi Stadium, Bengaluru | November 2018 | Kumite | I (Gold) |
| 8 | 3rd National Level Open Karate Championship | Leo Martial Arts & Fitness | Rajiv Gandhi Stadium, Bengaluru | November 2018 | Individual Kata | I (Gold) |
| 9 | State Seiko Kai Karate Championship | Mushti Karate Foundation (R), Gadag | Indoor Stadium, Gadag | December 2018 | Individual Kata | I (Gold) |
| 10 | International Karate Championship | Team Evolution of Karate, Dynamic Shotokan Karate Do Association of India | NPS Auditorium, Bengaluru | January 2019 | Individual Kata | II (Silver) |
| 11 | Bengaluru Invitational Karate Championship | Japan Shotokan Karate Do, India | IWWA, Bengaluru | July 2019 | Kumite | I (Gold) |
| 12 | Bengaluru Invitational Karate Championship | Japan Shotokan Karate Do, India | IWWA, Bengaluru | July 2019 | Individual Kata | I (Gold) |
| 13 | 6th National Open Karate Championship | SEA Group of Institutions | SEA, Bengaluru | August 2019 | Individual Kata | I (Gold) |
| 14 | 6th National Open Karate Championship | SEA Group of Institutions | SEA, Bengaluru | August 2019 | Kumite | I (Gold) |
| 15 | 1st National Open Karate Championship | Bengaluru Shotokan Karate-Do Academy Of India | Ahalya Sports Arena, Bengaluru | December 2019 | Individual Kata | I (Gold) |
| 16 | 1st National Open Karate Championship | Bengaluru Shotokan Karate-Do Academy Of India | Ahalya Sports Arena, Bengaluru | December 2019 | Kumite | I (Gold) |
| 17 | 1st National Open Karate Championship | Bengaluru Shotokan Karate-Do Academy Of India | Ahalya Sports Arena, Bengaluru | December 2019 | Team Kata | III (Bronze) |
| 18 | 2nd International Open e-Kata Championship | JKA India, Karnataka | Online | October 2021 | Individual Kata | III (Bronze) |