

R E N S H I H E M A L S H A H

**General secretary international Shotokan Shobukan Karate Association
India**

**National technical committee member and executive director for
Jiu Jitsu International India**

Navin Nagar No.1, Room 15, 2nd Flr, Chapel Lane, Santacruz (W), Mumbai – 54, Mobile:+91 98203 28504

E-mail: fightingfitindia@gmail.com Website: www.fightingfitindia.com

Have extensive experience with 20 yrs of Martial Art Training + 10 yrs in Total Body Fitness Training

QUALIFICATION & TRAINING

- ❖ Indian Karate 1st and 2nd Degree Black Belt – 1995, 1999
- ❖ International 1st Degree Black Belt World Koshiki Karate – Do Federation – 1995.
- ❖ International Referee (World Koshiki Karate – Do Federation – 1995)
- ❖ 1st Degree Black Belt all India Karate – Do Federation – 2002.
- ❖ 3rd Degree Black Belt Goshin - Ryu – 2003
- ❖ 4th Degree Black belt Jiu-jitsu international India
- ❖ International 4th Degree Black belt World Kobudo federation
- ❖ Received title of RENSHI from world Kobudo federation
- ❖ 5th Dan Jiu-jitsu international 2008
- ❖ Received title of RENSHI from Jiu-jitsu international
- ❖ Apex Committee Member Oasis [(Organization of Aware Saviors in Society (NGO))]
- ❖ Trained as a Weight Training (Personal Trainer) Instructor, L.M. Fitness Academy – 1999.
- ❖ Upgraded under Mr. Tehemton Govadia (Mr. India – 1974 – 75 & Chatrapati Shivaji Award Winner)
- ❖ Personal Trainer for Weight Training, Flexibility Enhancement & Martial art / Fitness Kick Boxing.
- ❖ Trained for a basic and advanced Nunchacko training under Shihan V. Dev Anand
- ❖ Attended a special refereeing clinic under the supervision of Shihan Tony Ponnaiah in the year 2000
- ❖ Attended a special refereeing clinic under the supervision of Soke Clement Soo in the year of 2003
- ❖ Participated in the International Oshukai Kobudo seminar and trained under the supervision of Hanshi Chinen Kenyu in the year 2006
- ❖ Participated in the Filipino Martial Arts seminar and trained under the supervision of Grand master Dionisio Canete in the year 2008
- ❖ Participated as an official instructor in International Jiu-jitsu seminar 2008 under the guidance of Soke Richard Morris, Soke Jan-Erik Karlsson, Soke Leif Hermansson, Soke Auvo Niniketo and Shihan V. Dev Anand

COMPETITIONS/ AWARDS

Best instructor – Group Exercise Studio for the year 2006 V3 a fitness commune (a division of Parle pet Pvt. Ltd.)

Year	Event	Level	Medal
1998	Grand Slam Championship	National (I.K.)	Grand Champion
1998	Team Kata	National (I.K.)	Gold
1998	Individual Weapon	National (I.K.)	Silver
1998	Individual Shiai	National (I.K.)	Gold
1998	Individual Shiai	State (I.K)	Gold
1996	Team Kata	State (I.K)	Gold
1995	Individual Shiai	National (I.K.)	Bronze
1994	Team Kata	State (I.K)	Gold
1994	Individual Kata	State (I.K)	Gold
1994	Individual Shiai	State (I.K)	Gold
1993	Team Kata	M.K.A.	Silver

WORK EXPERIENCE

- ❖ **Certified Martial Arts Instructor** – in Karate, Jiu Jitsu and Kobudo.
- ❖ **Certified Martial Arts Examiner** for state of Maharashtra
- ❖ **Kids Martial Arts Instructor-**

Conducted classes and Workshops at **B.P.M. High School, HMPS School, St. Anthony school, Maker Kundan Garden Hsg. Soc., Vaishali Nagar co-op. hsg. Soc., Pawar public school, Vibgyour high school, The Club, V3 juhu, Golds Gym Napensea Road and Worli, Bandra Hindu Association, Organized Chaos, Shree Ram Welfare school.**

Designed & conducted various Innovative Camps which are Fun, Fitness & Learning Camps for Kids & Adults for Oasis (NGO).

- ❖ **Personal Fitness Trainer** from last 9 Years. (Freelance)-
Trained men and women from all types of backgrounds, varying ages and fitness levels.
Clients include prominent people from the Media, Television and Film Industry.
Designed specific individual based, specific goal oriented training programs, long term and short term for young models, professional artistes and actors and athletes
- ❖ **Worked as Consultant Trainer** - For Sailee Fun & Fitness Weight Training & For setting up and development of Gym & Camp site.
- ❖ **Worked as a Program Facilitator** for Ultra Health Holistic Clinic (India).
- ❖ **Worked as a Fitness Instructor & Kick Boxing Instructor** with Special Emphasis on Total Body Fitness.
Trained at Ultra Health, J. W. Marriot, Juhu for Weight Training, Kick Boxing, Yoga & Weight Loss.

Provided Kick Boxing Training to Trainers & Staff of Tawalkar's Gym, Juhu.

Conducted corporate Fitness Training camps for BPCL Staff at Juhu

Conducted a special one day Self Defense work shop for Maztek

Conducted a special one day Self Defense work shop for Cognizant

Conducted a 2-day Intense Self Defense work shop for Deloitte

Conducted a special one day Self Defense work shop for HSBC Bank, Fort

Conducted a special one day Self Defense work shop for IBM DAKSH

Conducted a special 1 / 1 day **X-treme** Fitness Kick Boxing work shop for fitness trainers in Delhi in association with Fitness Solution, Delhi

Conducted a special 1 day **X-treme** Fitness Kick Boxing work shop for fitness enthusiasts of Bangalore in association with Country Club, Bangalore

- ❖ **Founder fighting fit** - a unique brand of complete fitness for both Body and Mind, designed for total body conditioning and Weight Loss. Classes Held in conjunction with reputed gyms across Mumbai like V3, Talwalker, Qi, Forever Fit, The Club etc.
- ❖ **Self Defense Instructor – week end warrior programme** - special short term (1-2 days) Self Defense camps specifically for Women. and also conduct long term (1month to 6 month) Self Defense workshop's
- ❖ Conducted **Martial Art Pre Training Camp for Western Railway Police Candidates, 1999**

I am a student who learns and a master who teaches