

**Shiv In Me Around Me For Me From Me Forever No Matter What.**

**Thriving Effortsabilities**

(Registration No. : UDYAM – UP - 03 – 0051578)

Amrendra Singh Yadav - 9956217333 - [www.neelkanthworld.com](http://www.neelkanthworld.com)

**About Us :**

**A - Welcome To The Mysterious And Miraculous World Of Great God Neelkanth Mahadev Shiv And** With Him “Adivyashiv I Am”. With All My Inherited And Self-Developed Strengths, Abilities, Winning Efforts, Powers, Sufferings Absorbing Abilities, Healing Abilities, Earthing Abilities, Dowsing Abilities, Strengthability Fitness, Sports Jeet Kune Do, Through Thriving Effortsabilities And Through Various Other Good And Helpful To Humans Programs And Good Qualities Of Mine, I Am Helping Not Just Humans But The Powerful Ones Too As Well Rise, Shine And Thrive Within Our Self-Created Capacity And Within Our Optimal Limitations With And Without The Support Of The Powerful Ones. I Write My Story Just Like You Write Your Own Story And We All Are Actually Free To Script Ourselves The Way We Want No Matter What. We Must Develop Ourselves And Always Welcome The New Dawn And Definitions Of Human Development.

**B - We Are Weak And Strong, Winning And Loosing, Failing And Helping, Dying And Struggling, Descending And** Thriving, Living And Dead, Trusting And Hating, Helpless And Powerful All Together Every Single Second Of Our Existence. We Need To Make The Most And Best Of Our Own Life Regardless Of Our Region And Religion And Cast And Country And Always We All Need To Keep In Mind That The Gods Gives Us Back All That We Give No Matter Who We Are. It Is Our Own Responsibility In The Very First Place To Take Best Care Of Our Own Self And Of All Our Family Members And Of All Our Loved Ones Because They Are Mine And Ours And Too Much Dependency And Prolonged Dependency Upon Others For Self And For Our Own Loved Ones May Not Bring Good Fruit In Return Because Of The Wrong People And Their Bad Agendas For Us. To Make Myself Strongest I Have Joined “The Nath Community - The 9 Gods - Sri Navnaths” As They Represent The Creators And All The Creations And Represent And Responsible Of Our Life And Existence. Through The Sacred Word “Aum” I Am Connected And Associated With The “Super Supreme Creator”. You And Me With Our Gods, Gurus And Guides Collectively Can Bring Many Positive Change In Our Life And Rise, Shine And Thrive Better Than Others.

**C - I Am An Associate** Wing Chun Kung-Fu Instructor - (From - Indian Kung-Fu Institute – Mumbai - January 1994)

**D - I Am A Black** Belt 2nd Degree In Wing Chun - (From - Indian Kung-Fu Institute – Mumbai - June 1994)

**E - I Am A Yoga** Instructor - (From - Times Foundation – Delhi - December 2004)

**F - I Am A Past** Life Therapist - (From - Reiki Healing Foundation – Delhi - January 2008)

**G - I Am A Reiki** Grand Master - (From - Reiki Healing Foundation – Delhi - May 2009)

**H - I Am A Dowsing** Practitioner - (From - School Of Indian Dowsers & Geomancy – Mumbai - April 2012)

**I - I Am An Advance** Level Personal Fitness Trainer - (From – ‘Gold’s Gym Institute’ – Delhi - June 2014)

**J - I Am A 4th Rank** Black Belt In Sports Jeet Kune Do (From “Sports Jeet Kune Do Federation Of India” – Mumbai - October 2018)

**K - I Am Amrendra** Singh Yadav A Disciple Of Sri Gurudev Yogi Somesh Nath Ji.

**L - If You Are Seeking** Something That I Have, Please Feel Free To Connect With Me Via 9956217333 And [www.neelkanthworld.com](http://www.neelkanthworld.com)

## Thriving Effortsabilities

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Repurposed, Reorganized, Reenergized,  
Updated, Upgraded And Uploaded On 11<sup>th</sup> October 2025

**I Help Humans Rise, Shine, Thrive And Stay Healthy Always.**

## “Absorber Of Sufferings”

To Heal Serious Health Issues + Sufferings.

To Cleanse + Heal Souls And Spirits.

To Cleanse + Heal Your Bad Karma.

To Cleanse + Heal All The Ill Effects Of Your Bad Karma.

To Cleanse + Heal All The Curse You Are Affected With.

To Cleanse + Heal All The Curse, Negativity +

Negative Energies Of Your Own, Of Your Family

Members And Of Your House, Business Place Etc.

To Cleanse + Heal The Issues Mentioned In Horoscope.

To Cleanse + Heal Your Bad Luck And Difficult Times.

I Awake, Activate, Organize, Energize, Repurpose And

Nourish All Your Own Divine Gifts, Potentials + Good Luck.

**1 - I Personally Think That Creators Of Human Beings Have Created Humans** “Complete In Absolute Totality Within Their Human Limitations” By Installing In Us, For Us, Their Own Abilities, Abilities And Strengths To Absorb Sufferings Of Our Own Self And Of Others Within Our Own Self Safely, Completely And Permanently; **Abilities** And Powers To Heal Our Own Self As Well As Others With Our Own Efforts; **Abilities And Belief** To Achieve Success Our Own Way After Multiple Failures Too; Abilities, Efforts And Determination To Achieve Whatever We Believe In; **Courage, Abilities** And Powers To Rise, Shine And Thrive The Way We Want; **Unbeatable And Unmatched** Belief, Courage, Confidence, Dedication, Determination, Energy, Hope, Mind And Strong Will To Create Something Out Of Nothing Through Imagination, Visualization, Dedication, Perseverance And Never Say Die Attitude. **I Realized My Healing Potential**, Ability, Power And Habit Very Early In My Life And Pursued A Career Where I Am Healing Humans By Applying My Self, Soul And Spirit Collectively In My Absolute Totality Within My Human Limitations And Shining, Rising And Thriving Everyday And Helping Others Too To Shine, Rise And Thrive The Way They Want. Choices Are All Yours, Decisions Are All Yours, Benefits Are All Yours And Losses Are Also Yours.

**2 - As An “Absorber Of Sufferings”, “I” Will Try To Extract** And Absorb All “Your” Pain, Sufferings, Diseases, Life-Threatening Illness, Serious Health Issues, Bad Luck And Fear Etc; From The Very Final Depth, Of All Forms, Natures And Intensities In Their Absolute Reality And In Their Absolute Totality Along With All The Causes Of Your Mind, Body, Life And Soul And I Will Try My Level Best To Heal, Help, Guide, Manage, Forgive, Organize, Energize And Protect You In All Meanings For Sure In Your Best Interest And “I Will” Try To Make Your Life Free From Sufferings Always And Completely And Forever. **I Help Humans Rise, Shine And Thrive And Stay Healthy Always.** Choices Are All Yours, Decisions Are All Yours, Benefits Are All Yours And Losses Are Also Yours.

**3 - I Make My Client "Absorber Of Their Own Sufferings" - With My Clients I Share My Own Sufferings Absorbing Abilities By Installing Within Them; I Awake, Activate, Organize, Energize And Repurpose All The Healing Abilities Of My Clients Along With Their Sufferings Absorbing Abilities, Strengths And Powers To Work Collectively And Absorb All The Sufferings Within Themselves Naturally, Safely, Successfully And Completely And Provide Them Better Health Always. Collectively Together Mine And My Client's Healing Powers And Sufferings Absorbing Abilities And Powers Work Together To Create A Medicine Free Body And Suffering Free Life Always For My Client And It Helps My Clients In Many Ways To Rise, Shine And Thrive. Choices Are All Yours, Decisions Are All Yours, Benefits Are All Yours And Losses Are Also Yours.**

**4 - All Humans Can Take My Healing Help - When You Are Healthy, Rising, Shining And Thriving On Your Own Then In That Case You May Think That You And Your Efforts Are Sufficient But What If Your Natural Abilities, Belief, Potential And Divine Gifts Are Not Nourished Time To Time And You Are Utilizing Them All And Spending Them All The Way You Want In That Case One Day You Will Find That Your Bad Time Has Started. It Is Actually Not Your Bad Time But You Are Late, Now It Is A Time To Nourish Your Divine Gifts And Potentials By Taking My Help. Choices Are All Yours, Decisions Are All Yours, Benefits Are All Yours And Losses Are Also Yours. Don't Be Late And Regret, Collectively We Can Rise, Shine And Thrive Better Than All Others.**

**5 - Human Efforts And Results - Positive Results Of The Treatments Are The Byproducts Of Our Collective Efforts.**

**6 - 3 Methods I Use For Absorbing Sufferings - No. 1 - I Absorb All Your Sufferings Through Distant Group Healing Through Name And Photograph - Please Share The Name And Photograph Of The Actual Receiver Of The Healing Treatment And I Will Include Their Name In "My Team's Special List Of Very Lucky People" Receiving Healing Treatment Through "Me". My Sufferings Absorbing Ability Is Harnessed From Neelkanth Mahadev Shiv With His Blessings And All The Excess "Sufferings" Which Are Beyond My Absorption Strengthability Are Managed By And Finally Absorbed By "Shiv". No. 2 - I Absorb Sufferings By Directly Holding The Hand Of The Actual Receiver Of My Healing Treatment. No.**

**3 - I Absorb Sufferings By Holding The Hand Of The Representative Of The Actual Receiver Of My Healing Treatment. I Share My Sufferings Absorbing Abilities And Powers Through Name And Photograph And By Directly Holding Hand Of The Actual Receiver. Choices Are All Yours, Decisions Are All Yours, Benefits Are All Yours And Losses Are Also Yours.**

## **7 - Fees**

**7 A - For Cleansing And Healing Health Issues, Curse, Bad Luck Etc. Fee Per Person 15,000/- Monthly, 72,000/- For 6 Months And "One Lakh" For A Year Through Method No. 1. Fee Per Person 6000/- For 45 Minutes Through Method No. 2<sup>nd</sup> And 3<sup>rd</sup>.**

**7 B - Fee Per Month 1000/- If You Want To Pray On Your Own For Your Own Self For Cleansing And Healing Health Issues, Curse, Bad Luck Etc; You Will Have The Authority, Freedom And Opportunity To Send All Your Own "Sufferings" To Me By Chanting My Name Amrendra On Do-It-Yourself Basis. It Is My Contribution To Support Humans And Help Them Rise, Shine And Thrive By Putting Their Best Efforts And Abilities. I Will Absorb All Your "Sufferings" And The Great God Neelkanth Mahadev Shiv Will Shower His Association, Blessings And Protection On You, To You, For You And With You Always Because He And Mother Parwati Along With Sri Nav Naths Are My Parents And Guardians Too.**

**7 C - Fee For Cleansing And Healing Of Soul - This Is A 3 Month Long Program In Which I Absorb All The Sufferings, All Sorts Of Material Attachment, All Natures Of Negativity, All Curses, All Forms, Natures And Intensities Of Negative Intentions + Harmful Actions And Thoughts Within Me Of The Wandering Soul. Fee Will Be 45,000/- The Purpose Of This Soul Healing Program Is To Cleanse, Heal, Purify, Energize And Repurpose The Soul To Leave The Darkness And Wandering Meaninglessly And Unite With The Super Supreme Creators. Sometimes Soul Of Our Own Family People Wander Due To Many Reasons And Suffer A Lot Till They Receive Right And Proper Cleansing And Healing. Sometime These Souls Are Attached To Wrong People And Stay On The Dark And Wrong Side.**

**7 D - To Cleanse + Heal All The Curse, Negativity + Negative Energies Of Your House, Business Place Etc. And To Cleanse + Heal The Issues Mentioned In Horoscope We Need To Discuss The Issues And Finalize The Course Of Action And Fee.**

**7 E - To Awake, Activate, Organize, Energize, Repurpose And Nourish** All Your Own Divine Gifts, Potentials + Good Luck I Need To Hold Your Hand Directly For **3 Sessions Of 30 Minutes** And Then After I Will Keep You In My Distant Group Healing Prayer Receiving List Of People And Will Keep Praying For You For A Year Minimum. **Fee Is “One Lakh”** For A Year.

**8 - Disclaimer - In The Time Of Medical Emergency I Request** People To Undergo Main Stream Medical Treatments And Along With The Medical Help You Can Choose Any Alternative Therapy, Complementary Therapy Or You Can Decide To Try “Absorbers Of Sufferings” As The Mode Of Healing. I Am Trying To Cleanse, Help, Heal And Protect You, All Your Family Members, All Your Places, House Etc. Through My Knowledge, Ability, Efforts And Strengths As An Absorber Of Sufferings But I Request You To “Follow Your Own Mind And Heart” As I May Not Be The Perfect Healer And Because I Am No God And I Am Not Unaware Of Your Own Karma And What Lies Ahead For You Because The Gods And The Powerful Unseen Forces Are Not My Servants And They May Not Help Me Heal You All If They Want To Destroy You. I Connect With The Gods Of Your Choice And With My Great God Neelkanth Mahadev Shiv, Seek Their Right And Beneficial Guidance For You. Humans Can Never Control Future And Many Important Events Of Our Lives This Is The Reason Why And Where Having Powerful Forces On Our Side Is Mandatory, Always. Our Thriving Effortsabilities Shall Help Us Rise To An Extent But Further Journey Is As A Team Rather Than An Individual. Decisions Are Yours, Benefits Are All Yours And If I Fail To Provide You All The Beneficial Guidance And Services Then The Loss Of Money In The Form Of Fee That You Will Pay To Me Is Also Yours. Loss And Gain Are Part Of Life. If You Are With Me For A Longer Period Of Time Then In That Case I Promise You That We Will Lose Some Battles But In The End We Together Will Win The War With Our Own Effortsabilities.

## My Sufferings Absorbing Prayer

### I Help Humans Rise, Shine, Thrive And Stay Healthy Always.

Re-Purposed, Re-Organized, Re-Energized,

Updated, Upgraded And Uploaded On 11th October 2025

- 1 - **My Name “Amrendra” Contains All That I Have Earned** Through My Good And Bad Karma Till Now. In Order To Become A Better Version Of Myself, I Put Lots Of Efforts With My Real Abilities To Make Myself 90% Pure, Perfect And Permanent. I Know That Only Very Few People, Places, Things And Beings Are 100% Pure, Perfect And Permanent In All Meanings. Today I Am A Very Strong And Real Absorber Of Sufferings As I Have Developed My Strengthabilities To Absorb Sufferings, Bad Luck, Negative Energies Of All Forms, Natures And Intensities Within Me Myself. My Soul Is Merged In The Great God Neelkanth Mahadev Shiv. “Adivyashiv I Am” Now.
- 2 - **In Order To Co-Create, Develop And Strengthen Better Version** Of All Our Self, Soul And Spirit, More Able, Better, Healthy, Strong And Successful Us And The Immortal Us “Our Soul” The “Invisible Invincible Me”, I Amrendra Singh Yadav 24x7, Every Moment Of My Life Now And Always, Today And Forever, With Every Breath Of Mine, With Each And Every Heart Beat Of Mine, With All My Self, Soul And Spirit And With Every Chanting Of My Own Name Amrendra, I Am Making “All Of Us” “Absorber Of Our Own Sufferings” By Sharing My Own Sufferings Absorbing Abilities And Installing Within “All Of Us”; Awakening, Activating, Organizing, Energizing And Repurposing All The Healing Abilities Of “All Of Us” Along With All Our Sufferings Absorbing Abilities, Strengths And Powers And Working Collectively And Absorbing Every Single Second Of Our Life All The Sufferings Within “All Of Us” Naturally, Safely, Successfully And Completely And Providing “All Of Us” Better Health Always. Collectively Together Mine And “All Our” Healing Powers And Sufferings Absorbing Abilities And Powers Are Working Together And Creating A Medicine Free Body And Suffering Free Life Always For “All Of Us” And It Helps “All Of Us” In Many Ways To Rise, Shine And Thrive.
- 3 - **In Order To Co-Create, Develop And Strengthen Better Version** Of All Our Self, Soul And Spirit, More Able, Better, Healthy, Strong And Successful Us And The Immortal Us “Our Soul” The “Invisible Invincible Me”, I Amrendra Singh Yadav 24x7, Every Moment Of My Life Now And Always, Today And Forever, With Every Breath Of Mine, With Each And Every Heart Beat Of Mine, With All My Self, Soul And Spirit And With Every Chanting Of My Own Name Amrendra, I Am Actually Providing My Healing Help Always To All Those Who All Are In My List Of All Lucky People And Nourishing All Their Natural Abilities, Belief, Potential And Divine Gifts So That Collectively We Can Rise, Shine And Thrive Better Than All Others.
- 4 - **In Order To Co-Create, Develop And Strengthen Better Version** Of All Our Self, Soul And Spirit, More Able, Better, Healthy, Strong And Successful Us And The Immortal Us “Our Soul” The “Invisible Invincible Me”, I Amrendra Singh Yadav 24x7, Every Moment Of My Life Now And Always, Today And Forever, With Every Breath Of Mine, With Each And Every Heart Beat Of Mine, With All My Self, Soul And Spirit And With Every Chanting Of My Own Name Amrendra, I Am Seeking Forgiveness For All Of Us, From Aum The Super Supreme Creator, All The Creations, Sri Navnath, All The Air, Sun, Sky, Fire, Earth, Water, From All Our Knowledge, Hope, Energies, Blessings, Abilities, From All The Food, Machines, Things, Beings, Places, Nature, Well-Wishers, Well-Doers, Helpers, Protectors, Prayers, Gods, Gurus And Guides Whom We Have Illtreated, Tortured And Destroyed, From All Whom We Have Begged, Borrowed And Stole And From All Whom We Promised But Failed.

5 - **In Order To Co-Create, Develop And Strengthen Better Version Of All Our Self, Soul And Spirit, More Able, Better, Healthy, Strong And Successful Us And The Immortal Us "Our Soul" The "Invisible Invincible Me",** I Amrendra Singh Yadav 24x7, Every Moment Of My Life Now And Always, Today And Forever, With Every Breath Of Mine, With Each And Every Heart Beat Of Mine, With All My Self, Soul And Spirit And With Every Chanting Of My Own Name Amrendra, I Am Along With All Of Us Are Always Thankful And Grateful To Aum The Super Supreme Creator, To All The Creations, Sri Navnath, All The Air, Sun, Sky, Fire, Earth, Water, To All Our Knowledge, Hope, Energies, Strengths, Efforts, Blessings, Abilities, To All The Food, Machines, Things, Beings, Places, Nature, Well-Wishers, Well-Doers, Helpers, Protectors, Prayers, Gods, Gurus And Guides For Always Helping Us All, Guiding Us All, Healing Us All, Protecting Us All, Developing Us All, Blessing Us All, And To Compensate And Even The Account Between Us, I - Amrendra Singh Yadav - Am Returning From My Own Life Of Present And Future, And Wish To Be Debt Free Along With All Of Us Together Completely In All Meanings For Sure.

6 - **In Order To Co-Create, Develop And Strengthen Better Version Of All Our Self, Soul And Spirit, More Able, Better, Healthy, Strong And Successful Us And The Immortal Us "Our Soul" The "Invisible Invincible Me",** I Amrendra Singh Yadav 24x7, Every Moment Of My Life Now And Always, Today And Forever, With Every Breath Of Mine, With Each And Every Heart Beat Of Mine, With All My Self, Soul And Spirit And With Every Chanting Of My Own Name Amrendra, I Am Along With All Of Us Are Requesting "Sri Navnaths", Our Own Self, Higher Self, Soul And Spirit, Aum The Super Supreme Creator, All The Creations, All The Air, Sun, Sky, Fire, Earth, Water, All Our Knowledge, Hope, Energies, Blessings, Efforts, Strengths, Abilities, All The Food, Machines, Things, Beings, Places, Nature, Well-Wishers, Well-Doers, Helpers, Protectors, Prayers, Gods, Gurus And Guides To Keep Providing Blessings, Healing And Protection Continuously And Collectively Within One's Capacity Always And Completely Without Asking To All Of Us, To "Sri Navnaths", To Our Own Self, Higher Self, Soul And Spirit, To Aum The Super Supreme Creator, To All The Creations, To All The Air, Sun, Sky, Fire, Earth, Water, To All Our Knowledge, Hope, Energies, Efforts, Strengths, Blessings, Abilities, To All The Food, Machines, Things, Beings, Places, Nature, Well-Wishers, Well-Doers, Helpers, Protectors, Prayers, Gods, Gurus And Guides And Also To Further More Develop And More Strengthen All Of Us And All Our Self, Soul And Spirit, All Our Knowledge, Hope, Energies, Blessings And Abilities Always In Our Best Interest And For All These Kind And Continuous Help I - Amrendra Singh Yadav - Am Returning From My Own Life Of Present And Future, And Wish To Be Debt Free Along With All Of Us Together Completely In All Meanings For Sure.

7 - **In Order To Co-Create, Develop And Strengthen Better Version Of All Our Self, Soul And Spirit, More Able, Better, Healthy, Strong And Successful Us And The Immortal Us "Our Soul" The "Invisible Invincible Me",** I Amrendra Singh Yadav 24x7, Every Moment Of My Life Now And Always, Today And Forever, With Every Breath Of Mine, With Each And Every Heart Beat Of Mine, With All My Self, Soul And Spirit And With Every Chanting Of My Own Name Amrendra, Willingly And Happily, Safely And Successfully, As An "Absorber Of Sufferings, Bad Luck, Curse, Negative Energies Of All Forms, Natures And Intensities" To Earn More Blessings Of "My Team" And To Always Help, Heal And Protect And To Be Of Some Good Use To My "Great God Neelkanth Mahadev Shiv" And To All The Creators And Creations Of All Universes No Matter What, I Am Extracting And Absorbing Within Me Only Of "My Team's", Of Our Planet Earth And Of My Team's Special List Of Very Lucky People's All Pain, Sufferings, Diseases, Life-Threatening Illness, Serious Health Issues, Harmful Bad Luck, Curse, Negative Energies, Difficulties, Problems, Situations And Fear Etc; From The Very Final Depth, Of All Forms, Natures And Intensities In Their Absolute Reality And In Their Absolute Totality Along With All The Causes Of Our Mind, Body, Life, Soul, Spirit, Past, Present And Future And Evaluating Our Bad Karma And Punishment And All The Good Efforts We All Are Putting To Become Better Humans And Better Beings, I And My Shiv In Our Absolute Reality And Totality Are Trying Our Level Best To Heal, Help, Guide, Forgive, Organize, Energize And Protect Us All In All Meanings For Sure In Our Best Interest And We Are Trying To Make Our Life Free From Sufferings For Always And Completely. I Amrendra With All My Good Karma, My Sufferings Absorbing Ability And Karma And Prayer, I Am Trying To Co-Create Not Just Able, Better, Healthy, Strong And Successful Humans And Other Beings But Simultaneously The Immortal Us "Our Soul". Our Soul Is "Invisible Invincible Me". Our Soul Is Our Very Own Baby, Our Loving Child Whose Right And Disciplined Upbringing And Nurturing Is Our Very Own Responsibility Only Always And Completely, For Today And For Forever For All These Kind And Continuous Help I - Amrendra Singh Yadav - Am Returning From My Own Life Of Present And Future, And Wish To Be Debt Free Along With All Of Us Together Completely In All Meanings For Sure.

Thriving Effortsabilities - (Registration No. : UDYAM – UP - 03 – 0051578)

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## “Sports Jeet Kune Do”

A Hybrid Martial Art, Fitness & Self-Defence Program.

An International Ring Sport.

Recognized By And Registered With The Sports Authority Of India.

National And International Championships Are Organized Every Year.

Your Effortsabilities Will Help You Win.

My Training Is Personalized And Dedicated To Your Growth + Success.

**Full Detail In 37 Points** And All The Views, Opinions, Experiments, Experiences, Methods, Abilities, Beliefs, Practices, Habits, Knowledge, Understanding, Training, Treatments, Ideas, Suggestions Etc. Are My Personal And You Are Not Forced To Trust, Follow Or Try In Any Way Neither They Are Meant To Hurt Anyone In Any Way Whatsoever. My Strengthability Fitness Is An Important Part Of My “Sports Jeet Kune Do” Training. Details Of My Strengthability Fitness Are In Paragraphs 31 To 37.

**1 - Registered With And Recognized By “Sports Authority Of India”** “Sports Jeet Kune Do” Is A Form Of An International Sports Martial Art, A Form Of Mix Martial Arts, A Smart Hybrid Unarmed Combat Art, A Ring Sport, An Effective Self – Defense System With Practical Applications And A Special Fitness Program With A Definite Purpose Of Improving Physical Health And Fitness And Along With Them A Strong And Confident Mind Which Keeps Discovering And Realizing New Abilities, Belief, Healthy Habits And Practices, And Possibilities For Oneself And Others As Well. We Learn About Team Work And Practice To Apply Team Work For Self – Development, For Self – Improvement, For The Welfare Of All Human Beings And All Other Beings As Well Collectively. A Lot Has Been Written In This Whole Content And One Must Choose Wisely As Per The Present Need, Desire And Understanding And Absorb Gradually For Becoming A Better Human Being, For Becoming A Better Martial Artist And For Becoming A Better Martial Art Instructor Too As Well.

## 2 - My Professional Qualifications

- A - Associate Wing Chun Kung-Fu Instructor - (From - Indian Kung-Fu Institute – Mumbai - January 1994)
- B - Black Belt 2<sup>nd</sup> Degree In Wing Chun - (From - Indian Kung-Fu Institute – Mumbai - June 1994)
- C - Yoga Instructor - (From - Times Foundation – Delhi - December 2004)
- D - Past Life Therapist - (From - Reiki Healing Foundation – Delhi - January 2008)
- E - Reiki Grand Master - (From - Reiki Healing Foundation – Delhi - May 2009)
- F - Dowsing Practitioner - (From - School Of Indian Dowzers & Geomancy – Mumbai - April 2012)
- G - Advance Level Personal Fitness Trainer - (From – ‘Gold’s Gym Institute’ – Delhi - June 2014)
- H - 4<sup>th</sup> Rank Black Belt In Sports Jeet Kune Do (From “Sports Jeet Kune Do Federation Of India” – Mumbai - October 2018)

**3 - Originally "Jeet Kune Do" Is Founded By Late Bruce Lee.** With Time It Is Modified And Developed By Respected Masters To Make It More Effective. "Sports Jeet Kune Do" Is A Sports Martial Art Recognized By "Sports Authority Of India" And Many Other Government Organizations Of India And Promoted In India And Worldwide By "Sports Jeet Kune Do Federation Of India" Having Its Registered Head Office In Mumbai, Maharashtra. Founded By Grand Master "Sri Rajendra Kumar Gihara" Sir, The "Sports Jeet Kune Do" Is An International Ring Sport Practiced, Recognized And Promoted By Many International Great Grand Masters. My Version Of "Sports Jeet Kune Do" Is An Unarmed Combat Art, A Mix Martial Art Thoughtfully Researched, Reshaped And Developed By Me As An Art Of Self-Defense, As An Unarmed Combat Art And Sport, As A Ring Sport And As A Perfect Physical Fitness System Too Simultaneously. Learning "Sports Jeet Kune Do" With Me Has Double Benefits, You Will Earn My Knowledge And Expertise And You Will Earn Black Belt Certificate From "Sports Jeet Kune Do Federation Of India" And After Successful Completion Of The Certificate Course, You Will Be Eligible To Teach 'Sports Jeet Kune Do' Professionally And Earn Money With Respect.

**4 - My "Sports Jeet Kune Do" Training** And Certificate Course Is Open For People Of All Age Group. Training Involves Risk Of High Degree. You Must Understand That Risk In Life Is Always And Everywhere And Every Moment. As I Believe, You Must Also Believe 'That Which Does Not Destroy Me, Strengthens Me'. Decision Of Learning My "Sports Jeet Kune Do" Is Completely Yours And All The Benefits Are Also Yours. An Unarmed Combat Art And Sport "Sports Jeet Kune Do" Is Thoughtfully Reshaped, More Smart, Direct, Practical, Less Time Taking And Very Effective Made By Me With My Knowledge.

**5 - My "Sports Jeet Kune Do" Training Includes Best And Effective Techniques** And Knowledge Absorbed From Many Existing Styles Of Martial Arts And Unarmed Combat Arts And Sports, Weight Training, Functional Fitness Training, Yoga, Outdoor And Indoor Games And Sports Etc. Aim Of The Course And Training Is To Develop Able Instructors, Super Fighter With Extraordinary Sparring Ability For Winning Championships Of 'Wing Chun Kung-Fu' And 'Jeet Kune Do' And All Other Styles Of Martial Arts Of School, Club, District, State, National And International Level Organized By "Sports Jeet Kune Do Federation Of India" Or Other Organizations. Training Involves High-Risk Activities. Promotions Will Also Take Place By Offering Services Related To "Sports Jeet Kune Do" And Also By Offering Certificate Course Of Multiple Nature And Level, Services Related To The Objectives Of "Sports Jeet Kune Do Federation Of India", By Organizing Demonstrations, Test, Competitions, Workshops, Seminars, Treatment And Training Camps, Plays, Media, Endorsements, Advertisements And By Opening Training Centres Of Our Own And Also In Collaboration With Other Individuals And Organizations Etc. Certificate Courses Are Offered For Promotion And To Provide Interested People An Opportunity To Earn Money With Respect. All The Exams And Belt Certificates Of All Levels Of "Sports Jeet Kune Do" Will Be Organized By, Controlled By And Issued By "Sports Jeet Kune Do Federation Of India" Registered In Mumbai And Recognized By "Sports Authority Of India".

**6 - By Learning My "Sports Jeet Kune Do" Your Extraordinary** Fighting Ability, Your Punch, Kicks And Even Blocks May Knockout Your Opponent And May Help You Become Champion Of Martial Art Championship. The Self-Defence Knowledge You Will Receive For Self-Protection And For Protecting Your Dignity Will Be Practical, Direct And Deadliest And Dangerous For People Who Try To Harm You. As An Extraordinary Instructor You Will Create Extraordinary Fighters And Winners Of "Sports Jeet Kune Do". My Training Will Also Help You Win Championships Of Other Popular Styles Of Martial Arts. In My "Sports Jeet Kune Do", "Strengthability Fitness" Is The Discipline Of Fitness Developed By Me And Is An Integral Part Of My "Sports Jeet Kune Do" Training With A Purpose In Which You Will Receive Training Which Will Help You Stay Fit, Healthy And Younger For A Longer Period Of Time. The Fitness Exercises And Overall Fitness Concept Of My Version Of "Sports Jeet Kune Do" Is To Slow/Reverse The Aging Process If Possible. Fitness Training Is Based On Weight Training, Functional Training, Dumbbell Based Weight Training, Yoga, Adventure Sports, Outdoor Sports Etc.

**7 - Freedom : "Sports Jeet Kune Do" Certificate Courses** Are Valuable With Unlimited Benefits And It Gives You Freedom To Decide What To Do With The Knowledge And Training You Receive. Course Is Knowledge Based And Training Based Both. You Will Receive Knowledge And Training Both But What Is Your Purpose Of Learning And Post Learning Purpose Is Absolutely Your Personal And You Are Not Bound To Follow The Guidelines, Knowledge And Training As Received. You Are Free To Leave The Training And Course Any Time You Feel. All Decisions Are Yours For Your Betterment. You Will Be Taking My Help To Improve Your Quality Of Life And Achieve Success In "Sports Jeet Kune Do".

- 8 - Amrendra Singh Yadav's "Sports Jeet Kune Do" Certificate Course And Training Includes** Jeet Kune Do Mix Martial Art, Wing Chun Kung-Fu, Boxing, Muay Thai And Yoga, Fitness Training, Conditioning And Sparring Training With Equipment's And Partners, Weight And Dumbbell Based Speed And Strength Training, Specific Training For Specific Purposes, The Practice Of Placebo And Self - Created Belief, Meditation, Imagination, Visualization, Personal And Group Discussion On How To Overcome Stress, Over Thinking, Negative Thinking, Doubts In Oneself And In Training, How To See Gain In Loss And How To Create A Peaceful Mind, A Mind Of An Instructor, A Mind Of A Warrior, A Mind Of A Fighter, A Mind Of A Champion And A Mind Of A Winner. Risk Is Involved Because Of The Nature Of Actions Involved. "Sports Jeet Kune Do" Certificate Course Training Provided By Amrendra Singh Yadav Has The True Essence Of What Bruce Lee Thought Of While Developing Jeet Kune Do. "Absorb What Is Useful". My Training Has All My Knowledge, Understanding, Experiences, Research And Development, Expertise & Purpose. My "Sports Jeet Kune Do" Is Entirely Different From Others And You Will Understand This If You Read Carefully The Entire Content With An Open Mind. The Main Objective Of "Sports Jeet Kune Do" Certificate Course Is To Create More And More Able Practitioner And Instructor Of "Sports Jeet Kune Do" To Promote "Sports Jeet Kune Do" And To Develop An Extraordinary Fighter With Extraordinary Fighting Abilities To Win Championships Of Martial Arts And Other Combat Sports/Ring Sport And Offers Regular Training Also For Development Of Extraordinary Fighting Abilities For Self-Defense Too. Training And Certificate Courses Are Open To People Of All Age Groups.
- 9 - My "Sports Jeet Kune Do" Course Must Be Practiced Regularly** As Taught By Me With Discipline Because It Is Aimed To Heal The Natural Healing System Of Your Body Completely, To Improve The Functions And Performance Of The Immune System Completely, Central Nervous System Completely, Respiratory System Completely, Cardio-Vascular System Completely, Digestive System Completely, Excretory System Completely, Endocrine System Completely, Lymphatic System Completely And All The Other Systems Completely And Improve Your Abilities And Capabilities, Agility, Balance, Cardio-Respiratory Endurance And Fitness, Flexibility, Muscular Endurance, Muscular Strength, Mental Strength, Physical Strength And To Improve Your Overall Physical Performances And Power Of Your Mind, Your Concentration And Your Self-Confidence Completely. You Will Learn To Develop Powerful And Useful Abilities Which Will Benefit You For Sure In Very Many Ways.
- 10 - 'Self-Defense'. My "Sports Jeet Kune Do" Training Offers** Personalized, Simple, Practical And Very Effective Mode Of 'Self-Defense' Training Considering The Age, Gender, Physical Condition, Strengths, Weakness And Fitness Level To Meet The Requirement Of The Person Who Wants To Learn Self-Defense.
- 11 - My "Sports Jeet Kune Do" Training Is Aimed To Help You** Win Martial Art Championships Of National And International Levels. Please Consider Learning With Me A Rare Opportunity To Learn And Develop Fighting Strategy Fully Personalized Rather Than Applying Common Strategies What All Others Are Practicing. It Is Not Just About Knowing The Strengths And Weaknesses Of Your Opponent, But Also Knowing How You Act And React In Situations Not In Your Control. It Is More About Knowing Your Own Strengths, Weakness And How To Apply It Successfully To Create A Situation And Angle Perfectly Fit For You To Execute Your Favourite And Effective Techniques That May Help You Win. We Can Never Be A Winner Always Which Means We Can Never Be A Loser Always. We Win Some And We Lose Some.
- 12 - My "Sports Jeet Kune Do" Training Includes 'Wing Chun Kung-Fu' - The Most Popular** And Much Respected Non-Shaolin Chinese Martial Art Which Was First Developed By Madam Ng Mui A Shaolin Nun And Later It Was More Developed By Madam Yim Wing Chun And Is Named After Her. Invented And Developed By 2 Great Woman Warriors, Wing Chun Kung-Fu Is Famous For Speed, Purpose And Direct Strikes Rather Than Relying On Brute Strength. From Its Beginning In The 16th Century, Wing Chun Kung-Fu Was More Developed And Made Very Effective By The Grand Master Ip Man And His Disciple Bruce Lee. Founded And Developed By Bruce Lee, Jeet Kune Do Martial Art Is A Wonderful Example Of Mix Martial Art Which Gives Freedom To All Its Practitioner To Develop One's Own Techniques And Style As Per The Need And Desire. Wing Chun Kung-Fu, Boxing, Kick Boxing And Some Other Martial Art Forms Are Major Part Of "Great Grand Master Bruce Lee's Jeet Kune Do" Training.

**13 - My "Sports Jeet Kune Do" Training Strengthens You Not Just** Physically But Mentally Too. Nervousness Kills The Effectiveness Of Your Strikes. Fear May Misguide And Take Your Strikes Somewhere But Not To The Target Completely. You Must Concentrate On Winning The Bout And Game, But Not Just The Game You Must Also Try To Win Your Opponent Too. The Opponent Must Also Respect You, Must Praise Your Overall Personality And Not Just Your Game. When 2 Best Fighters Fight, One Will Win, But Both Are The Best. Never Let Your Beauty And Beast Destroy The Goodness In You. Take It Easy, No False Ego Please.

**14 - In My "Sports Jeet Kune Do" Training** You Will Learn How Effectively You Utilize The Knowledge That You Have. How Broad Minded You Are To Accept The Good Qualities Of Your Opponent. The Ability To Adapt New Techniques And New Strategy Frequently To Take Your Opponent By Surprise And As Well As Yourself. The Ability To Accept Defeat And Win Both Casually And Learn From Both To Develop A Better You. Trust Yourself, Have Patience, Be Disciplined, Train Yourself Well, Wait For Your Good Time And Keep Developing Oneself Mentally And Physically Always Even When Experiencing The Bad Time Of Life.

**15 - My "Sports Jeet Kune Do" Training Helps You In Many Ways. The Martial Arts Are** Based Upon Understanding, Hard Work And A Total Comprehension Of Skills. You Must Develop Your Abilities, You Must Test Your Abilities And You Must Push Your Limits Always And Completely To Become More Aware Of Your Reach And Possibilities. You Must Try To Do Things That Your Mind Can Promise But Your Body Cannot Fulfil It And Reverse It. Harmony Among Mind, Body, Techniques, Purpose And End Result Is A Must.

**16 - My "Sports Jeet Kune Do" Training Helps** You In Many Ways. Understanding The Natural Movements, Timing And Weaknesses Of Your Opponent May Help You Earn A Knockout. It Is Advised To Look Into Oneself Also As You Look Into Your Opponent. S.W.O.T. Strength. Weakness. Opportunity. Threat. Find S.W.O.T. For Oneself And Others, Create Winner Of Self And Looser Of Others. Boxing Is Also A Part Of Martial Arts And One Must Spend Some Time Knowing, Practicing And Utilizing The Art Of Boxing. In Order To Understand That There Are Really No Limits Of Martial Techniques One Must Practice The Reverse Of Speed, Accuracy, Timing, Variations, Good Techniques, Effectiveness Etc.

**17 - My "Sports Jeet Kune Do" Training Helps** You In Many Ways. You Must Develop The Ability To Understand Your Opponent Quickly And Act/React Accordingly. If Your Own Style Is Effective Then Please Do Fall In Love With Your Own Style And Yes, Keep Developing And Innovating On Time Because Competitors Are Watching You And Keeping Track Of Your Strength. Weakness. Opportunity. Threat. S.W.O.T. Some Of Us Are Born With Natural Talent And Luck But One Must Keep Training Oneself Because Natural Talent If Ignored May Lead To Failure And Acquired Talent Shall Always Lead To Success. Try To Keep Your Style Stress-Free, Simple, Natural And Effective.

**18 - My "Sports Jeet Kune Do" Training Helps Us In Many Ways. We Are Not** Anti-Social Elements. We Are Not Allowed To Take The Law In Our Hand. We Are Practicing Martial Arts For Self-Defense Purpose And Also As Sport But Never To Harm Others. We All Love Peace, We Respect Each Other And Abide By The Law Of Our Country And Other Countries Too. But Yes, We Follow One More Rule, 'You Respect Me, I Respect You'. You Think And Try To Harm Me, I Destroy You Completely. I Am Responsible For Protecting Myself, My Belongings, My Family And Our Dignity, Always And Completely Before It Is Too Late. We Also Realize That We May Be Weak But When In Need We Can Organize All Our Strengths And Deliver Befitted Reply.

**19 - My "Sports Jeet Kune Do" Training Is Very Helpful In Multiple Ways. The** Techniques You Choose And Use Must Be Less Time Consuming, Direct And Effective. All The Techniques You Learn With Me Must Be Developed For Hitting And Blocking With Brute Force. Use Kicks, Punches And Blocks As A Powerful Striking Weapons. The Entire Human Body Can Be Utilized To Create Defensive Techniques And Moves And Very Offensive Attacks Too Simultaneously. When It Is A Matter Of Self-Defense And Survival, The Surrounding Area And Everything Around You, With You, In You Can Act As Tools. Your Training Program Must Include The Cardio-Respiratory Endurance Training, Agility/Speed, Balance, Flexibility/Yogasana/Static Stretching, Muscular Strength, Muscular Endurance Including Some Special Personal Training To Keep Oneself Better Than The Rest And Best Too. Practice How To Strike The Moving Target Also By Practicing Shifting And Angling, Footwork With Appropriate Applications Always.

**20 - My "Sports Jeet Kune Do" Training Is About Learning Practical** Application Of Martial Art. Create A Training Program Including Warm-Up, Fitness And Cool Down In Which Exercises Are Chosen Intelligently To Convert It Into A Striking Weapon Or As Techniques Of Self-Defense When Needed. On-Guard Stance/Position : Choose Stance In Which You Are Actually Relaxed Like Spring Yet Ready For Quick Action/Reaction. One Can Have Multiple Stances By Disciplined Practice. Leading : One Must Mentally And Physically Prepare One-Self Before Delivering Or Choosing A Straight-Line Hit, Understand The Pros And Cons Of It. Feinting : Definition Of Feinting Is To Make A Deceptive Or Distracting Movement, Especially During A Fight. One Or More Fake Moves Followed By One Or More Direct Hit. Drawing : Drawing Here Means To Create A Purposeful Opening In Front Of The Opponent – A Trap Or Multiple Layers Of Traps - So That He/She Tries To Hit Over There And Since It Was A Thoughtful Act Of Yours Then You Will Have The Opportunity To Counter With Your Chosen Technique/S. Purpose Is To Fool Your Opponent. Simple Angle Attack : Any Simple Attack Thrown At An Unexpected Angle, Sometimes Preceded By Feinting. It Is Often Setup By Readjusting The Distance With Footwork. Immobilizing Hit : Close Own Boundaries While Closing Distance. Watch Out For Stop Hit Or Kick. Check/Stop Your Opponent.

**21 - My "Sports Jeet Kune Do" Training Is About Learning** The Smart Use Of One's Knowledge. Progressive Indirect Attack : Moving Out Of Line Whenever Possible. Decide And Close The Boundaries Accordingly Is Meant To Create Desired Opening Or To Buy Some Extra Time. It Is A Single Forward Motion Without A Withdrawal. Best Applicable When The Opponent's Defense Is Strong. Distance And Direction Management. Strong Defense Is A Wise Man's Strategy. First Be Safe In Order To Be In The Fight Then Knock Your Opponent Wisely. Attack By Combination : Surprise Your Opponent With Your Speed And Combination Of Techniques With The Ability To Change The Path During Execution. Attack By Drawing : Awareness And Balance To Attack After Drawing The Opponent's Commitment By Exposing A Target To The Opponent, By Forcing (Closing With Or Without Immobilization, Slow Or Fast) And By Feinting An Attack That The Opponent Will Try To Counter. Create A Trap Wisely And Knock Your Opponent Quickly.

**22 - In My "Sports Jeet Kune Do" Training, The** Intelligently Designed Personal Training Program Allows You To Think, Choose And Develop A Purposeful Training Program, The Effective One Rather Than Opting For Mere Fancy Techniques. Develop Your Own Style Of Physical Conditioning, Fighting Techniques, Self-Defense Techniques, Mental And Physical Fitness Training Program, Research Your Own Experience, Absorb What Is Useful, Reject What Is Useless And Add What Is Essentially Your Own. Copy Others Techniques Easily But Utilize It Wisely.

**23 - My "Sports Jeet Kune Do" Training Always** Motivates You For Better. Failure Provides You A Chance To Rethink And You Must Seek Answers Within Yourself And Know Yourself Better. Failure Is Like A Speed Breaker. Welcome It By Your Heart And Be Resilient. Always Remember That, "That Which Does Not Destroy Me Completely, Actually Strengthens Me Mentally, Physically, Emotionally And Technically As Well". You Are Born Free And Born To Win.

**24 - Resilient : My "Sports Jeet Kune Do" Training Creates** A Strong You. Do Not Get Dishearten, Take Time, Organize Yourself With An Open Mind, Train Your Body And Practice Till Satisfaction/Perfection And Live With Your Self Developed Skills Always And Trust Yourself In The First Place. Please Respect Yourself, Your Dignity And Your Work And Welcome Criticism, Try To Concentrate Well On Self And Own Work And Wait For Success. You Need To Do Nothing Except Mind Your Own Business. Your Success Will Bring Recognition And Praises To You.

**25 - My "Sports Jeet Kune Do" Training Prepares You For C. B. H. K. P. S. S. Chase, Break,** Hit, Kill, Push, Stop, Sweep. Offline. Deflect. 10 Direction Foot Work. Plus. Cross. Up And Down Are The Very Important Factor During Sparring And Fighting. Apply When You Want To Show Your Aggressive Side, When You Want To Teach Lesson, When You Want To Even The Account, When It Is Really Necessary And Apply Everything When It Is For Stopping And Killing The Enemy Who Is Trying To Harm/Kill You. Act Wisely Before You Are Down. Always Keep In Mind An Old Saying – 'Survival Of The Fittest'.

**26 - My "Sports Jeet Kune Do" Training Develops** And Elevates Your Understanding About Many Things. There Is No Pre-Set Formula Of Success But Disciplined And Regular Practice By Keeping In Mind S. W. O. T. Strength. Weaknesses. Opportunities. Threats. Of Self And Enemies, Opponent Etc. Fighting Zone : 1 - When Fighting With Partner For Developing One's Own Techniques And Fighting Strategies Etc. Is Known As Sparring. Both You And Your Partner In Training And Learning Need To Cooperate Each Other For Improving Performance And Skill. 2 - When Fighting For Survival, Safety And Protection, That Is Known As Self-Defence Where You Have To Follow Only One Rule : Everything Is Fair In War And The Sole Purpose Of Self-Defense Is To Protect Oneself Then Destroy Your Enemies, Inflict As Much Pain You Can Brutally And Wildly With Only One Intention To Destroy Otherwise You Are Gone. 3 - When Fighting In Championship : Your Purpose Is To Follow All Rules And Apply All Your Knowledge, Skill And Techniques To Win And Only Win To Become Champion. 4 - Mental State : When Not In The Ring Or Self-Defense Situation Or Sparring Then Please Be Calm And Practice Control Of Your Anger And Your Reactions Because There Are Situations When Known People And Non-Harmful Strangers Touch You, Push You Or Come Too Close To You. In These Situations, Right And Quick Assessment Of Situation Is Needed Followed By Right And Quick Actions And Reactions To Avoid Hurting Good People But Timely Hurting And Stopping Bad People.

**27 - My "Sports Jeet Kune Do" Training Offers Practical Approach** To Self-Defense, Kicks, Punches, Blocks, Locking & Unlocking Techniques, Grabbing/Choking/Breaking/Throwing/Rolling/Falling Techniques, Visualization Etc; Including 6 Major Components Of Fitness Which Are Agility, Balance, Cardio-Respiratory Fitness, Flexibility, Muscular Endurance & Muscular Strength. Championships And Tournaments Are Practical Learning Ground. You Apply Your Knowledge And Experience And Try Something New But Make Sure You Win The Fight And Your Opponent Too. Win Not Only Medals But Hearts Also By Demonstrating Real Skill, Manners And Sports Man Spirits. Your Overall Personality Speaks About Your Upbringing, Family, Schooling, Training As Well.

**28 - My "Sports Jeet Kune Do" Courses, Certificates, Training And** Help Offered By Me And My Instructors And Associates Are Not Meant For Any Government Job And We Do Not Promise Any Job. We Provide Courses, Certificates, Training And Help To Help You Know Your Abilities And Develop Your Abilities And An Opportunity To Earn Money With Respect By Imparting Your Knowledge To Seekers. For The Betterment Of Practitioners Of My "Sports Jeet Kune Do" The Syllabus, Content And Training Program Etc. Are Changeable And Can Be Updated And Modified As Per The Requirement And For Improvement Of Training. We Grant No Permission And Have No Objection If Anybody Wants To Impart Training Professionally And Charge Fees Without Obtaining Valid Certificate From Us. Anyone Who Feels He/She Has Enough Knowledge, Experience And Confidence To Teach, Can Teach On Your Own Responsibility Without Making Any False And Wrong Commitment Please. We All Are 100% Responsible For All Our Actions. Our Abilities Are Best Judged By Us Only In The First Place.

**29 - For Admission To Learn And To Receive Certificate In** "Sports Jeet Kune Do" Course Your Identity Proof And Address Proof Is Mandatory. Aadhaar Or Passport Will Do. Certificate Shall Be Issued Offline And/Or Online In Soft Copy Form On Your Email Id Or WhatsApp. All The Photographs, Videos And Records Of Training And Otherwise Also Will Be Kept With The "Association" And Can Be Used For Training, Advertisement And Promotional Purposes Etc. You Must Be Medically And Physically Fit To Undergo Training Of 'Sports Jeet Kune Do' Course. You Shall Never Hold Responsible The Seniors, Classmates And Instructors, Me, And Us For The Injury If Any May Occur During And After The Training. Even Though The Utmost Care Is Been Taken In Training But No Body Knows Who Will Get Hurt, When And How. We Do Not Provide Training To Non-Serious And Undisciplined Students. Please Bring Your Own Water, Hand Towel, Mat, Gloves And Other Things For Training And For Your Personal Use. Please Consider Personal Hygiene. Please Bring Your Own First Aid Kit. You Are Only Responsible For All Your Medical Help If There Is Any Emergency. We Are Not Providing Any Sort Of Medical Help And We Do Not Promise To Provide Any Medical Help And We Can Not Afford Any Medical Help. Sparring Is A Dangerous Event And You Must Be Prepared For Any Emergency. Even Though Here We Request People To Be Kind To Each Other And Help Each Other Develop Their Fighting/Sparring Ability But Due To Any Reason What So Ever If Any Health Problem Arises Then In That Case, You Are Responsible Not We. Please Carry All Your Medical Details, Blood Group Detail, Allergies Detail And Aadhaar Or Other Health Insurance Card Etc. Always. Please Talk To Us Regarding Training Before Joining. Please Agree To This Then Come For The Training. You Will Receive The Best Return For Your Money, Time And Energy. Your Cooperation Is Needed, Always.

**30 - Duration Of The Certificate Courses And Syllabus** Are Not Rigid But Flexible. Abilities Of Students Are Not Known To Me. Some Take Years To Understand Little Things And Some Are Smart And Memorize Easily. When You Think You Are Ready For The Test, Appear For The Test. Participating, Fighting And Winning In Martial Arts Championships Are Not Mandatory Rather Optional. Black Belt Certificate Authorizes You To Impart Training Professionally And Earn Respect And Money Both. There Is A Discipline In Training And I Have Upgraded The Training To Match Only With The Best Of The Best In The Industry And Hence You Will Have To Earn The Rank, Belt And Certificates. Training Can Be Customized As Per The Requirement. "Sports Jeet Kune Do" Certificates Shall Be Issued By The "Sports Jeet Kune Do Federation Of India" Registered Only.

## **"Strengthability Fitness"**

### **A Meaningful Fitness Program Effective For People Of All Age Groups.**

**31 - The Purpose Of "Strengthability Fitness" Is To Further** Develop And Further Improve The Functions And Performance Of Agility, Balance, Cardio-Respiratory Endurance And Fitness, Flexibility, Muscular Endurance, Muscular Strength, Central Nervous System Completely, Respiratory System Completely, Cardio-Vascular System Completely, Digestive System Completely, Excretory System Completely, Immune System Completely, Endocrine System Completely, Lymphatic System Completely, All Other Systems Of Our Whole Body Completely, All The Glands Completely And The Natural Healing System And Healing Abilities Of Our Body Created By The Creators. I Can Help You Achieve All Your Fitness Goals Only When You Try Your Level Best, Stop Funny Excuses, Keep Pushing Your Limits, Keep Testing Your Limits And Finally Bring Discipline To Your Life And Life – Style. My 3 Major Aim Of The Strengthability Fitness Are To Help You Have A Medicine Free Life, Better Physical And Mental Fitness With Strong Heart And Minimum Fat And To Reduce Biological Age Up To 10 – 20 Years.

**32 - Content Of My Strengthability Fitness Training : Yoga,** Weight Training, Functional Training, Self-Defense, Kicks, Punches And Other Effective Strikes, Bag And Pad Training Are Part Of The Strengthability Fitness. Yogic Asanas Which Are Also Known As "Static Stretching" In Weight Training. "Static Stretching" Is An Integral Part Of Weight Training. These Are Of Multiple Natures, Intensities And Purposes. People Who Are Not Aware Of The Quality, Content And Importance Of Weight Training Think That Weight Training Is Useless And Yoga Is Complete. Without Weight Training, Strength Development Is Not Possible. Agility, Balance, Cardio-Respiratory Endurance And Fitness, Flexibility, Muscular Endurance And Muscular Strength Are 6 Major Components Of Strengthability Fitness.

**33 - My Strengthability Fitness Program Includes Pranayaam** And Other Breathing Exercises Along With Aantrik Kumbhak = (Internal Retention), Baahya Kumbhak = (External Retention) And Stambha Kumbhak, Agnisar, Kapal Bhatee, Nadi Shodhan, Ujjai Pranayaam, Mool Bandha, Uddiyan Bandha, Jalandhar Bandha, Vilom Pranayaam And Bhastrika – The King Of Pranayama. Surya Namaskar With And Without Pranayama And With Different Intensities And Styles. Shav Asana = Relaxation - Guided Relaxation By Me, Self – Guided Relaxation, Relaxation For Cleansing. Relaxation For Reorganizing And Energizing, Relaxation For Connection Establishment For Spiritual Development Purposes Etc.

**34 - Yogic Asanas Of My Strengthability Fitness Program Are :** **Adhomukhshwaan Asana = Parvat Asana**, Chaturang Dand Asana, Bhujang Asana = Urdhva Mukh Shwaan Asana, Bhok Asana, Dhanur Asana, Parshav Dhanur Asana, Sarp Asana, Poorna Shalabh Asana, Ardh Shalabh Asana, Ardh Naav Asana, Paripoorna Naav Asana, Chakrik Asana (Cycling) Both Legs, Chakrik Asana (One Leg), Chakrik Asana Ek Paad With Ek Paad Supt Angusht, Chakrik Asana With Uttanpaad Asana, Chakrik Asana With Ardh Naav Asana, Drut Uttan Paad Asana = (Leg Raises), Ek Paad Drut Uttan Paad With Uttanpaad, Uttan Paad Asana With Ankle Rotation & Flexions, Jatar Parivartan Asana, Vrit Asana, Nakra Asana Front Plank, Vashisht Asana Side Plank, Tan Asana (Lying), Katichakra Asana (Lying), Pawan Mukta Asana, Sarvaang Asana Salamb, Sarvaang Asana Niralamb, Sarvaang Asana Ek Paad, Setu Bandh Sarvaang Asana, Hal Asana, Parshav Hal Asana, Supt Kon Asana, Karna Peeda Asana, Ek Paad Supt Angusht, Setu Bandha Asana, Chakra Asana, Poorva Uttan Asana, Dand Asana, Paschim Uttan Asana, Janu Sheersha Asana, Parivrit Janu Sheersha, Krounch Asana, Badhha Kon Asana, Kon Asana, Upvisht Kon Asana, Tula Asana, Titli Asana, Marichya Asana (Straight Leg), Ardh Matsyendra Asana (Leg Fold), Vazra Asana, Parvat Asana, Paryank Asana, Mandook Asana, Shashank Asana, Veer Asana, Supt Veer Asana, Ushtra Asana, Hastottan Asana, Vriksha Asana, Ashvataan Asana, Tan Asana (Standing), Tad Asana, Urdhva Dhanur Asana, Paad Hast Asana, Uttan Asana, Urdhva Hastottan Asana, Katichakra (Standing), Trayang Asana, Ardh Chandra Asana, Uttitha Trikon Asana, Parivrit Trikon Asana, Parshav Uttan Asana, Veer Bhadra Asana, Ashwa Sanchalan Asana, Uttitha Hast Paad Angusht, Utkata Asana, Hanumaan Asana, Samkon Asana Etc.

**35 - My Strengthability Fitness Program Includes** Weight Training, Plyometrics, Functional Training, Punching And Kicking Training On Bag And Pad Are Part Of My Strengthability Fitness Training Program. Heart Rate Observation, Monitoring And Medical Checkup On A Routine Basis Is An Integral Part Of My Fitness Training Because It Tells The Truth About The Level Of Stress One Has On Heart, The Quality Of Sleep One Is Giving To Oneself, Resting Heart Rate, Heart Rate Reserve, Target Heart Rate And Maximal Heart Rate Knowledge, Management And Care Improves The Strength Of Heart Which Never Stops Since Its First Beat Activated By The Supreme Creators. My Yoga And Fitness Training Is All About Self – Discipline, Self – Confidence, Positive Thinking, Healthy Eating, Acceptable Body Fat, Improved Fitness And Health, Harmony Between Mind, Body And Soul Completely.

**36 - My Strengthability Fitness Program Is Based On** High Intensity Interval Training (H I T), Progressive Overload Principle, And An Individual's Mental Abilities And Physical Capabilities As Well. All The Training Programs Are Thoughtfully Developed And Designed By Me And Targeted To Meet The Requirements Of Its Practitioner As Per The Medical Conditions Which Involves Understanding Of The Medical Tests And Reports And Considering And Following All The Medical Advices And Do's And Don'ts, Health Conditions Which Involves Fat, Shape, Size, Structure, Alignment, Flexibility, Strength, Cardio – Respiratory Endurance, Posture And Life - Style, Mental Health And Fear And Phobias, Specificity - Special Needs – For An Athlete, For A Boxer, For A Martial Artists, For A Dancer And Also For People With Sedentary Life Style And Training Program Must Match Their Mind And Body As Well, Their Liking And Disliking Are Also Considered While Creating A Perfect Training Program To Hold And Update The Motivation And Keep One's Interest Intact. Boring Training Programs Always Fail To Provide Expected Results. One Training Schedule Can Never Be Perfectly Fit For All. As Per Our Need And Desire I Create A Customized Training Program. I Believe In Personalized Training Program And Personal Training Which Involves Care And Concern Which Actually Helps The Practitioners Of All Age Group.

**37 - My Strengthability Fitness Program Has Conditioning Of Instep**, Ankle, Shin, Knee, Quadriceps, Abdominal Muscles, Ribs, Chest, Back, Neck, Head, Elbows, Palm Etc. Which Are Mandatory For Development Of Oneself As A Strong Martial Artist Of Any Nature. You Will Practice With Me, With Other Practitioners, On The Bag, Pad And Other Supporting Equipment's As Well In A Disciplined Way And On A Regular Basis By Following A Specific Training Schedule As Designed By Me As Per Your Personal Requirements To Achieve Your Desired Fitness Goals.

## Thriving Effortsabilities

(Registration No. : UDYAM – UP - 03 – 0051578)

Amrendra Singh Yadav - 9956217333 - www.neelkanthworld.com

# “Strengthability Fitness”

A Hybrid Fitness, Martial Art & Self-Defence Program.

A Meaningful Fitness Program Effective For People Of All Age Groups.

Reduce Biological Age Up To 10 – 20 Years.

**1 - The Purpose Of “Strengthability Fitness” Is To Further Develop And** Further Improve The Functions And Performance Of Agility, Balance, Cardio-Respiratory Endurance And Fitness, Flexibility, Muscular Endurance, Muscular Strength, Central Nervous System Completely, Respiratory System Completely, Cardio-Vascular System Completely, Digestive System Completely, Excretory System Completely, Immune System Completely, Endocrine System Completely, Lymphatic System Completely, All Other Systems Of Our Whole Body Completely, All The Glands Completely And The Natural Healing System And Healing Abilities Of Our Body Created By The Creators. I Can Help You Achieve All Your Fitness Goals Only When You Try Your Level Best, Stop Funny Excuses, Keep Pushing Your Limits, Keep Testing Your Limits And Finally Bring Discipline To Your Life And Life – Style. My 3 Major Aim Of The Strengthability Fitness Are To Help You Have A Medicine Free Life, Better Physical And Mental Fitness With Strong Heart And Minimum Fat And To Reduce Biological Age Up To 10 – 20 Years.

**2 - Content Of My Strengthability Fitness Training : Yoga, Weight Training,** Functional Training, Self-Defense, Kicks, Punches And Other Effective Strikes, Bag And Pad Training Are Part Of The Strengthability Fitness. Yogic Asanas Which Are Also Known As “Static Stretching” In Weight Training. “Static Stretching” Is An Integral Part Of Weight Training. These Are Of Multiple Natures, Intensities And Purposes. People Who Are Not Aware Of The Quality, Content And Importance Of Weight Training Think That Weight Training Is Useless And Yoga Is Complete. Without Weight Training, Strength Development Is Not Possible. Agility, Balance, Cardio-Respiratory Endurance And Fitness, Flexibility, Muscular Endurance And Muscular Strength Are 6 Major Components Of Strengthability Fitness.

**3 - My Strengthability Fitness Program Includes Pranayaam** And Other Breathing Exercises Along With Aatrick Kumbhak = (Internal Retention), Baahya Kumbhak = (External Retention) And Stambha Kumbhak, Agnisaar, Kapal Bhatee, Nadi Shodhan, Ujjai Pranayaam, Mool Bandha, Uddiyan Bandha, Jalandhar Bandha, Vilom Pranayaam And Bhastrika – The King Of Pranayama. Surya Namaskar With And Without Pranayama And With Different Intensities And Styles. Shav Asana = Relaxation - Guided Relaxation By Me, Self – Guided Relaxation, Relaxation For Cleansing. Relaxation For Reorganizing And Energizing, Relaxation For Connection Establishment For Spiritual Development Purposes Etc.

**4 - Yogic Asanas Of My Strengthability Fitness Program Are : Adhomukhshwaan** Asana = Parvat Asana, Chaturang Dand Asana, Bhujang Asana = Urdhva Mukh Shwaan Asana, Bhuj Asana, Dhanur Asana, Parshav Dhanur Asana, Sarp Asana, Poorva Shalabh Asana, Ardha Shalabh Asana, Ardha Naav Asana, Paripurna Naav Asana, Chakrik Asana (Cycling) Both Legs, Chakrik Asana (One Leg), Chakrik Asana Ek Pada With Ek Pada Supt Angust, Chakrik Asana With Uttanpada Asana, Chakrik Asana With Ardha Naav Asana, Drut Uttan Pada Asana = (Leg Raises), Ek Pada Drut Uttan Pada With Uttanpada, Uttan Pada Asana With Ankle Rotation & Flexions, Jatar Parivartan Asana, Vrit Asana, Nakra Asana Front Plank, Vashisht Asana Side Plank, Tan Asana (Lying), Katichakra Asana (Lying), Pawan Mukta Asana, Sarvang Asana Salamb, Sarvang Asana Niralamb, Sarvang Asana Ek Pada, Setu Bandha Sarvang Asana, Hal Asana, Parshav Hal Asana, Supt Kon Asana, Karna Peeda Asana, Ek Pada Supt Angust, Setu Bandha Asana, Chakra Asana, Poorva Uttan Asana, Dand Asana, Paschim Uttan Asana, Janu Sheersha Asana, Parivrit Janu Sheersha, Krounch Asana, Badha Kon Asana, Kon Asana, Upvisht Kon Asana, Tula Asana, Titli Asana, Marichya Asana (Straight Leg), Ardha Matsyendra Asana (Leg Fold), Vazra Asana, Parvat Asana, Paryank Asana, Mandook Asana, Shashank Asana, Veer Asana, Supt Veer Asana, Ushtra Asana, Hastottan Asana, Vriksha Asana, Ashvatan Asana, Tan Asana (Standing), Tad Asana, Urdhva Dhanur Asana, Pada Hast Asana, Uttan Asana, Urdhva Hastottan Asana, Katichakra (Standing), Trayang Asana, Ardha Chandra Asana, Uttitha Trikon Asana, Parivrit Trikon Asana, Parshav Uttan Asana, Veer Bhadra Asana, Ashwa Sanchalan Asana, Uttitha Hast Pada Angust, Utkata Asana, Hanumaan Asana, Samkon Asana Etc.

**5 - My Strengthability Fitness Program Includes Weight Training,** Plyometrics, Functional Training, Punching And Kicking Training On Bag And Pad Are Part Of My Strengthability Fitness Training Program. Heart Rate Observation, Monitoring And Medical Checkup On A Routine Basis Is An Integral Part Of My Fitness Training Because It Tells The Truth About The Level Of Stress One Has On Heart, The Quality Of Sleep One Is Giving To Oneself, Resting Heart Rate, Heart Rate Reserve, Target Heart Rate And Maximal Heart Rate Knowledge, Management And Care Improves The Strength Of Heart Which Never Stops Since Its First Beat Activated By The Supreme Creators. My Yoga And Fitness Training Is All About Self – Discipline, Self – Confidence, Positive Thinking, Healthy Eating, Acceptable Body Fat, Improved Fitness And Health, Harmony Between Mind, Body And Soul Completely.

**6 - My Strengthability Fitness Program Is Based On High Intensity Interval Training (H I T), Progressive** Overload Principle, And An Individual's Mental Abilities And Physical Capabilities As Well. All The Training Programs Are Thoughtfully Developed And Designed By Me And Targeted To Meet The Requirements Of Its Practitioner As Per The Medical Conditions Which Involves Understanding Of The Medical Tests And Reports And Considering And Following All The Medical Advices And Do's And Don'ts, Health Conditions Which Involves Fat, Shape, Size, Structure, Alignment, Flexibility, Strength, Cardio – Respiratory Endurance, Posture And Life - Style, Mental Health And Fear And Phobias, Specificity - Special Needs – For An Athlete, For A Boxer, For A Martial Artists, For A Dancer And Also For People With Sedentary Life Style And Training Program Must Match Their Mind And Body As Well, Their Liking And Disliking Are Also Considered While Creating A Perfect Training Program To Hold And Update The Motivation And Keep One's Interest Intact. Boring Training Programs Always Fail To Provide Expected Results. One Training Schedule Can Never Be Perfectly Fit For All. As Per Our Need And Desire I Create A Customized Training Program. I Believe In Personalized Training Program And Personal Training Which Involves Care And Concern Which Actually Helps The Practitioners Of All Age Group.

**7 - My Strengthability Fitness Program Has Conditioning** Of Instep, Ankle, Shin, Knee, Quadriceps, Abdominal Muscles, Ribs, Chest, Back, Neck, Head, Elbows, Palm Etc. Which Are Mandatory For Development Of Oneself As A Strong Martial Artist Of Any Nature. You Will Practice With Me, With Other Practitioners, On The Bag, Pad And Other Supporting Equipment's As Well In A Disciplined Way And On A Regular Basis By Following A Specific Training Schedule As Designed By Me As Per Your Personal Requirements To Achieve Your Desired Fitness Goals.