



THE BISHOP'S CO-ED SCHOOL, UNDRI

BUDDING KARATE CHAMPION - RICHA SHINGAVI

26TH NATIONAL SPORT KARATE CHAMPIONSHIP 2022

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." – Bruce Lee

Richa Shingavi of class 8 B participated in the 26th National Sport Karate Championship, which was held at Gurugram, Haryana, from 1st to 4th December 2022. Under the guidance of her coach Mr. Santosh Kharabe, Richa won a Gold medal in Kumite category and a Silver medal in Kata category. Kumite is where two competitors face off performing defensive and offensive techniques in a standing competition, and Kata is a detailed choreographed pattern of martial arts movements made to be practised alone.

At a very young age Richa has not only learnt these skills well but also mastered them to bring laurels to her school, parents and academy. She has also proven that there is no goal that one can't achieve. It is only determination and grit that gets the task going. The Bishop's Co-Ed School, Undri is proud of her achievements and hopes that she will reach great heights in the coming future.

REPORT BY:



MRS. REBEKAH DIAS



THE VICTORIOUS MOMENTS



MANY MORE TO COME

