

# AGENTS OF CHANGE

DHAKA MONDAY FEBRUARY 15, 2021, FALGUN 2, 1427 BS

## Courage, confidence and communal harmony

### The youth's growing interest in martial arts

ASHLEY SHOPTORSHI  
SAMADDAR

The origin of martial arts dates back centuries to its birth in China, later merging towards all of Asia under the guidance of Indian Monk Ta Mo in early 500 AD. Over the years, it has become a popular sport among the youth in Bangladesh and beyond.

While many pursue it professionally, others practice it as a lifestyle, regardless of their gender, economic solvency or cultural barriers. Apart from its appearance in sports, martial arts also offers a wide range of benefits for personality grooming and mental health.

According to Shihan Abdullah

While many pursue it professionally, others practice it as a lifestyle, regardless of their gender, economic solvency or cultural barriers. Apart from its appearance in sports, martial arts also offers a wide range of benefits for personality grooming and mental health.



Over the years, martial arts has become a popular sport among the youth in Bangladesh and beyond.

PHOTOS: SHEIKH MEHEDI MORSHED

Mohammad Hossain, Founder and Owner of KO Fight Studio, students of martial arts develop several qualities which contribute to their personal, professional and academic life. "All our students have to take the oath on "Osu" which means 'yes'. It develops a positive mindset in them," he says. "When they come to the dojo (a hall where martial arts are practiced), they come prepared to hit and be hit. This enhances their endurance, and makes them more prompt and responsive."

Alongside being a strong contributor to building physical resistance, martial arts increases one's focus. "The training

makes people more disciplined, and helps to reduce stress," he adds.

Mixed martial arts, a blend of karate, boxing and wrestling among other traditional forms, demands a lot of hard work. "Focusing on one particular form provides people with a lifelong return. For instance, the training in Shinkyokushinkai Karate is arranged for students to reach target levels systemically," says businessman Asef Masood, a black belt (2nd Dan) in Shinkyokushinkai Karate, who also

volunteers as an instructor. "Discipline and strategies such as breaking down complicated movements with strikes, feints and blocks into smaller parts allows students to master them quickly. These strategies are applicable to other aspects of students' professional or academic life as well, as they enhance one's problem-solving skills."

Practicing martial arts not only contributes to body building and skill development, but also helps build communal harmony among students.

"Students become part of a community, where their confidence is boosted through rigorous training, competitions and friendships with people from various backgrounds and age groups, making them more accepting of new cultures and perceptions," adds Asef.

Martial arts is a common hobby for fitness lovers, and it prevails as a motivational factor for many. "I started Kyokushinkai Karate because I felt unhealthy and wanted to be fitter and stronger," shares Siam Ibn Ali, a Computer Science and Engineering student at North South University, who had to stop his training in 2016 due to family issues. "I returned to the dojo with Shinkyokushinkai Karate in 2019. I had gained a lot of weight during the break, but within just a few months, I started regaining my fitness and got better. I have been training since then and now, I am a black belt (1st Dan)."

Siam wants to become a professional fighter, and has bounced back in full swing. "For me, it is more about passion than just being fit. I wish to push myself even further to become a champion someday. I feel motivated by videos of other athletes who do exercises like one hand pull-ups and handstand clap push-ups, and other martial artists showing splendid moves. No matter how much I improve, I aspire to keep going," he asserts.

CONTINUED ON PAGE 31



দক্ষিণ এশিয়ায় প্রথম বাংলাদেশে বিশ্বমানের  
কেএন৯৫ মাস্ক তৈরী লাল-সবুজের  
পতাকাতে নিয়ে গেল আরও একধাপ এগিয়ে

**কৃতজ্ঞতা**  
মাননীয় প্রধানমন্ত্রী  
শেখ হাসিনা



PTFE ভাইরাস বিপ্লবিত পট্ট জ্বরের  
সুরক্ষাসহ করোনভাইরাস প্রতিরোধী বিশ্বমানের  
কেএন৯৫ মাস্ক বাজারে নিয়ে এলো জেএমআই  
হসপিটাল রিকুইজিট ম্যানুফ্যাকচারিং লিমিটেড



জেএমআই রেস্পিরেটর কেএন৯৫ মাস্ক-এর মোড়ক উন্মোচন অনুষ্ঠানে (বা থেকে) নিম্নোক্ত কর্পোরেশনের উপ-ব্যবস্থাপনা পরিচালক  
শিগেতোমি হিসাও, স্বাতিপ সভাপতি ড. ইকবাল আললান, স্বরাষ্ট্রমন্ত্রী আসাদুজ্জামান খান এমপি, জেএমআই গ্রুপের ব্যবস্থাপনা পরিচালক  
মো: আবদুর রাক্কাক ও চেয়ারম্যান জাবেদ ইকবাল পাঠান।

"কেএন৯৫ মাস্কের কথা এতদিন শোনা গেলো, এখন বিশ্বমানের কেএন৯৫ মাস্ক  
আমাদের হাতের নাগালে। কেএন ৯৫ মাস্ক বাজারে এনে দেশে একটি ইতিহাস  
তৈরী করেছে জেএমআই।"

— মাননীয় স্বরাষ্ট্রমন্ত্রী আসাদুজ্জামান খান এমপি  
জেএমআই রেস্পিরেটর কেএন৯৫ মাস্কের  
উদ্বোধনী অনুষ্ঠানে প্রধান অতিথির বক্তব্য



IUBAT—International University of Business Agriculture and Technology  
Founded 1991 by Md. Alimullah Miyan



Welcome to Green Metrics Ranked Campus

#### PROGRAMS

- MBA : Master of Business Administration
- BBA : Bachelor of Business Administration
- BCSE : Bachelor of Computer Science & Engineering
- BSCCE : Bachelor of Science in Civil Engineering
- BSEEE : Bachelor of Science in Electrical and Electronics Engineering
- BSME : Bachelor of Science in Mechanical Engineering
- BAEcon : Bachelor of Arts in Economics
- BSAG : Bachelor of Science in Agriculture
- BATHM : Bachelor of Arts in Tourism & Hospitality Management
- BSN : Bachelor of Science in Nursing
- BAEng : Bachelor of Arts in English
- DCSE : Diploma in Computer Science & Engineering
- DIA : Diploma in Accounting

#### SCHOLARSHIPS

- Yearly more than BDT 200 million scholarships
- 10%-100% on HSC and equivalent result
- 15% Special scholarship for female students
- Up to 100% scholarship for MBA Program on bachelor result.
- Other 90 scholarships in different categories

#### FEATURES

- 20 bigha river view green permanent campus
- 241 among 780 Universities of the World in Green Metric Index
- All full-time teachers and 60+PhDs
- Free transportation facilities
- Health insurance for all students
- Career development courses and facilities for job placement
- Indoor & outdoor games facilities
- Linkage with 105 institutions in 27 countries.

Apply Online

[www.iubat.edu/admission](http://www.iubat.edu/admission)

Call for information: 018 3338 66 44

PERMANENT CAMPUS

4 Embankment Drive Road, Sector-10, Uttara Model Town, Dhaka-1230

Telephone: (88 02) 55091801-5, 01714014933 Email: admission@iubat.edu Website: www.iubat.edu