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# HAND TO HAND FIGHTING SPORT FEDERATION OF INDIA

RUKOPASHNY BOI - RUSSIAN MARTIAL ART

Regd.no.GBSSD/00/1704/2022



**AFFILIATED WITH:**  
ASIAN HAND-TO-HAND  
FIGHTING FEDERATION  
- AHF



**MEMBER OF:**  
HAND-TO-HAND  
FIGHTING SPORT  
INTERNATIONAL FEDERATION  
- HSIF



**RECOGNISED AND PARTNER WITH:**  
RUSSIAN HOUSE  
CULTURE DEPARTMENT  
CONSULATE GENERAL OF  
THE RUSSIAN FEDERATION



**RECOGNISED BY**  
FIT INDIA  
(Ministry of Youth Affairs And Sports)  
Govt. of India



Regd. by-



**NITI AAYOG**



MICRO, SMALL & MEDIUM ENTERPRISES



**UNITED FOR EXCELLENCE, DISCIPLINE & NATION BUILDING**

**MASTER PRADEEP P SHINDE**  
PRESIDENT - HSFI  
6TH DAN BLACK BELT &  
WORLD MASTER AWARDED BY - HSIF (IF)

**MR. RAKESH LIMAYE**  
SR.VICE PRESIDENT - HSFI  
SOCIAL WORKER

**MR. RAHUL MESHAM**  
TREASURER - HSFI  
INTERNATIONAL REFEREE - HSIF (IF)  
CHIEF REFEREE - HSFI

**DR. SANTOSH KUMAR RAO**  
GENERAL SECRETARY - HSFI

Ref. No. HSFI/TWS/2026/001

Date: 09 June 2026

## OFFICIAL INVITATION

**HSFI**

### HAND-TO-HAND FIGHTING SPORT TRAINING WORKSHOP 2026

To:

All State Associations, Coaches, Referees, Technical Officials, and Athletes

Greetings!

The **Hand-to-Hand Fighting Sports Federation of India (HSFI)** cordially invites all affiliated State Associations, coaches, referees, technical officials, and athletes to participate in the **Hand-to-Hand Fighting Sport Training Workshop 2026**, to be held in "Ahilyabai Holkar Hall" 32/1, Chintamani Park Road, Tukaram Nagar, Kharadi, Pune, Maharashtra - 411014.

#### ➤ ABOUT HAND-TO-HAND FIGHTING SPORT

Hand-to-Hand Fighting Sport, internationally known as **Rukopashny Boi**, is a Russian martial art and combat sport developed from Russian military close-combat systems. The discipline incorporates practical combat techniques for self-defense, physical conditioning, tactical awareness, and combat readiness.

The sport combines effective striking, kicking, throwing, grappling, ground fighting, submission techniques, and self-defense skills within a regulated sporting format. Over the years, Rukopashny Boi has evolved into a recognized international combat sport practiced by military personnel, law enforcement agencies, security professionals, and civilian athletes in many countries around the world.

Today, Hand-to-Hand Fighting Sport promotes discipline, courage, leadership, physical fitness, mental resilience, sportsmanship, and international friendship through sport.

#### HSFI NATIONAL HQ :

Office : 103"Sri Datta-Laxmi Complex, Sr.No. 21/4, Kranti Park, Kharadi,  
Pune - 411014 (Maharashtra - India)

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✉ h2h.indiahq@gmail.com 🌐 www.h2hfightindia.com



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GENERAL SECRETARY- HSFI

## ➤ WORKSHOP DETAILS

**Event:** Hand-to-Hand Fighting Sport Training Workshop 2026

**Dates:** 18-21 July 2026

**Venue:** "Ahilyabai Holkar Hall" 32/1, Chintamani Park Road, Tukaram Nagar, Kharadi, Pune, Maharashtra - 411014.

**Duration:** Four Days Intensive Training Session

**Entry Fee:** ₹1,000/- (Rupees One Thousand Only) per participant

## ➤ OBJECTIVES OF THE WORKSHOP

- Introduction to Hand-to-Hand Fighting Sport (Rukopashny Boi)
- Military-oriented self-defense and close-combat techniques
- Development of self-defense and close-combat skills
- Combat conditioning and tactical movement training
- Striking, throwing, grappling, and submission techniques
- Competition rules and refereeing standards
- Development of athletes, coaches, and technical officials
- Preparation for National Championships and International Competitions

## ➤ BENEFITS FOR PARTICIPANTS

Participants will receive:

- Training in military-oriented self-defense and close-combat techniques
- Enhanced self-defense and combat sport skills
- Improved physical fitness, endurance, and mental toughness
- Exposure to an internationally recognized combat sport
- Opportunities for participation in National, Asian, and International events
- Technical knowledge for coaching and athlete development
- Certificate of Participation

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➤ **ACCOMMODATION INFORMATION**

HSFI will not provide food or accommodation for participants. However, accommodation assistance can be arranged upon request.

❖ **Available Accommodation Options**

1. **Regular Hotel Accommodation** on double or triple-sharing basis.
2. **Three-Star Hotel Accommodation** on twin-sharing basis with breakfast.

✚ **Important Accommodation Notice**

- Accommodation requests must be submitted on or before **25 June 2026**.
- Accommodation will be arranged subject to availability.
- **Full payment in advance is mandatory** before accommodation can be reserved.
- Early booking is strongly recommended due to limited availability.

➤ **NOMINATION OF PARTICIPANTS**

All affiliated State Associations are requested to nominate their coaches, athletes, referees, and technical officials for participation in this important training and development program.

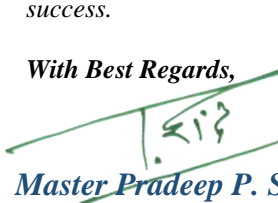

This workshop will serve as an excellent platform for technical education, athlete development, talent identification, and the promotion of Hand-to-Hand Fighting Sport across India.

**CONTACT INFORMATION**

For registration, accommodation requests, and further information:  
 Mobile: +91 9850480359 / +91 9175067672 / +91 7798978600 / +91 9175625556  
 Email: [h2h.indiahq@gmail.com](mailto:h2h.indiahq@gmail.com)

We look forward to your active participation and cooperation in making this workshop a grand success.

With Best Regards,

**Master Pradeep P. Shinde**  
 President  
 Hand-to-Hand Fighting Sports Federation of India (HSFI)  
 6<sup>th</sup> Dan Black Belt & World Master Awarded by – HSIF (IF)

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**ATHELETES, COACHES, REFEREE**  
**HAND-TO-HAND FIGHTING SPORT TRAINING WORKSHOP 2026**  
*(Discipline Fight and Self-Defense)*

*Organised By: Hand To Hand Fighting Sports Federation Of India - HSFI*  
*Under the Aegis of Hand-to-hand Fighting Sport International Federation - HSIF*

Date	18-21 JULY 2026
Location	"Ahilyabai Holkar Hall" 32/1, Chintamani Park Road, Tukaram Nagar, Kharadi, Pune, Maharashtra - 411014.
Workshop Fees	1000/- Per Participate
Instructor / Coach Diploma with License Course	2000/-
Referee Seminar	4000/-
Athletes Last Registration Date	10 July 2026
Accommodation and Food.	Self

**Note : HSFI Uniform Is Mandatory**

**Contact us: +91 9158788802 / +91 9459967167 / +91 7798978600 / +91 9175625556**

**NB: Referee and Coach Diploma Fees Transfer before 30 June 2026**  
 To **Hand To Hand Fighting Sport Federation of India**  
**Account Details : HDFC BANK**  
**Account No. 50200065403952**  
**IFS Code : HDFC1578**





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### Program Schedule

<b>Reporting Time</b>	8:30 AM	8:30 AM		18 July 2026
<b>1<sup>st</sup> Session</b>	8:30 am To 01:00 pm	<b>2<sup>nd</sup> Session</b>	3:00 pm To 06:30 pm	18 July 2026
<b>1<sup>st</sup> Day – Self-Defense</b>		<b>Self-Defense</b>		
<b>3<sup>rd</sup> Session</b>	8:30 am To 01:00 pm	<b>4<sup>th</sup> Session</b>	3:00 pm To 06:30 pm	19 July 2026
<b>2<sup>nd</sup> Day – Self-Defense</b>		<b>Self-Defense</b>		
<b>5<sup>th</sup> Session</b>	8:30 am To 01:00 pm	<b>6<sup>th</sup> Session</b>	3:00 pm To 06:30 pm	20 July 2026
<b>3<sup>rd</sup> Day – Self-Defense</b>		<b>Fight</b>		
<b>7<sup>th</sup> Session</b>	8:30 am To 01:00 pm	<b>8<sup>th</sup> Session</b>	3:00 pm To 05:00 pm	21 July 2026
<b>4<sup>th</sup> Day – Fight</b>		<b>Fight</b>		
<b>New Referee and New Coach Seminar</b>	8:30 am To 01:00 pm		3:00 pm To 05:00 pm	21 July 2026
<b>Certificate Distribution Program</b>			5:00 pm To 05:45 pm	21 July 2026



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