



# DR. MALATESH H

- SPORTS FITNESS TRAINER
- EX CRPF KARATE MANAGER AND HEAD COACH
- WORLD POLICE GAMES COACH 2023
- ASIAN GAMES COMMITTEE MEMBER 2023

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Yelahanka, Bangalore, India.  
560064

## Education

### Bachelor of Arts

Kuvembu University, Karnataka,  
India 2010

### Basic Computer Training

Bangalore 2015

## Expertise

- Advanced Srength Trainer
- Advanced Resistance Trainer
- Ingury Management In Personal training
- Functional Strength Trainer
- Nutrition for Performance
- Fitness and Fat Loss Training
- Nutrition for Sports, Ersersise and Weight Managment
- Child Nutrition and Obesity Prevention

## Language

English

Hindi

Kannada

## Experience

February 2023 - Present

### Founder

**MLA Martial Arts Academy, Yelahanka, Bangalore**

February 2003 - February 2024

### CENTRAL RESERVED POLICE FORCE

Karate National Head Coach

Head Coach/ Team manager

## Work History

- 37 years experience in KARATE.
- 21 years experience in CENTRAL RESERVE POLICE FORCE.
- 11 years experience as fitness trainer in CRPF.
- 10 years experience as CRPF Coach.
- 7 years experience in Internatioanal & National Referee.
- Delhi OLYMPIC SPORTS ADVISOR in 2018.
- World Connect Development Foundation -South Asian Chairmen

## Karate Achievements

- 6th DAN BLACK BELT-AKF JUDGE.
- Ex-CRPF Karate Team Manager and Head Coach.
- International and National Raferee.
- National Karate Team Coach.
- Docterate Award in 2018.
- Ten times national Gold Medalist.
- Five times OVERALL CRPF NATIONAL CHAMPION.
- Awareded CRPF Best Manager and Coach in Karate.
- National Open Champion 2007[AIKF]
- Three times International Gold Medalist.

## COURSES

- **REFEREE**  
ASIAN KARATE FEDERATION  
COLOMBO, SRILANKA. 2017
- **PHYSICAL FITNESS TRAINER**  
FITNESS AND SPORTS SCIENCES ASSOCIATION [FSSA]  
NEW DELHI, INDIA. JANUVARY 2019
- **REFEREE ADVANCED COURSE**  
WORLD KARATE FEDERATION [SELECTED BY KARATE ASSOCIATION OF INDIA]  
DUBAI. FEBRUVARY 2019

## AWARDS



- **MARTIAL ARTS EXCELLENCE AWARD FOR KARATE**  
CMA SPORTS FOUNDATION  
NEW DELHI, INDIA. 2023
- **Dr. AMBEDKAR AWARD FOR KARATE**  
NEW DELHI, INDIA. 2019
- **DOCTORATE DEGREE IN KARATE**  
GLOBAL ACHIEVERS' COUNCIL, INTERNATIONAL PEACE UNIVERSITY  
DUBAI. FEBRUARY 2019
- **KARNATAKA RAJYOSTSAVA AWARD**  
KARNATAKA STATE  
KARNATAKA, INDIA. 2015
- **CRPF- BASIC TRAINING ALL ROUND GOLD MEDALIST**  
BEST INDOOR/ BEST OUTDOOR AND BEST FIRING

## ACHIEVEMENTS [INTERNATIONAL]



- **GOLD MEDAL**  
THAILAND OPEN KARATE-DO CHAMPIONSHIP  
BANGKOK, THAILAND, 2015  
8TH INTERNATIONALWADO KAI INTERNATIONAL CHAMPIONSHIP  
NANITAL, UTTARAKHAND, INDIA. 2011  
5TH INTERNATIONAL WORLD KARATE CHAMPIONSHIP  
AGRA, UTTER PRADESH, INDIA. 2009



- **SILVER MEDAL**  
5TH INTERNATIONAL WORLD KARATE CHAMPIONSHIP \_ TEAM  
AGRA, UTTER PRADESH, INDIA. 2009  
ASIA CUP KARATE-DO CHAMPIONSHIP \_ TEAM FOR KATA  
NEW DELHI, INDIA. 2008  
8TH INTERNATIONALWADO KAI INTERNATIONAL CHAMPIONSHIP \_ KATA  
NANITAL, UTTARAKHAND, INDIA. 2011  
1ST SEI KO KAI ASIA CUP KARATE CHAMPIONSHIP \_ KATA TEAM  
DELHI, INDIA. 2008

# APPRECIATION CERTIFICATE

## 7th ALL INDIA JUDO CLUSTER 2022

MENS OVERALL CHAMPIONSHIP & INDIVIDUAL CHAMPION  
NEW DELHI, INDIA 2022.

PRESENTED BY SATISH KUMAR LINDA [DIGP CRPF]

## WORLD POLICE AND FIRE GAMES [AS COACH]

GOLD -01, SILVER -01, BRONZE 03  
WINNIPEG, CANADA 2023

PRESENTED BY SHRI. R SUNDARAH [DEPUTY DIRECTOR- AIPSCB]

## WORLD POLICE AND FIRE GAMES [AS COACH]

WINNIPEG, CANADA 2023

PRESENTED BY SATISH KUMAR LINDA [DIGP CRPF]

## APPRECIATION FOR EXCEPTIONAL 20 YEARS OF DEDIDCATED SERVICE IN CRPF

2024

PRESENTED BY SHRI. SHANKAR DUTT PANDEY [PMG], DEPUTY INSPECTOR GENERAL OF POLICE ,CRPF

## APPRECIATION FOR EXCEPTIONAL 20 YEARS OF DEDIDCATED SERVICE IN CRPF

2024

PRESENTED BY SHRI. HIMASHU KUMAR, DEPUTY INSPECTOR GENERAL OF POLICE ,CRPF

## ACHIVEMENT IN THE FEILD OF SPORTS[KARATE] BRINGING LAURELS TO CRPF ANS INDIA AS PART OF NATIONAL KARATE TEAM AS PLAYER AND HEAD COACH AND MANAGER

2024

PRESENTED BY COMMANDANT-144BN ,JAMMU AND KASHMIR

## 1ST OGKI WORLD E-KATA CHAMPIONSHIP 2020

MUMBAI, MAHARASHTRA, INDIA 2020

PRESENTED BY SHRI.SHIHAN MURRAY SIMPSOM, WORLD PRESIDENT [OGKI]

## ALL INDIA INTER UNIVERSITY KARATE TOURNAMENT 2022-23

CHHATTISGARH, INDIA 2022-23

PRESENTED BY PROF. A.DN.BAJPAI, VICE CHANCELLOR,ATAL BIHAR VAJPAYEE VISHWAVIDYALAYA

## KHELO INDIA UNIVERSITY GAMES 2021

BANGALORE, KARNATAKA, INDIA 2022

PRESENTED BY COOMMISSIONER,

DEPT. OF YOUTH EMPOURMENT AND SPORTS, GOVERNMENT OF KARNATAKA



# ACHIEVEMENTS [NATIONAL]

## **GOLD MEDAL**



- 1ST AIKF OPEN NATIONAL KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2012
- CHAMPION OF CHAMPIONS- ALL INDIA KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2011
- NATIONAL WADO KAI KARATE CHAMPIONSHIP  
NANITAL, UTTARAKHAND, INDIA. 2011
- ALL INDIA KARATE CHAMPIONSHIP [INVITATIONAL]  
BATALA, PUNJAB, INDIA. 2011
- 6th ALL INDIA INDEPENDENCE KARATE CHAMPIONSHIP  
KURUKSHETRA, HARYANA, INDIA. 2010
- 5th ALL INDIA INDEPENDANCE KARATE CHAMPIONSHIP  
KURUKSHETRA, HARYANA, INDIA. 2010
- 1ST ALL INDIA POLICE& PARAMILITARY FORCES KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2009
- 4th ALL INDIA INDEPENDENCE KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2009
- 21ST ALL INDIA KARATE FEDERATION - SENIOR KARATE-DO CHAMPIANSHIP  
MUMBAI, MAHARASTRA, INDIA 2007
- 5TH ALL INDIA KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2006

## **SILVER MEDAL**



- 7th ALL INDIA INDEPENDENCE KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2011
- ALL INDIA SCIO-KAI KARATE CHAMPIONSHIP  
NEWDELHI ,INDIA 2009
- 2ND STATE LEVEL INVITATIONAL KARATE CHAMPIONSHIP, SPORTS KARATE ASSOCIATION OF MYSORE  
MYSORE,KARNATAKA, INDIA. 2005

## **BRONZE MEDAL**



- 26th ALL INDIA KARATE FEDERATION - SENIOR KARATE-DO CHAMPIONSHIP  
TATANNAGARA, JHARKHAND, INDIA. 2014
- 8th ALL INDIA INDEPENDENCE KARATE CHAMPIONSHIP  
HARDWAR, UTTARAKHAND, INDIA. 2013
- 2ND ALL INDIA POLICE & PARAMILITARY FORCES KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2012
- ALL INDIA SAIKO KARATE CHAMPIONSHIP  
NEW DELHI, INDIA. 2010
- 22ND ALL INDIA KARATE FEDERATION - SENIOR KARATE-DO CHAMPIANSHIP  
KOLKATHA, INDIA. 2008

# ACHIEVEMENTS [AS COACH NATIONAL AND INTERNATIONAL]

## 2023

### **DELHI POLICE FOR WORLD POLICE AND FIRE GAMES, CANADA**

COACH FOR CANADA  
15 GOLD, 1 SILVER, 3 BRONZE

### **ASIAN GAMES COMMITTEE MEMBER, NEW DELHI**

COMMITTEE MEMBER

### **ALL INDIA INTER UNIVERSITY KARATE TOURNAMENT 2022-23, BILASPUR, CHHATTISGARH, INDIA**

TECHNICAL REFEREE

## 2022

AIPG ALL INDIA POLICE GAMES, NEW DELHI

KATA TEAM - **GOLD, MENS' TEAM CHAMPIONS**

ALL INDIA KARATE CHAMPIONSHIP, CHATTISGARH OLYMPIC ASSOCIATION, BILASPUR

TEAM MANAGER/ COACH, TEAM -**OVERALL CHAMPIONS**

KHELO INDIA, UNIVERSITY GAMES, BENGALURU, KARNATAKA

TECHNICAL REFEREE

## 2021

ALL INDIA KARATE CHAMPIONSHIP, MANAV ACADEMY, VARANASI, UTTARPRADESH

TEAM MANAGER/ COACH, TEAM -**OVERALL CHAMPIONS**

ALL INDIA KARATE CHAMPIONSHIP, ASSAM KARATE ASSOCIATION, GUWAHATI, ASSAM

TEAM MANAGER/ COACH, TEAM -**OVERALL CHAMPIONS**

## 2020

ALL INDIA KTRADITIONAL SHOTO-KAIKARATE-DO CHAMPIONSHIP, MEERUT, UTTAR PRADESH

TEAM MANAGER/ COACH, TEAM -**OVERALL CHAMPIONS**

## 2019

ALL INDIA KTRADITIONAL SHOTO-KAIKARATE-DO CHAMPIONSHIP, MEERUT, UTTAR PRADESH

TEAM MANAGER/ COACH, TEAM -**OVERALL CHAMPIONS**

CENTRAL KARATE TEAM, CRPF-AGA[TRG] APPOINTED,

CRPF TEAM MANAGER

KAI SENIOR NATIONAL KARATE CHAMPIONSHIP, NEW DELHI, INDIA

TEAM COACH



## 2018

DELHI OLYMPIC GAMES, KARATE CHAMPIONSHIP, NEW DELHI, INDIA  
TEAM COACH

14H INDEPENDENCE CUP KARATE CHAMPIONSHIP, NEW DELHI , INDIA  
TEAM COACH

KAI SENIOR NATIONAL KARATE CHAMPIONSHIP, KOLKATA, WEST BENGAL  
TEAM COACH

## 2017

13H INDEPENDENCE CUP KARATE CHAMPIONSHIP, NEW DELHI, INDIA  
TEAM COACH

CRPF, NEW DELHI  
IG POLCENT [TRG] DTE, 12 SEPTEMBER 2017  
KUMITE JUDGE,TEAM-ASIAN KARATE FEREDERATION QUALIFIED

SOUTH ASIAN KARATE CHAMPIONSHIP, COLOMBO, SRILANKA  
REFEREE

KAI JUMIOR NATIONAL KARATE CHAMPIONSHIP [UNDER 21], NEW DELHI, INDIA  
NATIONAL REFEREE 'A' GRADE PASS

20TH ALL INDIA WADO KAI NATIONAL KARATE CHAMPIONSHIP, NANITAL, UTHRAKHAND  
REFREEE

## ACHIEVEMENTS [STATE OF KARNATAKA]

### GOLD

#### 7TH KARNATAKA STATE SHITO-RYU KARATE CHAMPIONSHIP

BANGALORE, KARNATAKA 1998

### SILVER

#### KARNATAKA STATE LEVEL INVITATION KARATE CHAMPIONSHIP

HUBLI, KARNATAKA 2020

### BRONZE

#### KARNATAKA INTER DISTRICT KARATE CHAMPIONSHIP

GULBARGA, KARNATAKA 2003