

# C.V.N. KALARI SANGHAM

East fort, Fort P.O, Trivandrum - 695 023. INDIA

## Application for admission to students from Outside India / Kerala For Basic training in KALARIPPAYAT

1. Name of the Applicant :
2. Age / Sex : Male  Female
3. Full address as in Passport :
  
- Email :
4. Nationality / Passport Number :
5. Contact Address in India :
  
- Phone no:
6. If working, Details of Present Employment :
7. How did you know about Kalarippayatt ? Do you have a reference from any affiliate/student or known person to this institution ? :
8. What are the reasons for you to be interested in learning Kalarippayat ? :
9. Have you learned Kalarippayat or any other Martial arts / Physical culture forms? If Yes Details .. :
10. Times of training preferred by the student (Please tick your choice) : 7.30 - 9.00 AM   
5.00 - 6.30 PM ( Self practice Only )

I hereby declare that I shall abide by the terms and Conditions of admission of the C.V.N.Kalari as given on the reverse of this application form.

Place :

Date :

Signature of the Applicant

## Terms and Conditions for admission to the short-term course

1. The admitted student is requested to follow all Government regulations like **VISA regulations** and any police formalities they may have to comply with while they are in Trivandrum. C.V.N. Kalari will not be responsible for these matters. (Please also note that if you are holding a Tourist VISA you are not permitted legally to stay in one place for a long period of time).
2. Those applicants from England and France should preferably have an introduction to the art of - Kalarippayatt either through attending workshops or other introductory courses offered by the recognized teachers of this school of training in these countries and **should have a reference from the teacher of such classes** for admission to the short course at the Kalari. Those who are applying for admission from countries where there are no recognized teachers of the CVN tradition, they can correspond directly to the CVN kalari stating their interests and get prior written permission from the Secretary regarding their admission. Those who are already in India and wish to join the courses shall be admitted based on the Gurukkal's discretion only.
3. This course offered to students from outside India is a basic course introducing the fundamental concepts of Kalarippayat which includes body training with various leg exercises, postures and **Meippayat** (Body exercise sequences). If found proficient, the student will also be introduced to the basic weapon training techniques. This course can normally be undertaken by **a person below the age of 30** and those who have received physical training and have an aptitude for physical culture or martial arts. The ideal period to undertake this phase of training is **three to six months**.
4. As Kalarippayat is a physical culture form, the progress of the student solely depends on his / her regularity in attending the classes, basic body flexibility , aptitude for such training, dedication and hard work.
5. The course fees for students from abroad / Out side Kerala for this course will be **INR Rs.2000/- (Rupees Two Thousand only- Approx: US \$ 45 )** per month. **INR Rs.1000/- (Rupees One Thousand only- Approx: US \$ 23 ) for 15 days or less introductory training**. There will be an admission fee of Rs.100/- (Rupees One Hundred only). One month's fees along with admission fees are to be paid on admission. Subsequent monthly fees are to be paid at the office every month and a receipt to be collected for the same.
6. The normal training duration will be approximately 1 ½ hour every day in the morning from **7.30 to 9.00 AM**. Students can also come for self practice in the kalari in the evening from **5.00 to 6.30 PM**. There will not be any training on Sundays.
7. The dress for training will be the traditional '**Langoty**' for men and loose fitting **kurta -Pyjama** or exercise dress for women.
8. Women joining the course are **strictly forbidden to attend the classes** or enter the Kalari during their days of **menstruation (3 to 5 days)**.
9. The CVN Kalari may have accommodation facilities available for students, details of which can be had on enquiry from the office.
10. The students are advised to take in to consideration their general health as well as any specific health problems they may have like back problems, known knee problems etc as the training involves rigorous flexibility and body preparative exercises. The C V N Kalari cannot take responsibility of any health problems arising out of the training at the kalari.

Phone: 00 91 471 2474182

Web: [www.cvnkalari.net](http://www.cvnkalari.net) [www.kalarippayat.in](http://www.kalarippayat.in)

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