**Leap**
Life Skills

FOR CORPORATE TEAMS · BENGALURU

# Resilience training that shows up to work.

Composure, focus and self-defence, built through authentic karate — delivered as a 3-day immersive programme or a 1-day workshop, on your premises.

**3-Day or 1-Day**
flexible to your calendar

**0**
competitive sparring, ever

**100%**
JKA-certified instructors

Certified by Japan Karate Association India



WHY THIS, WHY NOW

# Your people are running on empty.

Composure under pressure isn't a soft skill any more — it's an operating cost. Most wellness calendars talk about resilience. Very few actually train it in the body, where it holds under stress.

**72%**

of Indian employees have experienced burnout in their current role

**₹1.1L Cr**

estimated annual cost of poor workplace mental health to Indian employers

**35%**

of Bengaluru's IT/ITES workforce are women professionals

LEAP turns a wellness line item into a programme employees actually want to attend — and a compliance obligation (POSH awareness) into skill your people keep.

THE LEAP THESIS

# Confidence isn’t taught. It’s trained.

Three skills, built in the body, by doing — not talked about in a workshop.

01

## Awareness

Reading a situation — and yourself — before it ever becomes a problem.

02

## Composure

Staying calm enough to make one clear decision under pressure.

03

## Capability

The tools, in the body, to act — with the confidence to use them.

WHAT THE PROGRAMME BUILDS

# Nine outcomes. One integrated programme.

Every session works several of these at once — which is why three days of LEAP does what ten separate lunch-and-learns cannot.

| | | |
|---|---|---|
| **Self-defence** | **Confidence** | **Awareness** |
| **Stress relief** | **Decision-making** | **Calm under pressure** |
| **Health & fitness** | **Team cohesion** | **Women's safety** |

Built on six trainable fundamentals: breathing, stance, voice, focus, body awareness, and distance.





THE FITNESS CASE

# It doesn’t look like a workout. It trains like one.

No sweat towels, no changed clothes, no excuses about the gym schedule — just 60 minutes that quietly does more than most people expect.

## 140–250

### calories burnt in a single session

Across the warm-up mobilisation, punch and strike drills, and pad rounds — the exact range depends on body weight and how hard each round is pushed.

### A genuine cardio load

Full-body mobilisation, striking combinations and pad rounds — the heart rate climbs whether or not anyone notices.

### Delivered inside a work day

No commute to a gym, no kit bag — the return on 60 minutes is closer to a training session than a seminar.

### Still the safest workout in the building

Every one of those calories is burnt without a single round of competitive sparring — see the next slide.

BUILT FOR PEOPLE WHO HAVEN'T MOVED IN A WHILE

# The workout that doesn't punish you for starting.

Most people who suddenly commit to "getting fit" overload their body in week one, wake up too sore to move, and quietly give up by week three. LEAP is built to break that cycle, not repeat it.

LOW IMPACT BY DESIGN

## 20 minutes, no soreness

Every drill is technique-first, not intensity-first — controlled movement that raises the heart rate without the next-day soreness that makes people quit. Practised a few times a week, it builds real fitness and real capability side by side, without ever needing a rest day to recover from it.

NO BARRIERS TO ENTRY

## Built for the body you have today

No prior fitness, flexibility or martial arts experience required. Every strike and stance is taught with a modification for different body types, ages and mobility levels — the same session works for a 25-year-old and a 55-year-old in the same room.

**Fit enough to handle a real threat — without the burnout that ends most fitness habits early.**

TWO WAYS TO BRING LEAP TO YOUR TEAM

# Fits a leadership offsite, or a single afternoon.

Same six fundamentals and the same safety standard in both — the difference is depth of practice, not what's covered.

THE FULL PROGRAMME

## 3-Day Programme

3 × 60–90 minutes

Foundations, escape skills & partner safety, then applied scenarios under pressure. Deep skill-building, full outcomes report.

**Best for:** a dedicated wellness week, or a leadership offsite.

THE TASTER

## 1-Day Workshop

Single ~2–3 hour session

A condensed pass through all six fundamentals and core self-defence — the same standard, less repetition.

**Best for:** an all-hands session, or a first experience before the full programme.

WHY LEAP

# The only programme of its kind in Bengaluru.

Not a self-defence class. Not a generic wellness workshop. A credentialed life-skills programme that happens to use both.

| | |
|---|---|
| **A real federation lineage** | JKA India-certified, Dan-grade instructors — not a weekend certificate. |
| **Safety built, not bolted on** | Zero sparring, police-verified staff, first-aid at every session. |
| **Two outcomes, one engagement** | Confidence and self-defence for employees; a measurable wellness win for you. |
| **Fitness without the fallout** | A genuine calorie burn, with none of the soreness that ends most fitness habits early. |
| **Format that fits your calendar** | A 3-day immersive or a 1-day workshop — scoped to your team, not a fixed package. |
| **Proof, not promises** | A pre/post confidence survey and a written outcomes report for every batch. |

# The budget line this already fits into.

Section 19(c) of the POSH Act requires every employer with 10+ employees to run sexual harassment awareness training at regular intervals — most organisations meet it with a slide deck. LEAP meets it with something people actually remember.




BEYOND AWARENESS

## Trained capability, not a policy read-aloud

Every woman in the room practises a physical response to being grabbed, held or cornered — the same situations that sit behind molestation, domestic violence and assault, taught as escape and distance, never combat.

- Grabbed or held from behind
- Pinned against a wall or a vehicle
- A wrist or arm grab — the most common real-world hold
- Escalating threat, including a weapon awareness briefing

### Fits your existing POSH budget

Delivered as the Section 19(c) awareness workshop your organisation already schedules — not a new, separate line item.

### For HR and Wellness teams specifically

A tangible, reportable outcome to show leadership — attendance, a confidence survey, and a written record for your annual filing.

### Capability, never fear

Framed throughout as escape and self-possession — approvable by the most conservative HR team in the building.

SAFETY, FIRST

# Trust is operational, not cosmetic.

Every protocol is designed so your leadership team can approve this without hesitation.

**0**
competitive sparring, ever

**100%**
JKA-certified, police-verified instructors

**15**
participants max, per instructor

**Every**
session: first-aid & health screening

Full liability documentation is provided, and every instructor is trained specifically to teach adults in a workplace setting.

WHAT YOU GET BACK

# Measurable, and reportable.

A pre/post confidence survey and a written outcomes report — something your L&D or HR team can actually show upward.

01

## Batch confidence uplift

02

## Attendance & completion data

03

## Certificate for every participant

04

## A written outcomes report

Priced per employee and scoped to your numbers after a short discovery call. No fixed package, no surprises.

GETTING STARTED

# Three steps to your first session.

The fastest way to decide is to let us run one session, and let your team feel the difference.

| | | |
|---|---|---|
| 1 | **Discovery call** | 30 minutes on team size, goals, and format — 1-day or 3-day. |
| 2 | **Pilot session** | A live taster for a small group, at your office. No commitment. |
| 3 | **Tailored rollout** | Scoped, scheduled, delivered — with a written report at the end. |

FREE PILOT SESSION · WE REPLY WITHIN 24 HOURS

# Let’s find 30 minutes for your team.

Book a discovery call, or ask for a pilot session — no commitment, no cost.

somanna@leaplifeskills.com WhatsApp · 91645 95186 Bengaluru

