



DR. MALATESH H

- NATIONAL KARATE HEAD COACH
- KARNATAKA POLICE KARATE HEAD COACH
- ALL SPORTS FITNESS TRAINER
- EX CRPF KARATE MANAGER AND HEADCOACH
- WORLD POLICE GAMESCOACH 2023
- ASIAN GAMES COMMITTEE MEMBER 2023

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manthi36@gmail.com

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, SRI LANKA. 2017
- **PHYSICAL FITNESS TRAINER**
FITNESS AND SPORTS SCIENCES ASSOCIATION [FSSA]
NEW DELHI, INDIA. JANUARY 2019
- **REFEREE ADVANCED COURSE**
WORLD KARATE FEDERATION [SELECTED BY KARATE ASSOCIATION OF INDIA]
DUBAI, FEBRUARY 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 INTERNATIONAL WADO KAI INTERNATIONAL CHAMPIONSHIP
NANITAL, UTTARAKHAND, INDIA. 2011
5TH INTERNATIONAL WORLD KARATE CHAMPIONSHIP
AGRA, UTTAR PRADESH, INDIA. 2009
INTERNATIONAL KARATE CHAMPIONSHIP – INDIVIDUAL KUMITE AND KATA
ABU DHABI, UAE. 2026



- **SILVER MEDAL**
5TH INTERNATIONAL WORLD KARATE CHAMPIONSHIP _ TEAM
AGRA, UTTAR PRADESH, INDIA. 2009
ASIA CUP KARATE-DO CHAMPIONSHIP _ TEAM FOR KATA
NEW DELHI, INDIA. 2008
8TH INTERNATIONAL WADO KAI INTERNATIONAL CHAMPIONSHIP _ KATA
NANITAL, UTTARAKHAND, INDIA. 2011
1ST SEI KO KAI ASIA CUP KARATE CHAMPIONSHIP _ KATA TEAM
DELHI, INDIA. 2008
4 × 4 RELAY RUNNING
ABU DHABI, UAE. 2026

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]
BATATA, PUNJAB, INDIA. 2011
- 6th ALL INDIA INDEPENDENCE KARATE CHAMPIONSHIP
KURUKSHETRA, HARYANA, INDIA. 2010
- 5th ALL INDIA INDEPENDENCE 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 CHAMPIONSHIP
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
NEW DELHI, 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
TATANAGARA, 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 CHAMPIONSHIP
KOLKATA, INDIA. 2008

APPRECIATION CERTIFICATE



7th ALL INDIA JUDO CLUSTER 2022

MEN'S 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 DEDICATED SERVICE IN CRPF 2024

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

APPRECIATION FOR EXCEPTIONAL 20 YEARS OF DEDICATED SERVICE IN CRPF 2024

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

ACHIEVEMENT IN THE FIELD OF SPORTS [KARATE] BRINGING LAURELS TO CRPF AND 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 SIMPSON, 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 COMMISSIONER,

DEPT. OF YOUTH EMPOWERMENT AND SPORTS, GOVERNMENT OF KARNATAKA

KARNATAKA STATE POLICE – APPRECIATION CERTIFICATE

ALL INDIA POLICE KARATE TEAM – BEST PERFORMANCE

SEVA RATAN AWARD

AXIS LIFE INSURANCE

KALA RATNA AWARD

AXIS LIFE INSURANCE

APPRECIATION CERTIFICATE

SUCCESSFULLY QUALIFIED IN THE UNIVERSITY SELECTION TRIAL
GOVERNMENT ARTS COLLEGE, BANGALORE



ACHAIECVHEIMEVEENMTESN [TASS[ACSO CACOHA CNHA]TIONAL AN 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, UTTAR PRADESH
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 FEDERATION QUALIFIED

SOUTH ASIAN KARATE CHAMPIONSHIP, COLOMBO, SRILANKA
REFEREE

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

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

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