



# MAGIC BULLET INTERCEPTING FIST NOVEL ADVANCE TECHNIQUE OF MARTIAL ARTS

**Dr. (h.c.) Santosh Dattu Navale<sup>\*1</sup>**

<sup>1</sup>\* Department of Pharmaceutical & Chemical Polymer R & D Scientist, Director NCIA, Director NAAC & IHRCCC, MMA (Martial Arts Academy) India 392001

**Corresponding author:**

**Dr. (h.c.) Santosh Dattu Navale<sup>1\*</sup>**

**Mailing address:** Department of Pharmaceutical & Chemical Polymer R & D Scientist, Director NCIA, Director NAAC & IHRCCC, MMA (Martial Arts Academy) India 392001

## **Abstract:**

The Magic Bullet Intercepting Fist is all about Effective and efficient-stance movement. The Martial artist should strive to use the minimum amount of effort to achieve the maximum effect. This means avoiding eliminating unnecessary movements and focusing on what is essential. The target to the head, center of chest and in between two legs at a time. For example, a Jeet Kune Do practitioner might use a straight lead punch to strike their opponent's parts chin. This punch is direct, efficient, and requires minimal movement with less distance quick punch and speed. By using physics momentum motion, the Magic Bullet Intercepting Fist can conserve energy and strike with maximum force and deadly kick to target organs of head, center of chest and between legs centre point at a time same punches as Bruce Lee one Inch Punch of attack .

**Keyword:** Magic Bullet Intercepting Fist, Momentum, Kinetic Motion, Stance.

## **INTRODUCTION**

Physics of Hand by Hand Combat basics Points Martial arts precisely and effectively use principles of physics to achieve goals quickly, fast and forcefully. Athletic intellectual intelligence enables humans to adapt to the physical laws of nature quickly. The most successful styles used by military arm forces heavily on science based physics. Gravitational, Acceleration, force, momentum, and energy, transition are integral to martial arts. The Jiu-Jitsu, Muy Thai and jeet kun do, Kickboxing are the most successful fighting styles. Jiu-Jitsu works by applying targeting techniques through leverage. Kickboxing uses quick, fast and powerful knee, foot and elbow strikes. Strike first, fast, representative and repeatedly to get win a fight.

The basics principle of applying any successful technique, striking or otherwise can be broken down into a few novel and effective factors. Acceleration due to gravity hence without acceleration, there is least to no power. In all martial arts, the power, speed of technique can determine whether your technique works. The Acceleration is defined as the motion in velocity over the time interval in which it takes place. Therefore,

$$A = v/t$$

( let, A =Acceleration, v = velocity, t =time ).

This is the rate at which the velocity kinetics of motion changes. The Acceleration is calculated by in

$$M/S^2 \text{ or } m/s/s$$

( m = meter, s = second).

The Acceleration, if honed by practice for maintain, balanced, control, can become a great equality if not an overpowering element of hand-by-hand combat.

## **Influences from other Martial Arts:**

Magic Bullet Intercepting Fist was not created in a base of vacuum. The Bruce Lee was always looking for effective techniques that he could incorporate into his own style. The Another influence on Jeet Kune Do hence Intercepting fist was the Japanese martial art of Judo, which Lee studied briefly. Judo is a style that throws and grappling MMA techniques, and Lee incorporated many of these techniques into his own style. He also studied the Chinese martial art of Tai Chi, which gave him a deep understanding of the principles of balance and movement. The overall Bruce Lee's journey in martial arts was knowledge and understanding. He believed that there was no one "perfect" style of fighting, but rather that a fighter should be able to adapt to any situation. This philosophy is at the heart of Intercepting fist, Jeet Kune Do, and it continues to inspire martial artists around the world to this day.

## TECHNIQUE AND METHODS

### The Core Principles of Magic Bullet Intercepting Fist:

The Target organ of Brain, heart and center between legs with wing churn style of Jeet Kune Do are several core principles that guide its techniques and philosophy of using scientific terminology and physics of intercepting fist. These principles have been developed and refined over many years of practice and are essential to understanding the art of Magic Bullet Intercepting Fist. Refer figure no. 1.

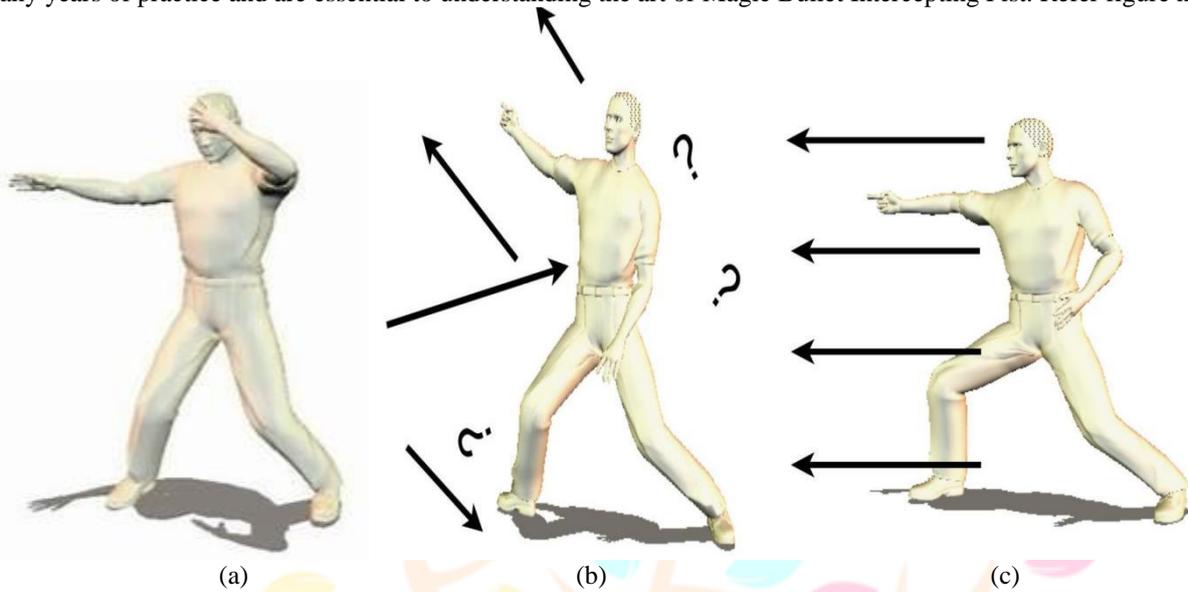


Figure No.1: Principles of Magic Bullet Intercepting Fist (a) Attack to Head (b) Attack to Gonad Part of Abdomen centre (c) Attack to Chest by Heart

### The Concept of "Be Like Waves, Water & Planet Pluto of Energy of Gravitation" Science:

Bruce Lee Martial artist and actor famously said, "Be like water, my friend." This means that martial arts should be able to adapt to any situation, just as water can conform to its environment. Magic Bullet Intercepting Fist anticipation of knowledge by being like water, Martial arts of Magic Bullet Intercepting Fist can flow with the energy of their opponent, responding in a natural and Magic way. The water property "Empty mind be formless, shapeless like water can flow or it can crash, hence put water into the cup, bottle or tea pot it becomes with any condition compatible to any situation". same like I am believe to set that terminology like water "Be Like Waves hence two waves travels through a medium arrive at a point simultaneously each wave produce in own displacement at that point independently of the other Be Wave My Friend" scientist neglected Pluto as a planet but its own power and energy of gravitation is more important characterize than the other planets hence gravitation force very less. For example, if an opponent throws a Kick punch, a Magic bullet intercepting fist practitioner might use their body's natural movements stance method of punch and counter-attack. Rather than relying on a quick make distance predetermined technique, the MMA adapts to the any situation in a fluid and spontaneous dragon type way symbol of martial arts.

### Magic Bullet Technique Physics of science using Ejector Rod of Cylinder Loaded Bullets:

The magic bullets same principle based of SPIDER MAN of using Spider network passed to attack to opponent, hence instead of nets we can use the connectivity of hand wrist same principle of hand gun with bullets. A bullet is the magically high speed of projectile part of a cartridge, often mistakenly referred to as the entire ammunition parts of unit. The Bullets consist of materials like lead, copper, and have components including the casing, primer, and gunpowder. These elements determine trajectory and highly shot effectiveness and speed of velocity speed of action by motion. Refer figure no. 2

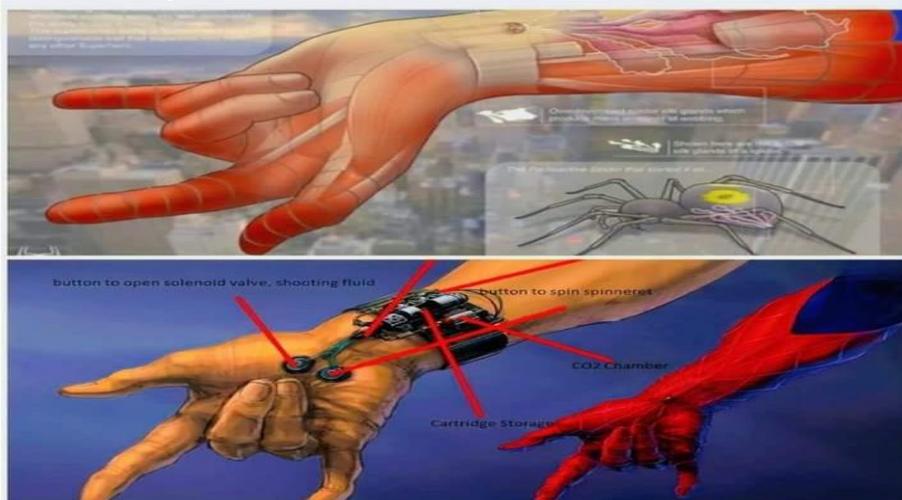


Figure No. 2: Magic Bullet Technique using Ejector Rod of cylinder

### Popular Weapon Based Martial Arts Styles using middle finger attachment:

There are Several unique styles exist within the framework of weapon-based martial arts, such as Arnis, Bōjutsu, Canne de combat and Gatka. Gungsul, Nun chucku, blades and Geom sul showcase dynamic techniques with traditional Korean, japsene and chinese weapons. The other essential disciplines include incorporates wooden weapons of Maori warriors and Zulu stick-fighting known for lethal attacks using Magic Bullets Finger hence attack to opponents using this weapons by center parts of chest (Heart), Head (brain) and Abdomen (gonad Part) effectively with any body parts. My style using this weapon please refer figure no. 3, 4, 5 and figure no. 6.



Figure No.3: Middle finger magic bullet style of weapon (Back View)



Figure No. 4: Middle finger magic bullet style of weapon (Front View)



Figure No.5 : Middle finger magic bullet style of weapon (using fore limb connect to middle finger)



Figure No.6 : Middle finger magic bullet style of weapon (Active Stance and Fist)

**Economy of Motion:**

Magic bullet intercepting fist is all about high speed, quick, efficient movement. Martial artist should strive to use the minimum amount of effort to achieve the maximum effect. This means neglected unnecessary movements and focusing on what is beneficial and essential. For example, a magic bullet intercepting fist training might use a straight lead punch to strike their opponent's powerful chin. This punch is direct, liable, efficient, and requires minimal movement. By using economy of motion, the practitioner can gain energy and strike with large force.

**Simplicity and Directness of Magic Bullet intercepting Fist:**

The core principle of Magic Bullet Intercepting Fist is simplicity, Quick Fist, Momentum and directness. The most effective techniques were the simplest ones, as they allowed for quick and Precision. Quick, less distance of kick to opponent, decisive action. In magic bullet intercepting fist, there is no wasted movement and very complicated moves. For example, a Magic bullet intercepting fist practitioner use a simple kick, make less distance of attack to their opponent's knee, hand to hand to block disable them. This technique is simple, direct, effective, quick, easy with more skilled, motive and requires minimal movement. By using simplicity and directness, the practitioner can quickly disable their opponent and end the active street fight.

**The Ten Ways of Attack:**

Magic Bullet Intercepting fist has its simplified unique approach to opponent attacks, which is based on the Seven ways of attack: straight lead, back lead, front lead, spin gravitational move, non-telegraphic punch, hook punch, uppercut, lower-cut upper-left & right and back-fist. By mastering these ten ways, martial artist can be effective in a wide range of situations using mathematics and physics law. For example, a magic bullet intercepting fist practitioner might use a non-telegraphic punch to catch their opponent off guard. This punch is delivered without any obvious movement, making it difficult for the opponent to anticipate. By mastering the five ways of attack, the practitioner can be unpredictable and effective in combat. Overall, the core principles of magic bullet intercepting fist anticipate adaptability, efficiency, simplicity, quick, feasible, scientific and directness. By using these principles, practitioners can modify a highly effective martial art that is both practical and effective attack.

**History of Techniques and Training Methods:**

Intercepting fist is a martial art that was created by Bruce Lee in the 1959-1960s. It has a wide range of techniques, but they are all designed to be easy practiced, simple, direct, and effective. The philosophy behind Wing Chun is to use what is useful and discard what is not.

**Stance and Footwork:**

A better stance and footwork are essential to magic bullet intercepting fist. MMA should maintain a balanced and motile stance, with the ability to move in any way of direction at a moment's clarity notice. The fist and stance should be appropriate, comfortable and natural, with the foot and knees slightly bent and the weight differentiate evenly between both feet. Footwork must be smooth, feasible and efficient, with the ability to fast, quickly close or create flexible distance. Practitioners should be able to move in and out of range fast with quickly, while maintaining trial balance and control.

**Fast Striking Techniques:**

Magic bullet intercepting fist gives an striking techniques that are energetics, powerful and fast. The straight mean lead is one of the most important fastest techniques, which involves a fastest quick jab with the main lead hand. This technique can be used to set up diffident strikes or to keep an opponent at bay. The type of Non-telegraphic punches, hooks, and uppercuts are also used, along with kicks and developing main knee strikes. MMA should focus on developing speed, power, twist, and accuracy in their main strikes. Refer figure no. 7 for energy of activation.

- We can use some of the physics that we learn in late high school and early college to understand the most basic ways that physics is used in the martial arts.
- We can start with Total Mechanical Energy of a Linear punch



$$E = \frac{1}{2}mv^2 + mgy$$

Figure No. 7: Energy of activation by Linear Punch Intercepting fist

### Grappling and Trapping:

Magic Bullet intercepting fist also includes grappling and trapping techniques, which involve very close-range to control an opponent's hind and fore limbs and movements. These techniques can be used to motile an opponent and set them up for a strike or way of takedown. MMA should target on sensitivity, feasible, effective, visionary and timing in their grappling and trapping techniques.

### Training and Exercises:

Magic bullet intercepting fist is the basics of jeet kun do and wing chun of intercepting fist hence training often involves the use of equipment such as tentative speed bags, heavy bags, and focus mitts. These basic practice tools can be used to develop speed, power, twisting, and accuracy in striking techniques. MMA also use exercises such as sparring, pad work, and partner drills to practicing their modified skills and hone their techniques. Sparring is an important part of Jeet Kune Do training, as it allows practitioners to test their skills against a live part of opponent. The physical training, magic bullet intercepting fist MMA also target on mental, kundalina serpentine magics, telepathy and spiritual development. Meditation, yoga and visualization exercises can help MMA to develop target, brain storming concentration, and mental ability hence clarity. These basics skills can be developing to all areas of the way of life, not just martial arts.

### Animal Techniques used in Martial arts:

The Application of magic bullet intercepting fist, this is a type of dynamic list and may satisfy particular standards for completeness. Although the technique is mainly associated with the tiger, dragon, snake, crane and leopard, many other animal styles have been developed like sub categorizes of Crane, Fujian White Crane, Tibetan White Crane, Dog kung fu, Southern Dragon kung fu, Eagle, Eagle Claw, Leopard kung fu, Monkey Kung Fu, Mantis, Northern Praying Mantis, Southern Praying Mantis, Snake kung fu, Tiger, Fu Jow Pai, Hak Fu Mun, Heihuquan etc. Its an we can use to modify the intercepting fist application of characteristic of animal power and energy.

### Magic Bullet Intercepting Fist Impact on Martial Arts and Popular Culture:

Magic Bullet Intercepting Fist has had a impact on the world wide of martial arts. Its anticipated on efficiency, adaptability, and clarity, energetic, simplicity has influenced many other styles and practitioners. Magic bullet intercepting fist, also known as "The Way of the Jeet Kune Do," is a martial art created by the legendary Bruce Lee. Same way with targeting on head, chest and between hind limb centre targeting called and suggesting as magic bullet concept.

### Influence on Advanced Mixed Martial Arts:

There are many of the principles, methods and techniques of Magic bullet intercepting fist and science have been incorporated into advance mixed martial arts (MMA). MMA who use a Jeet Kune Do-based approach, such as Anderson Silva, have achieved great success in the type of octagon. The One of the main principles of Magic bullet intercepting fist is the concept of "intercepting" an opponent's target of attack. This scientific terminology using hind limb footwork and baseline timing to disrupt an opponent's movements and strike before they can land a blow. This part of terminology has proven highly feasible, based, effective in MMA, where fighters must be able to quickly adapt to their opponent's movements and counter with precision, power and speed.

### Force in Combat:

A force is an scientific terminology that results in the acceleration or deformation of an moving power of object. The Force is determined by using application of Newton's Second Law of Motion which states that the acceleration of a body is directly proportional to the force and indirectly proportional to the weight or mass. The physics of formula used to calculate force is  $F=ma$  that is ( $F$ =force,  $m$ =mass,  $a$ =acceleration) and is expressed in newtons (N). The Force and acceleration both have direction and typical size. Therefore if you will be want to make confident that over time, you developed how much force is being Produced by your acceleration to improve upon your acceleration because you can't do more about your weight or mass.

### Momentum in Combat:

The momentum is defined as the product of an object's mass multiplied by its velocity. Momentum is calculated by the equation

$$P = mv,$$

hence where momentum is represented by "P". The product of a momentum equation is labeled as kg/m/s, where 5kg is kilograms (5000 grams), "m" stands represents the mass of the object, and "s" is seconds. the aspects of martial arts, momentum plays a very important of roles. The effective technique is usually very powerful, twisting, quick and strong, and as such, you keep to generate the maximum force of velocity allowable by time and space. To find the momentum of a strike at the point of contact between two bodies of mass, that the collision, use the equation:

$$M1V1 = (M1M2)V$$

In this equation M1 is the mass of the arm or limb, leg of the attacker, V1 is the velocity of the fist or foot at the moment of contact; M2 is the mass of the target, and V' is the velocity of the fist or foot of the attacker just after the collision takes place. This equation,  $M1V1 = (M1M2)V$

V', is called the Law of Conservation of Momentum. This law states that the total momentum in a closed, isolated system does not change. Same things of physics applied to the martial arts for effective action fighting skill. Refer figure no. 8.

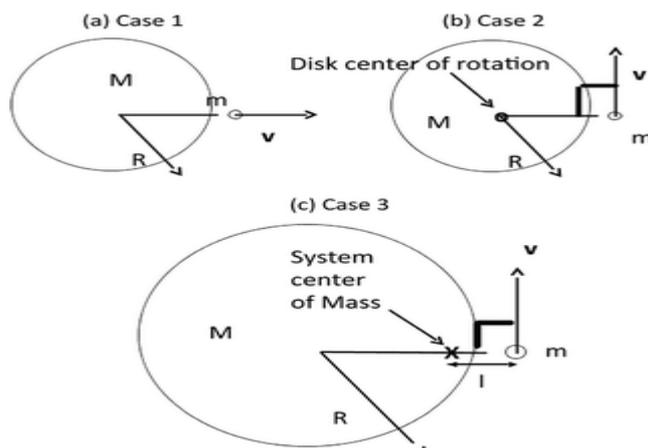


Figure No. 8: Energy and activation of Momentum Physics

### Energy in Combat:

The Energy important role in the physics of martial arts of mortal combat. The more energy your technique possesses the more damage it can do. Energy calculated by using the equation:

$$KE = \frac{1}{2}mv^2$$

where "m" is mass and "v" is velocity. The kinetic energy is proportional to the mass of the object and is also proportional to the velocity squared.

### CONCLUSION

Magic Bullet Intercepting Fist is more than just a advanced martial art. It is a philosophy of personal, mindful spiritual target of expression, based on action, adaptability, and efficiency. Bruce Lee's legend lives on through Jeet Kune Do, as his innovative approach to martial arts continues to inspire and influence practitioners around the world and magic bullet intercepting advanced modified technique of martial arts of Jeet Kun Do, Magic Bullet Intercepting Fist based on deadly target on biological human body targets on Brain, Heart and Centre in between legs of that Male Gonads male reproductive organs which very sensitive.

### SELF INTRODUCTION BIODATA:



**Dr. ( H.C.) Santosh Dattu Navale, Scientist Pharmaceutical R & D , Polymer Scientist, State Intelligence Agents Director of Maharashtra, NAAC & IHRCCC Officer, MMA- Martial Artist (Magic Bullet Intercepting Fist Martial Arts & Nun Chucku Golden Mask)**

I Dr. (h.c.) Santosh Dattu Navale, I enclose my Biodata of Introduction as a first step in exploring the possibilities of achievements. This will help me in getting good exposure to the highly sophisticated ambience and understanding the anticipation and theoretical, practical aspects. I am professionally scientist in Polymer as well as Pharmaceutical R & D Lab, M Pharmacy Post Graduate in Pharmaceutics, Savitribai Phule Pune University First Class with Distinction, hence also qualified competitive exam like GPAT, NIPER, Attempted and qualified MPSC & UPSC, meanwhile also doing Social Service Work, Corona Warrior as Pharmaceutical field, part time work in NGO of (NCIA) National Crime Intelligence Agency designated as Intelligence Agent, Executive and Information Officer, NCIA STATE INTELLIGENCE DIRECTOR, MAHARASHTRA, NGO (IHRCCC) International Human Rights and Crime Control Council designated as Officer. Self Defense and Martial Arts (MMA), included my own style of Magic Bullet Intercepting Fist I have also published more than 25 Pharmaceuticals Review, Research articles in International Journal with more than 50 Awards winner national as well as international

platform hence also World Record holder in Magic Book of World Record, Indian Book of World Record, London Book of World Record, Champion Book of World Record, Web Book of World Records, USA Book of World Record and many more. The draft of patent prepared and accepted for review board intellectual property rights India. The pharmaceutical company was founded to achieve newer heights in pharmaceutical technologies and science. Team of over scientists spearhead pharmaceutical development programs of world's major pharmaceutical markets. We pride ourselves in solving problems for R & D and manufacturing. Kindly Referred and find enclosed my PROFESSIONAL, DEFENSE AND SOCIAL WORK PROFILE INTRODUCTION.

#### **Named Review & Research Paper Publications on:**

1. Review paper publication in **World Journal of pharmaceutical Research** entitled on "A REVIEW ON ORO-DISPERSIBLE TABLETS AND GENERAL CONSIDERATIONS". 2022
2. Review paper publication in **World Journal of pharmaceutical Research** entitled on "A REVIEW ON ORO-DISPERSIBLE TABLETS AND PATENTED TECHNOLOGY". 2022
3. Review paper publication in **American Journal of Pharma Tech Research** entitled on "A Review on New Drug Applications and General Considerations in Pharmaceutical Industry". 2022
4. Review paper publication in **American Journal of Pharma Tech Research** entitled on "A Review on Nasal Drug Delivery System and General Considerations". 2022
5. Research paper publication in **American Journal of Pharma Tech Research** entitled on "Particle engineering and spray drying process designing for solubility enhancement of Lopinavir". 2021
6. Research paper publication in **World Journal of pharmaceutical Research** entitled on "THE EXPERIMENTAL DESIGN IN CHEMICAL ENGINEERING AND PHARMACEUTICAL INDUSTRY BY USING FLUID COATER & ROTA METER". 2021
7. Review paper publication in **American Journal of Pharma Tech Research** entitled on "Regulatory Authorities & Standards Institutions and Self Auditing Consideration in Pharmaceutical Industry". 2021
8. Review paper publication in **American Journal of Pharma Tech Research** entitled on "A Fluidized Bed Polymer Coating Experiment and Practical Aspects of Design in Chemical Engineering and Pharma Industry". 2021
9. Review paper publication in **American Journal of Pharma Tech Research** entitled on "A Review on Impurities Profiling in Pharmaceutical Analysis". 2018
10. Review paper publication in **American Journal of Pharma Tech Research** entitled on "A review on liposome: The cancer targeting aspects and effective upgraded vesicular systems". 2017
11. Review paper publication in '**American Journal of Pharm Tech Research**' entitled on "Review on Topical Liposome: Drug Delivery through Skin". 2017
12. Review paper publication in '**American Journal of Pharm Tech Research**' entitled on "Study of effect of lyophilization on the physicochemical stability of liposome". 2017
13. Research paper publication in '**European Journal of biomedical and pharmaceutical Science**' entitled on "**FORMULATION AND IN-VITRO EVALUATION OF ORO-DISPERSIBLE TABLET OF ACETOAMINOPHEN MODEL DRUG BY USING SPRAY DRYING TECHNIQUE**". 2024

#### **Awards Participated and Winnings:**

1. National Pride Award, trophy medal and certificate, socially point foundation, (regd. govt, of india), 2023
2. Pride of India Award, certificate, socially point foundation, (regd.), 2023
3. Mother Teresa Memorial Award, trophy medal and certificate, sahara charitable trust (regd. govt, of india), 2023
4. Matrubhasha Sahitya Sanman, sangam academy and publication, 2023
5. Rashtriya Shikshak Ratna Sanman, navya foundation, 2023
6. Rashtriya Pratishtha Puraskar, Award, trophy medal and certificate worthy wellness foundation, (regd. govt, of india), 2023
7. Rabindranath Tagore Kala Vibhushan Award, participation certificate, 2023
8. Ncia Appreciation Certificate Intelligent Agent for corona warrior social service, 2023
9. International Iconic Award, certificate of appreciation, social service, 2023
10. National Excellence Education Award, trophy, medal and certificate sahara charitable trust (regd. govt, of india), 2023
11. Best Achievers Award, Reg. No. 8361, world magic book record, best social activist award, trophy, momento, gold medal and certificate, 2023
12. Brand Icon of the Year Award, trophy, medal and certificate, 2023
13. Dr. B. R. Ambedkar Ratna Award, trophy medal and certificate, sahara charitable trust (regd. govt, of india), 2023
14. Rastriya Danveer Samman, certificate, sahara charitable trust (regd. govt, of india), 2023
15. National Youth Icon Award, certificate, sahara charitable trust (regd. govt, of india), 2023
16. International Yog Bharti Award, certificate, sahara charitable trust (regd. govt, of india), 2023
17. National Service Award, sangam academy and publication, 2023
18. Mr. India, Kohinoor of the India Award, certificate, sahara charitable trust (regd. govt, of india), 2023
19. World Record, London Book of World Record, certificate, international (pharma nldr scientist, ncia-ihrecc officer, information officer, intelligence agent, philosopher, researcher, crime researcher & intercepting fist martial artist) london country 2023 (two records professional & social service, the intercepting fist martial arts)
20. Gyan Uday Foundation, Indian Iconic Award, govt. of india, category of education, literature & social service 2023
21. India Star Independent Award, Star Book of Record, govt. of india, category of education, literature & social service 2023
22. NCIA Foundation, certificate of appointment, information officer, nashik 2023
23. Bahrtiya Gaurav Samman, the fair vision foundtion, 2023
24. Dr. B. R. Ambedkar Inernational Award, world charity welfare foundation, certificate of excellence international, education & social service, 2023
25. International Human Rights and Crime Control Council, certificate of appreciation award, from IHRCCC, msme & niti aayog, 2024

26. Prestigious Doctors Award, certificate of appreciation, worthy wellness foundation, global award, 2024
27. Web World Record, official book of world record, certificate, international (pharma nDDR scientist, ncia-ihrccc officer, information officer, intelligence agent, philosopher, researcher, crime researcher & intercepting fist martial artist) approved 2024
28. Indian Book of World Record, indian humatarian award, certificate from supreme coart of india, social activist may 2024
29. Rashtriya Prerna Award, startup siksha foundation , multiwork 2024
30. USA World Record, USA Book of World Record, certificate, international (pharma NDDR scientist, ncia-ihrccc officer, information officer, intelligence agent, philosopher, researcher, crime researcher & intercepting fist martial artist) USA country 2024
31. India Proud of Book Record, IBPR certificate, national (pharma NDDR scientist, NCIA-IHRCCC officer, information officer, intelligence agent, philosopher, researcher, crime researcher & intercepting fist martial artist) USA country 2024
32. Atheletics Book of World Record, international chairman, magic bullet intercepting fist of martial artist and golden mask nun chucku 2024
33. International Human World Record, certificate of excellence, pharma scientist and magic bullet intercepting fist martial artist 2024
34. International pride award, certificate of excellence, (pharma scientist, martial artist break dancer and state intelligence agent director of Maharashtra) 2024
35. National Award, fair vision foundation, certificate of achievement pharma scientist and state intelligence agent director of Maharashtra 2024
36. Global Icon National Award, certificate of achievement, pharma scientist, martial artist and break dancer 2024
37. Indian Pride Award, , certificate of appreciation, pharma scientist and state intelligence agent director of maharashtra 2024
38. Independence Day Hero Samman Award, certificate of achievement, pharma scientist, martial artist and social activist 2024
39. International Award, akhil bhartiya marvaadi gujrati manch and maharashtra sanskrutik dnyanpith, certificate, trophy and momento 2024
40. Champion Book of World Record, magic bullet intercepting fist mma & golden mask nun chucku, kota rajasthan, 2024
41. Treta Yug Foundation, Samman International Award, certificate, trophy and momento 2024

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None

#### Conflict of interest

None

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