

RAKESH J



JOINT SECRETARY- KERALA STATE
WRESTLING ASSOCIATION

MEMBER - ERNAKULAM DISTRICT
SPORTS COUNCIL

MEMBER - ERNAKULAM DISTRICT
OLYMPIC ASSOCIATION

EXECUTIVE MEMBER - JUDO
PROMOTION COUNCIL (INDIA)

CONTACT

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SKILLS

- Coaching and Mentoring
- Sports Management
- Session Planning
- Athletic Ability
- Leadership
- Injury Management
- Event Management
- Physical Fitness and Conditioning
- Personal Training

EDUCATION

MBA

Sikkim Manipal University
2014-2016

B.COM

M G University
2011-2014

SUMMARY

Passionate and dedicated Coach with 9 year's experience in coaching in Judo and Wrestling at various levels. Focussed on developing athlete's skills, fostering teamwork and ensuring a positive and competitive environment. Committed to promoting sportsmanship, discipline and a love of the game.

WORK EXPERIENCE

- Worked as Judo Coach at St. Joseph's UP School from 01/06/2023 to 28/02/2025.
- Working as the Technical Official of Judo Promotion Council (India).
- Working as the Technical Official of Kerala Beach Judo Association.
- Working as the Technical Official of Kerala State Wrestling Association.
- Working as the Chief Coach of Cochin Martial Arts and Sports Academy.
- Worked as the Kerala State Wrestling Team Coach in Junior National Wrestling Championship 2022.
- Worked as the Kerala State Wrestling Team Manager in Senior South Indian Wrestling Championship 2019.

ACHIEVEMENTS

- Gold Medalist in National Masters Judo Championship.
- Silver Medalist in CBSE National Judo Championship.
- Bronze Medalist in CBSE National Judo Championship.
- Four times Gold Medalist in CBSE South Zone Judo Championship.
- Two times Gold Medalist in State Masters Judo Championship.
- Gold Medalist in State Beach Judo Championship.
- Bronze Medalist in MG University Inter-Collegiate Wrestling Championship.
- Bronze Medalist in State Taek-Wondo Championship.

CERTIFICATIONS

- Black Belt (SHO-DAN) in Judo.
- Certificate Course in Sports Coaching – Wrestling (National Institute of Sports)
- Certification Referee Course in Wrestling (Kerala State Wrestling Course)
- Certification Course in Judo Refereeing (Judo Promotion Council)
- Certification Course in Beach Judo Refereeing (Kerala Beach Judo Association)