

## **Gurugram (Gurgaon) creates a record Knee Strike 1 minute one leg was entered in the Limca Book of Records.**

City based M A Murtoza has found a place in the Limca Book of Records for his knee strike.

1 min. from 12:05 p.m. to 12:06 p.m. at H2O Fitness gym, Gurugram, on 23 May 2019.

#### Most ab wheel rolls

Nitin Mudgal (b. 5 October 1989) from Gurugram, Haryana, performed 35 ab wheel rolls in 1 min. from 12:05 p.m. to 12:06 p.m. at H2O Fitness gym, Gurugram, on 28 April 2019.

#### Most reverse dips

Ankush Gurjar (b. 12 September 1992) from Gurugram, Haryana, performed 137 reverse dips in 1 min. from 12:06 p.m. to 12:07 p.m. at H2O Fitness gym, Gurugram, on 4 May 2019.

#### Most parallel dips

Ashish Lohia (b. 10 July 1998) from Gurugram, Haryana, performed 75 parallel dips in 1 min. from 12:05 p.m. to 12:06 p.m. at H2O Fitness gym, Gurugram, on 28 April 2019.

#### Most full-contact knee strikes – one leg

M.A. Murtoza (b. 9 January 1979) from Gurugram, Haryana, performed 101 full-contact knee strikes using only one leg in 1 min. from 6:40 p.m. to 6:41 p.m. at Jitender Bohra Park, Gurugram, on 30 May 2019.

#### Most full-contact alternate elbow strikes – woman

Ponnappalli Srilekha (b. 24 May 1996) from Hyderabad, Telangana, performed 144 full-contact alternate elbow strikes in 1 min. at Fresh Living Apartments, Hyderabad, on 24 October 2019.

#### Most Chudan-Zuki (karate punches)

Rohit Bhore (b. 29 September 1998) from Thane, Maharashtra, performed 217 Chudan-Zuki (karate punches) in 1 min. from 10:30 a.m. to 10:31 a.m. at his residence on 15 January 2020.

#### Most skips – over a 10 m rope

Akasha B. Jogaraddi (b. 10 May 1999) from Dharwad, Karnataka, performed 40 skips over a 10 m rope in 1 min. from 8:45 a.m. to 8:46 a.m. at S.D.M. Engineering College, Dharwad, on 12 December 2019.

#### Most nunchaku rotations – both hands

John Paul Kodiyath Rajan (b. 14 May 1986) from Thrissur, Kerala, performed 134 nunchaku rotations, while blindfolded, using both his hands, in 1 min. on 28 May 2019 at Othayi, Malapuram District.



Most Chudan-Zuki (karate punches)

Most skips over a 10 m rope



#### Most lunges – 1 hr

Kapil Arora (b. 28 September 1975) from Mumbai, Maharashtra, performed 948 lunges in 1 hr between 8:16 a.m. and 9:16 a.m. on 28 June 2020.

#### Most hops – one leg – 1 hr

Mohamed Rizwan T.K. (b. 22 July 1996) from Tanjore, Tamil Nadu, performed 8,013 hops on one leg in 1 hr between 4:32 p.m. and 5:32 p.m. on 11 March 2020.

#### Longest plank

Abhishek Sihag (b. 15 August 1997) from Sikar, Rajasthan, performed the longest plank for 8 hrs 5 mins from 6:51 a.m. to 2:56 p.m. at the Railway Community Centre, Sikar, on 1 January 2019.

#### Longest handstand – both arms\*

Manish Kothari (b. 6 February 2004) from Jaipur, Rajasthan, stood ramrod straight on his hands with legs fully upright for 1 min. 22 secs at the Jhalana office of Rajasthan Patrika on 7 May 2019.

#### Longest sumo squat balancing

Saurabh Kumar Pathak (b. 16 January 1990) from Greater Noida, Uttar Pradesh, performed sumo squat balancing for 20 mins 23 secs at Greater Noida on 3 May 2019.

#### Marathon nunchaku performance

Yugraj Singh Kaleka (b. 26 October 1992) from Kharar, Punjab, conducted a 37 hrs 10 min. non-stop nunchaku performance at Leo Gym, Kharar, from 4:20 a.m. on 7 December 2018 till 5:30 p.m. on 8 December 2018. He didn't take any breaks during the event.

#### Most urumi strokes within a minute – both hands

Harikrishnan S. (b. 26 July 1995) from Alappuzha, Kerala, performed 230 strokes using two urumis (flexible sword) with both hands in 37 secs at Ekaveera Kalaripayatu Academy, Alappuzha, on 19 September 2018. The length of the sword was 160 cm (5 ft 2.9 in.).

#### Longest slalom wave boarding\*\*

Tiluck Keisam (b. 3 January 2008) from New Delhi performed the longest slalom wave boarding by covering 3,880 cones (3.88 km) in 40 laps at the Siri Fort Sports Complex, New Delhi, on 20 May 2019.

**Haryana, Gurgaon, Sep 22, 2021 (IssueWire.com)** - Gurugram creates a record Knee Strike 1 minute one leg was entered in the Limca Book of Records

City-based M. A. Murtoza has found a place in the Limca Book of Records for his knee strike

This knee strike was recognized by The Limca Book of Records. He has made many attempts to enter the record in the Limca Book of Records

The purpose of the record attempt was to make society aware of the importance of health to fitness in life today

In the current scenario where the whole world is suffering from a global covid 19 pandemic

At last with the diligence now it succeeds and M. A. Murtoza enters Limca Book of Records 2020-2022.

Also, MA Murtoza has been entered in the Guinness Book of Records.

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Best Wishes,  
Shubhali Chopra

Project Executive



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