

## **ACHIEVEMENT OF Rajkumar Rai**

### **Work Experience**

2001	Pearson International Airport Traffic Ticketing Officer
2000-2003	Taekwondo Head Instructor in Mississauga YMCA,
1986_1999	Nepal National Taekwondo Team Member
1998	Personal Protection Officer Mr. Hotung- Hong Kong
1988	The Nepalese Action Movie the Commando Leading Actor
1998	Conditioning room Instructor (Hong Kong)
1995-1997	Nepal and Brunei
1980-1994	British Arm Forces Hong Kong, United Kingdom and Brunei
1985-1994	All Types of weapons instructor in the British <i>ARMS FORCES</i>

### **ACCREDITATIONS**

2002	Canadian National coaching Certificate Level 1
1996	The 5 <sup>th</sup> Degree Black Belt (World Taekwondo Federation)
1994	Certified VIP Protection Officer U.K
1989	Section Commander Battle Field Tactics Hong Kong
1989	Section Commander Battle Weapon Training Hong Kong
1989	Junior Non Commission Officer Drill Instructor Course
1988	Map Reading Instructor
1987	Taekwondo Referee
1985	Basketball official Course
1985	Aikido Army Combat Unit Instructor
1982	All Arms Assault Boat Handler
1981	Canoeing Basic Sea

### **AWARDS IN TAEKWONDO AND BODY BULDING**

1999	Gold Medal 8 <sup>th</sup> South Asian Games, Nepal (Taekwondo Event)
1999	Mr. South Asian Body Building Championship Maharastra, India (6th place)
1999	Silver Medal Open Nepal National Body Building Championship. Nepal
1988	Gold Medal 8 <sup>th</sup> British Force Taekowndo Championship including Hong Kong Civilian Team
1988	Silver Medal 10days of Dawn International Taekwondo Championship. Iran

- 1988 Gold Medal 1<sup>st</sup> invitational British Force vs. Hong Kong Police Force  
Champion. Hong Kong
- 1988 Gold Medal 22<sup>nd</sup> Pakistan National Invitational Games. Karachi Pakistan
- 1987 Gold Medal 3<sup>rd</sup> Mount Everest international Championship. Nepal
- 1987 Gold Medal Nepal National and Hong Kong National Invitational  
Championship. Hong Kong
- 1987 Gold Medal 7<sup>th</sup> British Forces Championship including Hong Kong Civilian  
Teams. Hong Kong
- 1986 Gold Medal 2<sup>nd</sup> Mount Everest International Invitational Championship. Nepal
- 1986 Bronze Medal 10<sup>th</sup> Asian games. Seoul
- 1985 Gold Medal 5<sup>th</sup> British Forces Championship including Hong Kong civilian  
teams. Hong Kong
- 1985 Gold Medal Hong Kong National Taekwondo Champion. Hong Kong
- 1984 Gold Medal 4<sup>th</sup> British Force Championship including Hong Kong civilian teams.  
Hong Kong
- 1984 Bronze medal Hong Kong National Taekwondo Championship. Hong Kong
- 1983 Bronze Medal 3<sup>rd</sup> British Forces Championship Including Hong Kong Civilian  
team. Hong Kong

## **ASIAN AND WORLD TAEKWONDO CHAMPIONSHIP**

- 1984 6<sup>th</sup> Asian Championship Manila Philippine. Represent Hong Kong
- 1985 Semi quarter Final 7<sup>th</sup> World Taekwondo Championship. Seoul Korea  
represented Hong Kong
- 1987 World Taekwondo Championship. Barcelona Spain
- 1988 Quarter Final 8<sup>th</sup> Asian Taekwondo Championship. Kathmandu, Nepal

## **SPECIFIC AWARDS**

- 2000 Gurkha Dakhsin Bahu (Bravery Medal) 3<sup>rd</sup> Position Award by late King  
Birendra of Nepal
- 1994 British Army Long Service Good Conduct Medal by Her Majesty the Queen  
Elizabeth II
- 1987 Gurkha Dakshin Bahu (Bravery Medal) 5<sup>th</sup> position Award by His Majesty the  
King Birendra Shah ( Nepal)

## **EDUCATION AND LANGUAGES**

- 1978 High School  
Language: Nepali, English, and Hindi

## **SKILLS**

**Hard worker follows instructions easily and works well under pressure. Well organizer and flexible. Works well independently or as part of the team, always willing to help.**

## **PROFILE**

**Hair: black**

**Complexion: Olive (looks oriental)**

**Neck: 17 inches**

**Chest: 48 R Euro 56 R (Suit)**

**Arms: 18 inches**

**Waist: 36 inches**

**Thigh: 26 inches**

**Weight: 205 Lbs**

**Shoes: 10-11 size**

**Height: 5 fits 6 inch**