



پاکستان جو جیٹسو فیڈریشن
Pakistan Ju-Jitsu Federation

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**RESULTS OF THE CM PUNJAB 11TH NATIONAL
JU JITSU & BELT WRESTLING CHAMPIONSHIP 2016**

Khalil Ahmed Khan
President

JU JITSU FIGHTING SYSTEM WOMEN -49KG		
<i>Medal</i>	<i>Name of player</i>	<i>Unit</i>
Gold	MARYAM	WAPDA
Silver	IRAN SHAHZADI	ARMY
Bronze	MAHNOOR ZAHEER	DHA
Bronze	RUBINA	NAVY
JU JITSU FIGHTING SYSTEM WOMEN -55KG		
Gold	AMBREEN ASHIQ	WAPDA
Silver	FEHMIDA KHANUM	NAVY
Bronze	SAJDA BATOOL	BALOCHISTAN
Bronze	SAIQA IQBAL	DHA
JU JITSU FIGHTING SYSTEM WOMEN -62KG		
Gold	SONAM BARKAT	WAPDA
Silver	KASHAF JAVED	HEC
Bronze	ASMA RANA	ARMY
Bronze	FAZEELAT SARDAR	NAVY
JU JITSU FIGHTING SYSTEM WOMEN -70KG		
Gold	BEENISH KHAN	WAPDA
Silver	NAZIA TUFAIL	NAVY
Bronze	AMNA RASHEED	ARMY
Bronze	IQRA MAROOF	HEC
JU JITSU FIGHTING SYSTEM WOMEN +70KG		
Gold	IRAM	ARMY
Silver	GULL KHAN	WAPDA
Bronze	AMINA KHAN	PUNJAB
Bronze	SAIDA BATOOL	BALOCHISTAN
JU JITSU FIGHTING SYSTEM MEN -56KG		
Gold	SAEED ANWAR	WAPDA
Silver	MUHAMMAD ASHFAQ	ARMY
Bronze	ADNAN	ISLAMABAD
Bronze	ADIL MUNEER	NAVY
JU JITSU FIGHTING SYSTEM MEN -62KG		
Gold	MUHAMMAD FAYYAZ	WAPDA
Silver	UMER MUKHTAR	PUNJAB
Bronze	MOSHIN ALI	HEC
Bronze	MUHAMMAD UMER	NAVY

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JU JITSU FIGHTING SYSTEM MEN -69KG		
Gold	MUHAMMAD IMRAN	ARMY
Silver	HAZRAT BILAL	KPK
Bronze	SYED SALMAAN	HEC
Bronze	SAID	FATA
JU JITSU FIGHTING SYSTEM MEN -77KG		
Gold	MUHAMMAD ALI	WAPDA
Silver	MUHAMMAD SHAHID	ARMY
Bronze	MUHAMMAD NAVEED	SINDH
Bronze	NAVEED UR REHMAN	NAVY
JU JITSU FIGHTING SYSTEM MEN -85KG		
Gold	HAFEEZ ULLAH	WAPDA
Silver	NADEEM KHAN	NAVY
Bronze	AQEEL AHMED JAMIL	POLICE
Bronze	M. NAEEM	ARMY
JU JITSU FIGHTING SYSTEM MEN -94KG		
Gold	ABID ALI	POLICE
Silver	JAMAL KHAN	NAVY
Bronze	SADAM HUSSAIN	KPK
Bronze	ASIM MOIN	ARMY
JU JITSU FIGHTING SYSTEM MEN +94KG		
Gold	YOUSAF RIAZ	WAPDA
Silver	HAMID ALI	NAVY
Bronze	SHAHZEB LONE	PUNJAB
Bronze	IRFAN ABDUL REHMAN	HEC

JU JITSU NEWAZA MEN NOGI -60KG		
Medal	Name of player	Unit
Gold	JAHANZEB RASHAD LONE	PUNJAB
Silver	MOSIN ALI	PUNJAB
Bronze	AWAIS ASHIQ	WAPDA
Bronze	MUHAMMAD SADIQ	WAPDA
JU JITSU NEWAZA MEN NOGI -70KG		
Gold	RANA WAQAR UMER	PUNJAB
Silver	DANISH RASHID	HEC
Bronze	AMIR HAMZA	WAPDA
Bronze	SHEHYAR QUERESHI	PUNJAB

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JU JITSU NEWAZA MEN NOGI -80KG		
Gold	FARHAN ANJUM	WAPDA
Silver	NAIMAT ULLAH	WAPDA
Bronze	MOHAMMAD LATIF	ARMY
Bronze	SADDAM ULLAH	PUNJAB
JU JITSU NEWAZA MEN NOGI -94KG		
Gold	MUHAMMAD UMAIR	WAPDA
Silver	MAZZAFAR ALI	WAPDA
Bronze	QASIM SHAHZAD	ARMY
Bronze	M. SHAFI	POLICE
JU JITSU NEWAZA MEN NOGI +94KG		
Gold	ZUNAIR BIN ZAHEER	WAPDA
Silver	AHMED BUTT	WAPDA
Bronze	REHMAN RAZA	HEC
Bronze	AFZAL BASHIR	ARMY

JU JITSU NEWAZA MEN GI -56KG		
Gold	AWAIS ASHIQ	WAPDA
Silver	SAEED ANWAR	WAPDA
Bronze	HAIDER FARMAN	PUNJAB
Bronze	SHAHID KHAN	ARMY
JU JITSU NEWAZA MEN GI -62KG		
Gold	JAHANZEB RASHAD LONE	PUNJAB
Silver	SHARJEEL	POLICE
Bronze	UMER MUKHTAR	PUNJAB
Bronze	RANA ADNAN	WAPDA
JU JITSU NEWAZA MEN GI -69KG		
Gold	AMIR HAMZA	WAPDA
Silver	RANA WAQAR UMER	PUNJAB
Bronze	SHEHRYAR QUERESHI	PUNJAB
Bronze	JAVED KHAN	WAPDA
JU JITSU NEWAZA MEN GI -77KG		
Gold	FARHAN ANJUM	WAPDA
Silver	MOHAMMAD UMAIR	WAPDA
Bronze	ABDUL MATEEN	PUNJAB
Bronze	M. LATIF	ARMY

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JU JITSU NEWAZA MEN GI -85KG		
Gold	M. ZOHAIB	ARMY
Silver	SALMAN TARIQ	POLICE
Bronze	NAJAM KHAN	PUNJAB
Bronze	IMTIAZ HUSSAIN	ARMY
JU JITSU NEWAZA MEN GI -94KG		
Gold	MUZZAFAR	WAPDA
Silver	M. SHAFIQ	POLICE
Bronze	WASIM SHEZAD	ARMY
Bronze	MOHAMMAH UMAIR	WAPDA
JU JITSU NEWAZA MEN GI +94KG		
Gold	AHMED BUTT	WAPDA
Silver	AFZAL BASHIR	ARMY
Bronze	KAMAL	HEC
Bronze	BILAL BUTT	WAPDA

JU JITSU NEWAZA WOMEN GI -49KG		
Medal	Name of player	Unit
Gold	HUMAIRA ASHIQ	WAPDA
Silver	IRAN SHAHZADI	ARMY
Bronze	MARYAM MURTAZA	WAPDA
Bronze	KIRAN SHEHZADI	ARMY
JU JITSU NEWAZA WOMEN GI -55KG		
Gold	ZOYA RANJHA	WAPDA
Silver	AMBREEN ASHIQ	WAPDA
Bronze	IRAM ASGHAR	PUNJAB
Bronze	FEHMEEDA KHANUM	NAVY
JU JITSU NEWAZA WOMEN GI -62KG		
Gold	SHUMAILA GULL	WAPDA
Silver	SONAM BARKAT	WAPDA
Bronze	IQRA MEHNAZ	ARMY
Bronze	ASMA RANI	ARMY
JU JITSU NEWAZA WOMEN GI -70KG		
Gold	BEENISH KHAN	WAPDA
Silver	FAZILAT ASLAM	ARMY
Bronze	FATIMA	BALUCHISTAN
Bronze	HINA NAZIR	ARMY

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JU JITSU NEWAZA WOMEN GI +70KG		
Gold	AMINA RASHEED	ARMY
Silver	IRAM KANWAL	ARMY
Bronze	SAJIDA NAZEER	WAPDA
Bronze	ATIKA	WAPDA

JU JITSU NEWAZA WOMEN NOGI -44KG		
Medal	Name of player	Unit
Gold	KIRAN SHEHZADI	ARMY
Silver	SABA SALAMAT	PUNJAB
Bronze	RUBINA	NAVY
Bronze	RIMSHA	ARMY
JU JITSU NEWAZA WOMEN NOGI -49KG		
Gold	HUMAIRA ASHIQ	WAPDA
Silver	MARYAM	WAPDA
Bronze	MUQADDAS	PUNJAB
Bronze	IRAN SHEHZADI	ARMY
JU JITSU NEWAZA WOMEN NOGI -55KG		
Gold	AMBREEN ASHIQ	WAPDA
Silver	FEHMIDA	NAVY
Bronze	ZOYA RANJHA	WAPDA
Bronze	PAMILA SHERAZIA	ARMY
JU JITSU NEWAZA WOMEN NOGI -62KG		
Gold	SHUMAILA GULL	WAPDA
Silver	SONAM BARKAT	WAPDA
Bronze	IQRA MEHNAZ	ARMY
Bronze	ASMA RANI	ARMY
JU JITSU NEWAZA WOMEN NOGI -70KG		
Gold	BEENISH KHAN	WAPDA
Silver	NAZIA TUFAIL	NAVY
Bronze	SAIMA BANO	ARMY
Bronze	DURR-E-ADAN	PUNJAB

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JU JITSU SHOW SYSTEM WOMEN		
Medal	Name of player	Unit
Gold	MARYAM/HUMAIRA	WAPDA
Silver	IQRA/FAZEELAT	ARMY
Bronze	KASHAF/AROOJ	HEC
Bronze	AMNA/MAHAK	PUNJAB

JU JITSU DUO CLASSICAL SYSTEM WOMEN		
Medal	Name of player	Unit
Gold	MARYAM/HUMAIRA	WAPDA
Silver	FIZA/SABA SALAMAT	PUNJAB
Bronze	SAIQA/MAHNOOR	DHA
Bronze	KHATIJA/FATIMA	KPK

JU JITSU SHOW SYSTEM MIXED		
Medal	Name of player	Unit
Gold	M.AMAR/MARYAM	WAPDA
Silver	ADIL/FAZILAT	NAVY
Bronze	HAFIZ AHMAD/IQRA	ARMY
Bronze	RAFIQ/AROOJ	HEC

JU JITSU DUO CLASSICAL SYSTEM MIXED		
Medal	Name of player	Unit
Gold	M. AMMAR/MARYAM	WAPDA
Silver	SAJJAD / FALIZAT	ARMY
Bronze	RAFIQ/AROOJ	HEC
Bronze	KHAYAL MUHAMMAD/KHATIJA	KPK

JU JITSU SHOW SYSTEM MEN		
Medal	Name of player	Unit
Gold	M. AMMAR/SAEED ANWAR	WAPDA
Silver	SHAHID/ZOHAIB	ARMY
Bronze	M.ALI RASHEED/EITISHAM	SINDH
Bronze	ADIL/ZEESHAN	NAVY

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JU JITSU DUO CLASSICAL SYSTEM MEN		
Gold	M.ALI RASHEED/EATISAM AFREEN	SINDH
Silver	KHAYAL MUHAMMAD/AMIR KHAN	KPK
Bronze	ZOHAIB/SHAHID ABBAS	ARMY
Bronze	ADIL/ZEESHAN MAQSOOD	NAVY

BELT WRESTLING WOMEN FREESTYLE -52KG		
Medal	Name of player	Unit
Gold	IRAN SHAHZADI	ARMY
Silver	NAZLEE	KPK
Bronze	SOMAIRA	BALUCHISTAN
Bronze	MAHNOOR ZAHEER	DHA
BELT WRESTLING WOMEN FREESTYLE- 58KG		
Gold	MARIA GILL	ARMY
Silver	SAIQA IQBAL	DHA
Bronze	SHUMAILA RASHEED	PUNJAB
Bronze	KHATIJA	KPK
BELT WRESTLING WOMEN FREESTYLE -63KG		
Gold	ASMA RANI	ARMY
Silver	FAZILAT SARDAR	NAVY
Bronze	SONAINA BOOTA	PUNJAB
Bronze	ALIYA	BALUCHISTAN
BELT WRESTLING WOMEN FREESTYLE -70KG		
Gold	SAIMA BANO	ARMY
Silver	DURE ADAN	PUNJAB
Bronze	NAZIA TUFAIL	NAVY
Bronze	FATIMA	BALUCHISTAN
BELT WRESTLING WOMEN FREESTYLE -76KG		
Gold	SABA SULTANA	ARMY
Silver	AMINA KHAN	PUNJAB
Bronze	AZRA	KPK
Bronze	SAYDA BATOOL	BALUCHISTAN
BELT WRESTLING WOMEN FREESTYLE +76KG		
Gold	AMINA RASHEED	ARMY
Silver	SYEDA BATOOL	BALUCHISTAN
Bronze	KAINAT	KPK

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BELT WRESTLING WOMEN CLASSICAL -52KG		
Gold	SOMAIRA	BALUCHISTAN
Silver	SANA KOUSAR	ARMY
Bronze	MAHNOOR ZAHEER	DHA
Bronze	NAZLEE	KPK
BELT WRESTLING WOMEN CLASSICAL -58KG		
Gold	SAIQA IQBAL	DHA
Silver	NISHA ASHRAF	ARMY
Bronze	SAJDA	BALUCHISTAN
Bronze	FEHMEEDA	NAVY
BELT WRESTLING WOMEN CLASSICAL -63KG		
Gold	FAZILAT SARDAR	NAVY
Silver	ROMINA AMJAD	ARMY
Bronze	ALIYA BASHIR	PUNJAB
Bronze	ALIYA HUSSAIN	BALUCHISTAN
BELT WRESTLING WOMEN CLASSICAL -70KG		
Gold	NAZIA KHAN	NAVY
Silver	RASHIDA ASHIQ	ARMY
Bronze	DUR-E-ADAN	PUNJAB
Bronze	FATIMA	BALUCHISTAN
BELT WRESTLING WOMEN CLASSICAL -76KG		
Gold	NEELAM	ARMY
Silver	SAYDA BATOOL	BALUCHISTAN
Bronze	AZRA	KPK
Bronze	AMINA KHAN	PUNJAB
BELT WRESTLING WOMEN CLASSICAL +76KG		
Gold	AMINA RASHEED	ARMY
Silver	SYEDA BATOOL	BALUCHISTAN
Bronze	KAINAT	KPK

BELT WRESTLING MEN FREESTYLE -57KG		
Gold	M. SHOAB	ARMY
Silver	KHAYAL MUHAMMAD	KPK
Bronze	ADIL MUNEER	NAVY
Bronze	YASEEN KHAN	PUNJAB

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BELT WRESTLING MEN FREESTYLE -62KG		
Gold	NASRULLAH KHAN	ARMY
Silver	FAZAL	FATA
Bronze	MUBASHAR	PUNJAB
Bronze	MUHAMMAD UMAR	NAVY
BELT WRESTLING MEN FREESTYLE -68KG		
Gold	SHAHZAD KHAN	ARMY
Silver	AHMED ATIQ	PUNJAB
Bronze	ZEESHAN MAQSOOD	NAVY
Bronze	RIASAT MEHMOOD	ISLAMABAD
BELT WRESTLING MEN FREESTYLE -75KG		
Gold	M. BILAL	ARMY
Silver	ZUBAIR	KPK
Bronze	IBN-E-AMIN	FATA
Bronze	AWAIS MUHAMMAD	PUNJAB
BELT WRESTLING MEN FREESTYLE -82KG		
Gold	DEEN MUHAMMAD	SINDH
Silver	M. HASEEB	ARMY
Bronze	NAVEED UR REHMAN	NAVY
Bronze	SAIDAR	KPK
BELT WRESTLING MEN FREESTYLE -90KG		
Gold	NADEEM	NAVY
Silver	SAMAD	KPK
Bronze	M. AMEEN	SINDH
Bronze	AMAL GUL	PAF
BELT WRESTLING MEN FREESTYLE -100KG		
Gold	ADNAN	ARMY
Silver	HUMANYAN MIR	BALUCHISTAN
Bronze	SADAM HUSSAIN	KPK
Bronze	M. SADDIQ	SINDH
BELT WRESTLING MEN FREESTYLE +100KG		
<i>Medal</i>	<i>Name of player</i>	<i>Unit</i>
Gold	HAMID ALI	NAVY
Silver	HASHAM	PUNJAB
Bronze	AFZAL BASHIR	ARMY
Bronze	BILAL KHAN	KPK

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Gold	HASIM ALI	ARMY
Silver	BILAL KHAN	NAVY
Bronze	GHULAM HUSSAIN	BALUCHISTAN
Bronze	YASEEN KHAN	PUNJAB
BELT WRESTLING MEN CLASSICAL -62KG		
Gold	MUHAMMAD UMAIR	ARMY
Silver	HADI	KPK
Bronze	FAZAL	FATA
Bronze	ABDUL AHAD	PUNJAB
BELT WRESTLING MEN CLASSICAL -68KG		
Gold	HAZRAT BILAL	KPK
Silver	AMMAD ATIQ	PUNJAB
Bronze	RIASAT MAHMOOD	ISLAMABAD
Bronze	NAZAR KHAN	SINDH
BELT WRESTLING MEN CLASSICAL -75KG		
Gold	IQBAL HUSSAIN	ARMY
Silver	MUHAMMAD BUX	SINDH
Bronze	ZAKIR ABBAS	BALUCHISTAN
Bronze	ZUBAIR	KPK
BELT WRESTLING MEN CLASSICAL -82KG		
Gold	ABDUL REHMAN	ARMY
Silver	NAVEED	NAVY
Bronze	SARDAR	KPK
Bronze	AMIN AHMED	PAF
BELT WRESTLING MEN CLASSICAL -90KG		
Gold	FAZAL HAQ	ARMY
Silver	SAJJAD SHAUKAT	PUNJAB
Bronze	YASIR	KPK
Bronze	SHARIF	BALUCHISTAN
BELT WRESTLING MEN CLASSICAL -100KG		
Gold	JAMAL KHAN	NAVY
Silver	QURBAN	SINDH
Bronze	HAMAYUN AMIR	BALUCHISTAN
Bronze	MUHAMMAD SOHAIL KHAN	ARMY

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BELT WRESTLING MEN CLASSICAL +100KG		
Gold	AHMED	SINDH
Silver	MUHAMMAD USMAN	ARMY
Bronze	ASADULLAH	FATA
Bronze	HAMID ALI	NAVY

RANKINGS

CM Punjab 11th National Ju Jitsu & Belt Wrestling Championship 2016

<u>Rank</u>	<u>Department/Unit</u>	<u>Total points</u>
1.	Pakistan Army	625
2.	Pakistan WAPDA	605
3.	Punjab	280
4.	Pakistan Navy	275
5.	Khyber Pakhtunkhwa (KPK)	160
6.	Balochistan	125
7.	Sindh	90
8.	Higher Education Commission (HEC)	65
9.	Police	55
10.	Defence Housing Authority (DHA)	50
11.	FATA	30
12.	Islamabad	15
13.	Pakistan Air Force (PAF)	5
14.	Pakistan Railways	0

With best regards,



WAQAR ILYAS KHAN
General Secretary

CC:

- 1) Mr. Khalil Ahmed Khan, President PJJF
- 2) Dr. Akhtar Ganjera, Director General Pakistan Sports Board.
- 3) All affiliated units

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