

## **Basic Self Defence Course**

The course will consist of general discussions, warm-up activities and a large amount of hands-on practical application with a view to the self-defence of oneself and others.

### **The six main components of the course will consist of:**

#### **1. General Awareness and Warding-Off Techniques.**

- Fitness.
- Stance.
- Basic Strikes- hands, elbows, knees, head.
- Kicks and Stamps.
- Everyday Items.

General discussion on self-awareness, surroundings, self-defence and the law. Demonstrations and hands-on practical techniques for warding-off an assailant via strikes kicks and the use of everyday items.

#### **2. Vulnerable Points.**

- Where the Vulnerable Points are.
- Attacks to Vulnerable Points.

Learn where the main vulnerable points are on the human body and how to use them to distract and control.

#### **3. Grabs and Holds.**

- Grabs.
- Simple Holds.
- Tripping Techniques.

Defend against grabs and holds by using grabs and holds against the attacker, whether the attack is from the front, behind or on the floor.

#### **4. Sharp Edge Weapons.**

- “Pat, Wrap and Attack Technique”.

The UK is a relatively safe place to live in and weapons are generally not used, but if a weapon is used then the UK is a sharp edge culture – meaning knives and sharp edge implements. This technique is as demonstrated to the police and security forces against Knives and other sharp edge implements.

#### **5. Situation Attacks.**

- Scenario Attacks.
- Gangs.

Practical exercises bringing sessions 1-4 to play in different scenarios.

#### **6. Course Review**

- Overall review and Application of the above.

General discussion on all aspects practised above and ‘what to do now’. Also a total practical review on all the techniques practised above.

# Self Defence

Life In 2003 Can Be Tough  
So Why Not Learn The Basics  
Of Self-Defence?



Kevin Can Guide You Through The  
Basics Of Defending Yourself  
Safely

*Wootton Bassett Lime Kiln Sports Centre*

*Tel:01793 852197*

T.B.A.

*Cost £00.00*

*See back of notice for full syllabus.*