



## Tentative Agenda for 1 Part Introduction to Self-Defense Workshop\*,\*\*

1. **Theory:**
  - The principles of self-defense
  - Avoidance
  - Minimize risk
  - Create the opportunity for escape
  - Only counter-attack if...
  - Emotions and adrenaline
  - Three circles:
    - Threat
    - Outer (Neutral)
    - Control (Inner)
2. **Awareness:** Recognizing and avoiding threatening situations
3. **Planning:** Always know your escape route
4. **Skills and conditioning:**
  - Personal safety habits
  - Blocks and dodges
  - Releases and escapes
  - Control techniques
  - Counter attacks
  - Combinations
  - Situational drills
5. Warm up
6. Defense/escape: moving through inner circle/joint leverage
  - A selection of techniques will be demonstrated and practised as time permits
  - Front choke
  - Same side wrist grab (serve the plate)
  - Arm bar
  - Defender on ground, attacker kicking (mats required)**Break**
7. Counter-attack: using striking techniques to create opportunity for escape
  - Sweep kick
  - back fist
8. Striking Defense/Counter-attack:
  - Front kick (middle palm block, sweep kick)
  - Front punch (block same side, control attacker's elbow with opposite hand)
9. Demonstration\*\*\*
  - Additional/advanced techniques
  - Power techniques/board breaking

*\* For people not training regularly, a workshop can only serve as an introduction to self-defence concepts and techniques. No single workshop or class can effectively prepare you to defend yourself in the wide range of situations you could encounter on the street. Although the concepts and techniques covered are easily learned and executed, regular training and practise are strongly recommended.*

*\*\* The actual agenda may be revised to adapt to the needs and interests of workshop participants.*

*\*\*\* If time permits.*