



Gloucester
Ottawa

SELF-DEFENCE CLUB
www.goSelfdefence.com



Information for Parents

We hope we were able to provide your daughter or son with a fun as well as educational experience with our workshop. There are a few things we think parents should know about what we covered.

First and foremost, our approach to self-defence is based first on recognizing and avoiding a dangerous situation. If that's not possible we teach ways to escape rather than fight back*. Of course, there is a limit to what we can do in a single short session, so now it's up to you whether it's the start of something more.

NEXT STEPS:

Discuss: Ask your daughter or son about the workshop. What did she or he learn? What can he or she show you. There is no better way of reinforcing a lesson than letting the student demonstrate and explain. The basic releases and escapes we teach can be practised with friends or family without any special equipment.

Learn more: The **resources** section our web site provides a number of documents and useful links worth exploring to find out more about the our approach to self-defence and related topics.

Get more training: Consider registering your son or daughter for regular classes or attend one of our regular workshops. How about training together? Or organizing a session or mini-course for for your their school, club or other organization.

Master Gary Eikenberry, 7th Dan Black Belt

Chief Instructor, Gloucester-Ottawa Self-defence; Founder & Master Instructor, 4 Star Self-defence System

*Any counter-attack risks escalating the level of violence. While we don't deny that there may be situations where a counter-attack may be necessary, learning when and how to do it effectively goes beyond the scope of a brief introductory workshop.

Useful links:

www.4starselfdefence.ca www.goselfdefence.com

www.goSelfdefence.com/o_classes.php

www.goSelfdefence.com/o_nextworkshop.php

www.goSelfdefence.com/r_library.php

www.goSelfdefence.com/tryit.php