



4 Star Self-defence

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Practical Self-defence Course

Our approach to self-defence: Too many people think of self-defence as something done by movie or TV action stars or maybe a knee to the groin, fingers thrust in the eyes or using a weapon against an attacker. In real life, self-defence is more about doing everything possible to avoid fighting someone who threatens or attacks you. All too often a weapon is turned against a defender and an ineffectual kick or punch is grabbed and the defender is thrown to the ground. Practical self-defence is about awareness and avoidance first, de-escalation, escape and control second and counter-attack only as a last resort.

Please note: This is designed as a participatory course, not a demonstration. We'll cover theory, but theory without practice won't help much in the event that you're ever required to defend yourself, so don't expect to just sit back and listen and watch. Participants should dress in comfortable (gym-type) clothing and expect a moderate level of exercise but we will make every effort to accommodate any fitness or physical challenges. No special footwear is required (we train in bare feet on mats). Previous self-defence or martial arts training is welcome, but NOT required. While this course is designed as an introduction to self-defence, actual course content is adapted to the experience, ability and any special needs or requirements of the participants.

SYLLABUS (6 classes, of approximately 1 hour)

PART 1

Class 1

1. Theory of self-defence: Overview
2. Three circles of self-defence
3. Warm up
4. Defence/escape:
 - Moving through inner circle
 - Basic techniques

Class 2

1. Warm up
2. Review and practise techniques from class 1
3. Theory: Review;
4. Warm up
5. Basic techniques part 2
 - How to fall & throw defence

Class 3

1. Warm up
2. Review from previous class
3. Ground techniques

Class 4

1. Warm up
2. Review
3. Defence & control: inner circle/joint leverage
4. Striking attacks:
 - Basic blocks
 - Block & Control

Class 5

1. Warm up
2. Review
3. Counter-attack: striking techniques to create opportunity for escape
4. Striking Defence/Counter-attack

Class 6

1. Warm up
2. Review
3. Situational Self-Defence: Scenarios suggested by participants
4. Freestyle Self-Defence
5. Next steps

Notes:

This course is intended as an introduction to self-defence concepts and techniques. Although the concepts and techniques covered are easily learned and executed, regular training and practice are strongly recommended to adequately prepare you to respond instinctively to the wide range of situations you could encounter on the street.