



What to Expect

Before the workshop you might want to read the “Elements of practical self-defense” handout to familiarize yourself with some of the terms and concepts we will cover.

This will be a participatory workshop. Expect some sections to involve a moderate level of physical activity. All participants are required to sign waiver form (if under 18 a parent's signature is required). Observers are welcome, but most of the benefit will come from actually participating. If at all possible, we recommend participating with a friend, family member or colleague. It will enhance your enjoyment and give you someone to practise with after the workshop.

Please wear loose fitting comfortable (gym type) clothing.

No special footwear is required. We generally train in bare feet to minimize the risk of slipping or injury.

We will supply mats, striking targets and any other required equipment.

We emphasize practical, real-world techniques, not flashy television or movie techniques, but, even though you don't have to walk on broken glass, practise for years or hire a stunt double to apply these techniques, neither should you expect to walk out of a short, introductory workshop as an expert (or even a novice) in self-defence. You should definitely take away some useful techniques and ideas, but there's no substitute for regular practice and training.

Self-defence is serious stuff, but there's no reason the workshop can't be informative and fun, so don't be surprised if you enjoy yourself!

Sample Agenda for Introduction to Self-Defense Workshop^{*,**}

1. **Theory:**
 - The principles of self-defense
 - Three circles
2. **Awareness:** Recognizing and avoiding threatening situations
3. **Planning:** Always know your escape route
4. **Skills and conditioning:**
5. Warm up
6. Defense/escape: moving through inner circle/joint leverage
A selection of techniques will be demonstrated with participants practising at least 2.
Break
7. Striking Defense/Counter-attack:
 - Front kick (middle palm block, sweep kick)
 - Front punch (block same side, control attacker's elbow with opposite hand)
8. Throw/take down defence & ground techniques
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. Although the concepts and techniques covered are easily learned and executed, regular training and practice are strongly recommended.*

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

**** If time permits.*