



# 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 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, escape and control second and counter-attack only as a last resort.

**WHEN:**

**WHERE:**

**WHO:** Women, men and teens of any fitness level  
(previous self-defence or martial arts training is welcome, but NOT required)

**COST:**

**REGISTER:**

**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. No special footwear is required (we train in bare feet on mats).

## SYLLABUS

(6 classes, designed to last approximately 1 hour each with up to 12 participants/instructor)

### 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
  - Moving through inner circle
  - Basic techniques

#### Class 2

1. Warm up
2. Review and practise techniques from class 1
3. Theory: Review;
4. Theory: Preparation, awareness & scanning
5. Basic techniques part 2

## **Class 3**

1. Warm up
2. Review from previous class
3. Defence & control: inner circle/joint leverage
4. Striking attacks:
  - Basic blocks
  - Block & Control
5. Counter-attack: using striking techniques to create opportunity for escape
6. Striking Defence/Counter-attack:

## **PART 2**

### **Class 4**

1. Review
2. Theory: Anatomy of conflict
3. Warm up
4. Review: Defence/escape/control
5. How to fall & throw defence

### **Class 5**

1. Warm up
2. Review
3. Ground techniques

### **Class 6**

1. Warm up
2. Review
3. Situational Self-Defence: Scenarios suggested by participants
4. Evaluation, next steps and presentation of certificates

### **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.*

*Actual course content may be revised to adapt to the needs, interests and abilities of participants.*

*At the start of Part 2 all participants will receive a handbook. Certificates will be presented upon completion.*