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SELF DEFENCE PROGRAMS

Discover the foundations to build your kids street smarts, without the sugar coating.

Finally, a way to feel confident that your kids are safe when walking to and from school, going to the shops, or on holidays.

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SELF DEFENCE PROGRAMS

I tailor self defence programs to the needs of my clients, (or their parents when working with children).

Sessions run from 45 - 60mins and can range from 5 week programs or ongoing weekly sessions.

These can be delivered in small groups or with your kids' school.

PROGRAM FOCUS TYPICALLY INCLUDES:

SOCIAL AWARENESS

- Tools to support identification of danger
- Being able to read social situations
- Keeping distance
- Areas to avoid
- Gut instinct and intuition to help distancing and awareness of danger
- Avoidance strategies

BODY LANGUAGE

- Stance and posture
- How to read other people's body language

SUBMISSION

- When to run
- When to give up items
- Using smart language

ENGAGEMENT

- Fighting stance
- How to get out of common holds
- Kicking and punching

OPPORTUNITIES TO CONTROL THE SITUATION

- Positioning
- What to do in a group
- Using your voice
- Getting attention

AFTER INCIDENT

- What to do after an encounter

WHAT A TYPICAL SESSION LOOKS LIKE...

Sessions are tailored to align to the length of time, number of students and goals for the program.

For illustrative purposes we have outlined what a typical session could look like. Pre & post surveys can also be included to align on student needs, focus areas and understanding the effectiveness of sessions.

Self Defence Agenda

Time	Item
10mins	Recap from last session & incident reporting (from students)
10mins	Education session with Q&A
5mins	Breathing exercise
5mins	Warm-up
15mins	Engagement training
10mins	Getting out of common holds
5mins	Key takeouts and reflection

Contact us

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