

Protect Yourself

Top 10 Lifesaving Self-Defence Techniques

Session	Content	Activities	Assignments	Evaluation
Session 1	<p>Lecture concepts:</p> <ul style="list-style-type: none"> What is Self-Defense? Crime, Mugging, Rape, Domestic violence statistics, Crime, Levels of alertness, The 3 "As" of self-defense, Self-defense and the law. <p>Technique Practice:</p> <ol style="list-style-type: none"> Fighting stance Identifying the 3 fighting distances Target areas 	<p>Lecture Class Discussion Warm-up exercises</p> <p>Movement drills using a strong fighting stance.</p> <p>Body balance activities</p> <p>Partner techniques practice</p>	<p>List 5 potential dangers potentially dangerous places you find yourself everyday.</p>	<p>Identify effective target areas of the human body. Demonstrate a strong balanced fighting stance. Identify striking concept: "hard on soft"</p> <p>Identify target areas (eyes nose, ears, neck, torso, groin, arms, hands, legs, and feet).</p>
Session 2	<p>Lecture concepts:</p> <ul style="list-style-type: none"> Mental Preparation: The will to win, Body Language & self-defense, Being assertive, Overcoming fear and the 5 Actions that cause injury (kicking, Hitting, Pressure & strangulation, Pulling & biting, and Leverage against a joint). <p>Technique Practice:</p>	<p>Lecture Class Discussion Warm-up exercises</p> <p>Solo blocking drills</p> <p>Review techniques from</p>	<p>Practice Techniques:</p> <p>Practice blocking techniques (High block, inside outside block, outside inside block, down block)</p>	<p>Student will articulate and demonstrate ways to use body language, assertiveness & 4 blocking techniques.</p>

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Session 3	<p>Blocking Techniques:</p> <ol style="list-style-type: none"> 1. The 4 essential blocking techniques 2. High block 3. Inside outside block 4. Outside inside block 5. Down block <p>Lecture concepts:</p> <ul style="list-style-type: none"> • Spotting Trouble: Avoiding confrontations, Calming down a confrontation, Maintain distance, Being streetwise, Street craft, Gangs & Drunks, Traveling on public transportation, Taxis, Trains, Traveling in your car, Driving strategies and types of injury (trauma, severe pain e.g., broken bone, knockout e.g., punch in the chin, and death e.g., broken neck. <p>Technique Practice:</p> <p>Hand Strikes:</p> <ol style="list-style-type: none"> 1. Distraction techniques, 2. 5 Hand striking techniques Palm heel strike 3. 5 finger strike 4. Hammer fist 5. Punch 6. Elbow strike 	<p>class.</p> <p>Partner techniques practice</p> <p>Lecture Class Discussion Warm-up exercises</p> <p>Review techniques from classes</p> <p>Solo hand striking drills</p> <p>Partner techniques practice</p>	<p>Review & Practice blocking techniques (High block, inside outside block, outside inside block, down block)</p> <p>Practice 5 Hand striking techniques (palm heel strike, 5 finger strike, hammer fist, punch, and elbow strikes.</p>	<p>Student will demonstrate ways calming techniques, how to maintain distances from an assailant, as well as, 5 hand striking techniques.</p>
Session 4	<p>Lecture concepts:</p> <ul style="list-style-type: none"> • When and How to Use Your Legs as Weapons The do's and don'ts of 	<p>Lecture Class Discussion Warm-up exercises</p>	<p>Practice Techniques:</p> <p>Practice each kick focusing on the 3</p>	<p>Identify 3 parts of a kick.</p> <p>1. Chamber</p>

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	<p>kicking</p> <p>The dangers of kicking to high</p> <p>Distances between you and your assailant.</p> <p>Technique Practice:</p> <p>Kicking:</p> <ol style="list-style-type: none"> 1. Concepts of kicking with knee, foot and legs. 2. Front snap kick 3. Side snap kick 4. Round house kick 5. Knee strikes 6. Mule kick 	<p>Review techniques from classes</p> <p>Solo kicking drills</p> <p>Partner techniques practice</p>	<p>elements of a kick.</p> <ol style="list-style-type: none"> 1. Chamber 2. Extension 3. Retraction 	<ol style="list-style-type: none"> 2. Extension 3. Retraction <p>Demonstrate kicking techniques</p>
Session 5	<p>Lecture concepts:</p> <ul style="list-style-type: none"> • Defend Against Blows and Kicks <p>Points of emphasize</p> <ol style="list-style-type: none"> 1. Concentrate – Alertness to the circumstances, to surroundings and to the manner of the attack. 2. Timing- Execute the defense at the correct moment. 3. Defense & immediate attack – will disable attacker 4. Objective – Avoid being struck. 5. The more you practice, the better you will become. <p>Technique Practice:</p> <ol style="list-style-type: none"> 1. Forearm defense against a direct blow 2. Sideways defense against a direct blow 3. Defense against kick and blow 	<p>Lecture</p> <p>Class Discussion</p> <p>Warm-up exercises</p> <p>Review techniques from classes</p> <p>Defense w/ Right Forearms Against direct blow</p> <p>Partner techniques practice</p>	<p>Practice Techniques:</p> <p>Forearm defense against a direct blow</p> <p>Sideways defense against a direct blow</p> <p>Defense against kick and blow</p>	<p>Demonstrate Techniques</p>

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Session 6	<p>Lecture concepts:</p> <ul style="list-style-type: none"> <i>Grips and Releases (Part I); Wrist Releases</i> <p>What to do if you are grabbed?</p> <p>Concepts of breaking a grip</p> <p>Technique Practice:</p> <ol style="list-style-type: none"> Overhand grip & release Underhand grip & release Overhand grip & release of two hands Release from underhand grip on two hands while prone Two-handed grip & release (I & II) 	<p>Lecture Class Discussion Warm-up exercises</p> <p>Review techniques from classes</p> <p>Partner techniques practice</p>	<p>Practice Techniques:</p> <p>Overhand grip & release</p> <p>Underhand grip & release</p> <p>Overhand grip & release of two hands</p> <p>Release from underhand grip on two hands while prone</p> <p>Two-handed grip & release (I & II)</p>	Demonstrate Techniques
Session 7	<p>Lecture concepts:</p> <ul style="list-style-type: none"> <i>Grips and Releases (Part II);</i> <i>Strangulation while in Prone position</i> <p>Technique Practice:</p> <ol style="list-style-type: none"> Front strangulation & release (I & II) Strangulation while prone & release Strangulation from behind & release Strangulation while prone & Release Strangulation from the side while prone & Release 	<p>Lecture Class Discussion Warm-up exercises</p> <p>Review techniques from classes</p> <p>Partner techniques practice</p>	<p>Practice Techniques:</p> <p>Front strangulation & release (I & II)</p> <p>Strangulation while prone & release</p> <p>Strangulation from behind & release</p> <p>Strangulation while prone & Release</p> <p>Strangulation from the side while prone & Release</p>	Demonstrate Techniques

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Session 8 Note: <i>Only one of section III, IV, & V will be taught during Session 8)</i>	Lecture concepts: <ul style="list-style-type: none"> Grips and Releases (Part III) Releases from Headlocks Technique Practice: <ol style="list-style-type: none"> Neck grip from behind & release Front neck grip & release Neck grip from the side & release Release from head grip while prone Open grip from front & release 	Lecture Class Discussion Warm-up exercises Review techniques from classes Partner techniques practice	Practice Techniques: Neck grip from behind & release Front neck grip & release Neck grip from the side & release Release from head grip while prone Open grip from front & release	Demonstrate Techniques
	Lecture concepts: <ul style="list-style-type: none"> Grips and Releases (Part IV) Bear Hug Releases Technique Practice: <ol style="list-style-type: none"> Open grip from front bear hug & release (I & II) Open grip from back bear hug & release Closed front bear hug grip & release Closed bear hug grip from behind & release 	Lecture Class Discussion Warm-up exercises Review techniques from classes. Partner techniques practice	Practice Techniques: Open grip from front bear hug & release (I & II) Open grip from back bear hug & release Closed front bear hug grip & release Closed bear hug grip from behind & release	Demonstrate Techniques
	Lecture concepts: <ul style="list-style-type: none"> Grips and Releases (Part V) Pulling Hair Releases 	Lecture Class Discussion Warm-up exercises	Practice Techniques: Hair-Pull Defenses	Demonstrate Techniques

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	<p>Technique Practice:</p> <ol style="list-style-type: none"> 1. Hair-Pull Defenses from front 2. Hair-Pull Defenses from the nearside 3. Hair-Pull Defenses from the far side 4. Hair-Pull Defenses from the rear 	<p>Review techniques from classes</p> <p>Partner techniques practice</p>	<p>from front</p> <p>Hair-Pull Defenses from the nearside</p> <p>Hair-Pull Defenses from the far side</p> <p>Hair-Pull Defenses from the rear</p>	