



Gloucester/Ottawa

SELF-DEFENCE

Master Gary Eikenberry, Chief Instructor
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Youth Programs

Our Approach

Our approach is based on the **4-Star Self-defence System**. We believe there is more to self-defence than the use of force and particularly the counter-attacks many systems tend to stress. The Four Star Self-defence System is a comprehensive approach to teaching self-defence.

Our theory and techniques draw on many sources, including multiple martial arts. However, the 4-Star system starts from the assumption that avoiding confrontation We do, however, recognize that there may be situations where the use of force required and incorporate counter-attack training as well as release, escape and control techniques.

Our Chief Instructor

The 4-Star system is the result of Master Gary Eikenberry's extensive experience, not only in the martial arts but also in teaching and putting into practise conflict and crisis management theories and techniques.

He began teaching street safety and self-defence in the 1970's while he was an instructor in Syracuse University's Social Science Program in Non-violent Conflict and Change. Subsequent years found him living and working in such disparate environments as inner city Syracuse, Toronto, Cleveland and Detroit and a central Yukon mining town. As he pursued martial arts training, he became convinced that too much self-defence or personal safety training focused on counter-attack techniques of questionable value to someone, even a trained martial artist, experiencing a real-life personal attack for the first time. He gradually developed an approach to teaching self-defence built on a combination of conflict theory and crisis management concepts along with escape, release and control principles and techniques drawn from a number of martial art and other disciplines.

He has taught martial arts and offered classes, workshops, private lessons, lectures and presentations as well as media appearances on self-defence theory and techniques in and around Canada's National Capital Region since 1989. He has also been involved in community mediation projects in both the U.S. and Canada. He has earned his 7th Dan (degree) black belt under Grand Master Lim Ching Sing, President and Founder of HupKwonDo International and Advanced Taekwon-do International.

Program options

We can offer a variety of programs for schools, community centres, youth organizations and similar groups. For any of the options listed below we can either follow our basic outline or meet with you in advance to determine any specific issues (such as individual street safety, anti-bullying, etc.) you would like us to emphasize. Workshops and demonstrations are often offered at no charge if we are allowed to distribute promotional material for our regular classes. Mini-courses, usually involving a more substantial time commitment, generally require either participant registration fees or a fee for service arrangement. We usually supply any equipment required with the exception of mats, which are required if we will be demonstrating or teaching throwing or ground techniques.

Workshops are self-contained programs usually lasting 1-3 hours and covering an introduction to basic self-defence concepts and techniques. Workshops are participatory events which can accommodate a maximum of 12 participants per instructor (8 per instructor is preferable) and the maximum total group size is around 30. Group sizes, instructor to participant ratio and length of sessions may vary depending on the age of the participants.

Mini-courses are usually designed around 3-8 sessions lasting 50 to 90 minutes each spread over several days or weeks. Although they are also introductory in nature, the longer format offers the opportunity to go into greater depth and, more importantly, to reinforce techniques by reviewing and practising them over multiple sessions. They also allow us to move beyond developing a basic repertoire to introduce role playing and what we refer to as situational self-defence. As is the case with workshops, group sizes, instructor to participant ratio and length of sessions will vary depending on the age of the participants but the total practical group size for a mini-course tends to be a bit smaller with the ideal size being between 8 to 20.

Demonstrations: For larger groups a less interactive assembly or demonstration may be the best option. This usually involves discussion of basic self-defence concepts interspersed demonstrations of some basic and, possibly some more advanced techniques. Depending on the size of the group and the focus of the session we may incorporate some audience participation and possibly even some of the showier techniques such as board breaking and throw release techniques.

In the past we have also done demonstrations as a way of introducing future workshops or mini-courses.

Please note: It is important to stress that a workshop or mini-course can only serve as an introduction to self-defence concepts and techniques. No single workshop or class can effectively prepare someone to defend themselves in the wide range of situations which could be encountered in real life. Although the concepts and techniques covered are easily learned and executed, regular training and practise are strongly recommended.

For more info:

<http://www.goselfdefence.com>

http://www.goselfdefence.com/index.php?f=r_library.php

http://www.goselfdefence.com/files/GOSD_7Principles.pdf

http://www.goselfdefence.com/files/8_Myths.pdf

<http://www.4starselfdefense.ca>

http://www.4starselfdefense.ca/files/Conflict_theory.pdf