



Tentative Agenda for 2 Part Introduction to Self-Defense Workshop*,**

Part 1

1. Theory of self-defense
2. Three circles:
 - Threat
 - Outer
 - Control
3. Warm up
4. Defense/escape: moving through inner circle
A selection of techniques will be demonstrated. Each participant will select 2.

Break

5. Defense/control: inner circle/joint leverage
 - Same side wrist grab
 - "Unwanted embrace" from side
 - Midsection grab from behind
 - Stiff arm choke against wall
 - "Hammer lock"

Part 2

1. Review: Theory of self-defense
2. Review: Defense/escape/control
3. Warm up
4. Blocking: circle redirection
 - Front block (face)
 - Scooping block (middle section)
 - Low outer forearm block, moving in to counter

Break

5. Counter-attack: using striking techniques to create opportunity for escape
 - Sweep kick
 - Back fist
 - Elbow strike
6. Striking Defense/Counter-attack:
 - Front kick (middle palm block, sweep kick)
 - Front punch (block same side, control attacker's elbow with opposite hand)
7. Situational Self-Defense: Workshoping scenarios suggested by participants (situations written on cards during break)
8. 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 encounter on the street. Although the concepts and techniques covered are easily learned and executed, regular training and practise are strongly recommended.*

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

**** If time permits.*