

Women Self-Defense Training Information's and Fees

Course Code: 008/WSD/22

Recognizing that Women require a different approach than their Male counterparts, Shifu Zhao Hui put together a series of Self-Defence Techniques that every woman would be able to apply effectively with a minimal amount of Training and strength.

While Training in a Full Martial Arts Curriculum is still highly recommended, this course will provide all Women with the Basic skills they require for effective Self-Defense.

Many of the Techniques taught in this Training are not seen in many of the Martial Arts Training Centers. This course is intended to fill a gap in overall Self-Defence Training for Women.

This Program is designed to meet the practical needs of the Hour for Women and Children, but not to limited to Men as well.

Women's Personal Safety Course Courses

Below is a short synopsis of the different Course that make up this personal safety/Self-protection course.

Before reading them, it is advised that you complete the foundational Course, as this will introduce you to the **SEPS (Situation Effective Protection System)** Framework and Methodology, which is used in all of the subsequent Course.

COURSE-1:

This Course introduces the student to the way Sexual Predators and Rapists behave and act. How they select targets/victims and gain access to them. This Course is not overly concerned with the different types/categories of Sexual Predators but the practical measures that can be taken so as not to be identified as a target, and the ways of identifying the behaviours and actions of would-be Sexual Predators so that it is possible to disengage from them. The Course also addresses some of the myths that surround Rape and Rapists.

1. *Rape & Sexual Assaults and Introduction*
2. *5 Principles of Self-Defense*
3. *How not to be Targeted*
4. *How to use your Body as a Weapon for Self-Defense*
5. *What are the Target Areas on an Attacker?*
6. *Basic Striking Techniques and Target Striking.*

COURSE-2:

Prevention is far better than a cure, and in this Course, students are introduced to the Warning Signs that mark out potentially Abusive Partners (Physical & Non-Physical) and Ex-Partners who may later go on to be stalkers. It may be that students are in the early stages of a relationship and will identify these signals in their partner, or it may be that they are trying to exit a relationship and these warning signs will be something that they can relate to and reinforce their case for leaving (it is not the aim of this Course to offer advice on how to leave an Abusive Partner or Resolve an Abusive Relationship).

1. *How to Avoid Being Thrown to the Ground*
2. *Defending Yourself from the Ground*
3. *Striking Your Attacker from the Ground*
4. *Getting Up from the Ground*
5. *Pressure Points and Nerve Strikes*
6. *And Abusive Relationships*

COURSE-3:

Stalking is a strange crime because it is determined by the way the victim/target perceives another person's actions and behaviours, rather than by those actions themselves. A person can make continuous phone calls, send emails, have gifts and packages delivered to another, and as long as that person doesn't feel at risk from these actions or mind them happening, they should not be defined as stalking. When these actions and behaviours form a campaign, which causes the target/recipient of them to fear for/consider their personal safety then the term "stalking" can be applied. It is important to Note that it is a string of activities committed over time rather than odd isolated incidents, which really define stalking.

1. *Defending Yourself Against Assaults from the Front*
2. *Basic Blocking Methods*
3. *Basic Defensive Attacks to the Front*
4. *And Stalkers & Stalking*

COURSE-4:

This Course looks at the different types of Defensive sprays that are available for personal protection. It looks at and discusses the different merits of these and their various delivery mechanisms e.g., Spray Versus Streams etc. as well as the effects that they have on an Assailant. This COURSE is a mix of video and text, and teaches you everything you need to know about selecting a spray and deploying it effectively.

Defending Yourself Against Assaults from Behind Including:

1. *Defense Against Bear Hugs, Arm, Wrist, and Shoulder Grabs, Headlocks.*
2. *And Pepper Spray*

COURSE-5:

This Course looks at how to behave when dealing with muggers and other Financial Predators (pickpockets and the like). Certain abduction scenarios are also covered, especially when a crime such as a mugging develops into an abduction and Sexual Assault etc. The primary aim of this section is to debunk several myths around Street Robberies and Muggings and the way in which they should be handled and instead explain the Modus Operandi of the Common Mugger and how they should be dealt with.

1. *Defending Your-Self Against Attacks from The Side*
2. *Hair Pull Defense*
3. *Using Common Objects as Weapons of Self-Defense*
4. *And Financial Predators*

COURSE-6:

Date/Acquaintance Rape

This Course looks at personal safety when in a variety of Social Settings such as Bars, Pubs and Clubs, as well as at parties and other social/public gatherings both at private and public venues. Rather than just looking at Self-protection when in these settings this Course will also look at safety issues around being out at night in general. This Course will also focus in on date and acquaintance Rape, and look at detection, avoidance and preventative measures that can be taken to avoid becoming the victim of such an Assault.

COURSE-7:

Home & Car Security

This Course looks at some distinct situations that a person may find themselves in, and/or have concerns/questions about. Although Home Invasions are rare, as is being at home when a burglary takes place etc. these are still incidents that do happen and concern people.

This Course looks at preventative measures that can be put in place around home and car security as well as how to non-physically deal with certain situations and scenarios should they occur. The situational factors and principles that are demonstrated in this Course should translate across scenarios and situations and not be restricted just to those explained.

COURSE-8:

De-Escalation

It is not only Predatory individuals with pre-meditated plans to harm you that you need to be able to protect yourself from. Violence and aggression can erupt "Spontaneously" due to situational factors e.g., you spill a drink over somebody, inadvertently take someone's parking space etc. Some of the people you will end up dealing with may be completely reactive in the way that they respond, that is they react in the moment to the situation, without having any goal or end game in mind. Such situations have the potential to be dealt with by verbal de-escalation, avoiding the need for any physical resolution.

COURSE-9:

Managing Fear

When we are placed in potentially dangerous situations our fear system kicks in and we become adrenalized. This cocktail of chemicals and hormones improves certain of our abilities and functions e.g., we become more tolerant to pain etc. and reduces others - we lose our peripheral vision and get tunnel vision etc. Most people rarely experience these sensations and so when they do they often Panic or Freeze. In this Course we look at how to control the body's natural responses to fear and how to work with them in order to maximize their positive effects and improve our survival chances.

My Women Self-Defense course is also available in selected situations as per the scenario needs. Please email for details at shaolininaction@gmail.com or Call: +91-9643574446

Specialize Intensive Training Curriculum

The Benefits of Women's Self-Defense Classes

I Focus on Hardcore Physical Self-Defence Techniques:

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| 1. <i>Protecting your Child</i> | 14. <i>Bogus Phone Calls and Harassment</i> |
| 2. <i>Public Event and Transportation Awareness</i> | 15. <i>Burglary Prevention – Residential & Commercial</i> |
| 3. <i>When Going on Vacation</i> | 16. <i>Staying Safe During the Holidays</i> |
| 4. <i>ATM and Banking Security</i> | 17. <i>Carjacking Tips</i> |
| 5. <i>Vehicle and Parking Security</i> | 18. <i>Charity Fraud Techniques</i> |
| 6. <i>Avoiding Crimes when Parking</i> | 19. <i>Con Artists</i> |
| 7. <i>Safety while your Child's Alone</i> | 20. <i>Holdup Prevention</i> |
| 8. <i>Home Security Tips</i> | 21. <i>Jogging and Playground Awareness</i> |
| 9. <i>Rape and Sexual Assault Prevention</i> | 22. <i>Personal Protection Items</i> |
| 10. <i>Hotel and Traveling Awareness</i> | 23. <i>Confronting Danger</i> |
| 11. <i>Identity Theft and Personal Information Safety</i> | 24. <i>Tips for Avoiding Crime</i> |
| 12. <i>Party Safety & Date Rape Precautions</i> | 25. <i>Property Marking</i> |
| 13. <i>Common Sense Street Safety</i> | 26. <i>Facebook and Internet Security</i> |

Note: Student's Enrolling in this Course Will Avail the Same Benefits as Other Courses.

Duration:	1- Week to 3 Months [Lump Sum Payment: Rs.65000]
Timing:	4 Hours [4-Days a Week]
Fees:	Rs.2500 Per Hour Per Head
Number of Classes for Group Training: 14 Classes a Month	
Number of Classes for Personal Training: 12 Classes a Month	

AVOID, COUNTER, ESCAPE	
AVOID:	
	<ol style="list-style-type: none">1. <i>Accept the Reality You Could Be a Victim.</i>2. <i>Be Aware of Your Surroundings.</i>3. <i>Deny Privacy When Possible.</i>4. <i>Locks, Alarms, Security (Even Perceived).</i>5. <i>Posture and Projected Confidence.</i>6. <i>Role Play Situations in Your Head:</i>7. <i>"What I Would I Do Now If..."</i>
COUNTER:	
	<ol style="list-style-type: none">1. Stance: <i>(Feet Shoulder Width, Bend Knees, Back Straight, Weight Distributed Evenly.)</i>2. Blocking: <i>(Lining the Body Up and Sweeping Out the Entire Zone.)</i>3. Striking: <i>Elbows, Knees, Overhead Claw (Throwing a Baseball), Underhand Claw (Pitching A Softball), Stomping, and the Rear Hammer-Fist. All Strikes Hit with The Power of Your Entire Body to Their Vulnerable Parts. Hit Through Not to Your Target.</i>4. Weapon Defense: <i>Strategies and Techniques When Facing Knife or Gun.</i>
ESCAPE:	
	<ol style="list-style-type: none">1. <i>Seek Public Spaces.</i>2. <i>Draw Attention While Running Away.</i>3. <i>Your Counter Will Influence Your Escape Path.</i>