

Self Defense Tactics for Women

Offers information and techniques regarding:

Fundamentals of Self Defense

- Body Language as a defensive tactic
- Your voice as a method of self-defense
- Basic kicking techniques for self-defense
- Basic striking techniques for self-defense
- Basic blocking techniques for self-defense

Defense Against Grappling and Striking Attacks

- Defending against a slap
- Defending against a punch or kick
- Defending against offensive touching
- Defending against being pinned to the ground

Defense Against Chokes

- Defeating a front throat choke
- Defeating a rear throat choke
- Defeating a choke while being pinned on the ground or in bed
- Use of weapons of opportunity (combs, pens, keys) to defeat chokes

Defense Against Body holds and Pins

- Defeating a headlock
- Defeating arm, wrist, and hair holds
- Defeating bear hugs from the front and rear
- Defeating being pinned and held on the ground

Dynamic Assault Simulations

- Protective instructor equipment is used for realistic training
- Students practice the above learned techniques in simulated assaults
- Students practice applying their acquired self defense skills in realistic assault scenarios