

Syllabus

Sessions will usually contain 1/2 hour of theory, 1/2 hour of movement. Dress for gym or comfort, hair up, no jewellery, except for personal requirements. Yoga mats if you have them.

Week 1 & 2

Use of Terms

Gender training vs. Sex & Physicality

Social Conditioning and relationship to risk

Hard vs. Soft Strikes

Body Weapons

Week 3 & 4

4 A's – Awareness, Avoidance, Action, Attitude

Body Weapon recap & more ways to use them

Week 5 & 6

Violence in Societal structure

Lateral Violence

Other Cultures & Travel

Soft Social defence manoeuvres

Week 7 & 8

The Law & Defence

Success stories

Voice as a Weapon

Breath and Control

Week 9 & 10

Violence in Intimate relationships

Cyber Security & Online safety

Car and Date techniques

Floor Techniques

Week 11 & 12

Knives vs. Guns

Defence against weapons

Week 13 & 14

Group dynamics

Bystander effect

Defence against multiple attackers

Week 15 & 16

Advanced Theory & Techniques

Discussions

Recap