



Course	Number of Sessions	Objectives	Deliverables
Fundamentals of Self-Defense	15	<p>To prepare you mentally, theoretically and practically to handle unarmed physical conflict when you are left with no other choice.</p> <p>The course entails teaching you 60 foundational Best-of-Practice defensive and offensive skills and concepts derived from proven combative arts of Muay Thai (for striking and striking in the clinch), Brazilian Jiu-Jitsu (the “guard,” chokes and joint-locks/breaks), Freestyle Wrestling (for scrambling and positional dominance on the ground) and Mongolian Wrestling (stand-up wrestling) as well as lessons learned from real life encounters in the mean streets of Ulaanbaatar, Moscow, Bangkok and New York:</p> <ul style="list-style-type: none"> • Modified Stance • Basic footwork • All basic power strikes with fists, elbows, shins/feet and knees • Basic takedowns, throws and sweeps • Basic takedown defense • Basic scrambling (fighting for positional dominance) • Basic chokes and joint-breaks • Some “dirty tricks” that likely won’t land you in prison for excessive force in self-defense 	<p>By the end of this course, you will have understood how to assess and prepare for a conflict situation, the mentality for winning a fight, developed your situational awareness and modified stance, learned to move around while both defending and attacking with some degree of proficiency. You will know the techniques and theory of generating power in strikes. You will learn the techniques and theory of taking an opponent down or defending a takedown attempt. You will learn to apply some basic chokes and joint locks/breaks with some degree of proficiency. You will also know how to perform basic defensive maneuvers such as parrying, blocking, taking evasive action, sprawling, scrambling, pulling guard and sweeping from guard. You will become able to do basic bag work and Muay Thai pad work as well as drills required for the grappling arts.</p> <p>You will also learn to do functional exercises such as:</p> <ul style="list-style-type: none"> • Visualization and getting in the “fight mode” • Stretching • Shadowboxing • Agility drills • Coordination drills • Wrestling and grappling drills