

Your Day at a Glance

Here's a snapshot of what your day will look like

9:30 Introductions

We'll explain what the course is all about, what kind of things we'll be teaching and showing you, plus we'll tell you a bit about ourselves, our personal challenges with violence and abuse, and how we came to found Blossom Confidence Training.

10:00 Some Alarming Statistics

Here, we will underline why we're running this course. To be informed is also to be armed, so we'll talk through some of the less pleasant aspects of modern life, and show you some short videos to underline the threats we can all face if we're caught in the wrong place, at the wrong time.

10:15 Legislation & The Law

Before we start showing you how to defend yourself, it's important to understand what the law says about self-defence. We'll look at some landmark cases, talk about what is and isn't allowed under the law, and what acceptable standards of conduct look like.

11:00 MORNING BREAK

11:15 Confidence Building Defensive Skills

Fun, physical exercises are a key part of this session. If you've never thrown a punch before, we'll show you how. We'll look at a range of defensive techniques, including Defensive Stances, Blocks, Kicks, Punches and Hand Strikes. Everything is fully supervised, and we know you'll enjoy tapping into your inner strength!

12:00 LUNCH BREAK

Please bring your own packed lunch.

12:30 Understanding Human Responses

Here we'll talk about the fight or flight mode, how it affects your body, and understand how it can help you.

We'll also cover off the cycle of arousal behaviour, and the way your body recovers from it.

13:00 Communication Techniques

In this session we'll discuss the importance of communication, looking at aspects such as verbal and non-verbal communication, and talk about how to de-escalate a situation through communication.

13:30 Repelling Physical Threat or Assault

Now it's time for another set of exercises, based around our techniques of breakaway disengagement. We'll practice arm grabs, clothing and hair grabs, holds, strangleholds, and groundwork, all under full supervision and with an emphasis on enjoyable participation.

14:30 Recording & Reporting Procedures

Here we'll look at topics such as how to report a crime, who to, and the options beyond simply calling the police. We'll also introduce you to a very handy app which can answer many of your questions, and which is tailored to your local district.

14:45 Legal Tools for Personal Safety

There are some incredibly helpful and useful tools out there to protect us in vulnerable situations, from phone based help and silent solutions, through to universal hand signals.

15:00 Summary & Close

As we come to the end of the day we'll recap what we've all learnt, and have the opportunity to ask any further questions before we all depart with our new found skills.