



**Self-defense and Technology for Optimal Protection**

## **ULTIMATE SELF-DEFENSE COURSE OUTLINE**

**INTRODUCTION (0 mins – 0:00)**

**MARTIAL ART WARM UP/STRETCH (10 mins – 0:10)**

**WHAT IS SELF-DEFENSE (5 mins – 0:15)**

**PEBBLE PSYCHOLOGY (5 mins – 0:20)**

**AWARNESS AND AVOIDANCE (5 mins – 0:25)**

**FIGHTING STANCE AND EVASION (5 mins – 0:30)**

**BODY WEAPON PHYSICS (5 mins – 0:35)**

**BODY WEAPONS INTRODUCTION (10 mins – 0:45)**

**BODY WEAPON CONDITIONING (5 mins – 0:50)**

**BODY WEAPON APPLICATIONS (10 mins – 1:00)**

**BREAK (5 mins – 1:05)**

**SELF-DEFENSE THEORY (5 mins – 1:10)**

**BASIC SELF-DEFENSE APPLICATIONS (10 mins – 1:20)**

**GRAPPLING SELF-DEFENSE (10 mins – 1:30)**

**THE “NATURAL” AND MODERN WEAPONS (5 mins – 1:35)**

**WEAPONS OFFENSE (5 mins – 1:40)**

**WEAPONS DEFENSE (5 mins – 1:45)**

**SITUATIONAL SELF-DEFENSE (5 mins – 1:50)**

**NEW TECHNOLOGY WEAPONS (5 mins – 1:55)**

**LEGAL SELF-DEFENSE DISCUSSION**

**AND QUESTIONS (5 mins – 2:00)**