

WITH LEADING INSTRUCTOR - CATHERINE SCHNELL
AIKI-CENTRE PRESENTS



SELF DEFENCE

WINTER - 5 WEEK COURSE

STARTS: WED. AUGUST 4TH • 7.30-9PM

FEEL SAFER, INCREASE CONFIDENCE, PRACTICAL APPROACH

Learn practical and highly effective self defence skills relevant to everyday situations and more. An excellent alternative to the martial arts combat or sport training approach.

BOOK YOUR PLACE PH 9815 3388

**AIKICENTRE.COM.AU
44 LYNCH ST. HAWTHORN**

SEE OVER FOR MORE INFO

**ONLY \$160
LIMITED PLACES**

Enrolment Form

Aiki-Centre

Course Title

Self Defence Course - Winter 2010

Day **Wed** Time **7.30pm** Start Date **4th August**

Personal Details

Surname: _____

First Name: _____

Address: _____

Suburb: _____ Code: _____

Ph. _____(AH) _____(WK)

Mob.: _____

Email: _____

Gender: F M DOB ---/---/-----

Occupation: _____

Note: Cancellations incur a 20% admin. charge.
No refunds on or after course start date.

Payment Details

Please make cheques payable to Aiki-Centre

Amount enclosed \$ _____

Cash Cheque Direct Deposit

Credit Card:

MC VISA Amex (+\$4.20 surcharge)

Card Number: _____

Exp. Date: ____ / ____ Total Amount: \$ _____

Card Holder's Name: _____

Signature of Card Holder: _____

X

Direct Deposit Details:

Account Name: Aiki-Centre

BSB 124001

Account Number: 20562767

Please ref payment with: sd/(surname)

Telephone Enrolments.....9815 3388

Fax. Enrolments.....9815 3399

Mail enrolment and payment (not cash) to:

Aiki-Centre

44 Lynch St

Hawthorn 3122

Aiki-Centre Self Defence - Course Content

Assault prevention – The power of what we know:

- Reduce risk of assault in the **street, home, work, school and social situations** including public transport, parties, intimate situations etc. **Making you a harder target!**
- **Travel safety whether at home or abroad.**
- Identifying **environmental and personal factors and decisions** that impact on your personal safety.
- Responding effectively to **harassment, sexual assault, bullying, abusive and intimidating behaviour** including issues arising from the use of the internet and mobile technology.
- Application of verbal & non-verbal communication skills emphasising de-escalation and disengagement strategies. Learn **how to use confident body language, movement and effective verbal communication.**
- Develop **mental and physical assertiveness and confidence** to deal positively with fear, anger, confusion and other negative feelings.
- Understand **the law, personal responsibility, your rights and self defence.**

Assault prevention – the physical aspect:

- **Practical easy to learn physical techniques.**
- Maintaining or recovering **balance & stability** when being attacked, such as being pushed, pulled and trapped.
- **Learn how to strike or hurt an attacker, how to break free** when **grabbed** by clothing, arms the body etc. and many other forms of physical attack.
- Learn also how to **protect and escape from being hit, choked. hair grabs etc... front & rear.**
- **Learn physical defences if you are on the ground, against weapons and other dangerous situations including sexual assault.**

Other information:

- The content and delivery of the course is designed to respond to the needs of both male and female participants. Please contact us if you have further questions.