

Self Defense For Women Video Clip Series

Self Defense Techniques For Women

In Summary

Information presented in this Self Defense For Women Series is designed with the beginner in mind. And although this series focuses primarily on basic self defense techniques for 'Women' of all ages, all ideas presented can be used by 'Men'.

It is highly recommended that all viewers of this video series source qualified self defense instructors to support their development and provide more advanced training applications as you develop your confidence.

Womens Self Defense Video Clips:

- Approximate running time of 3-5 minutes
- Each video provides:
 - a) Explanations
 - b) Demonstrations
 - c) Development of the finer points of techniques: maximise strengths and minimise weaknesses
 - d) Exercises to practice

Notes on each Video Clip are also available



Womens Self Defense Educators

To learn more about our Womens Self Defense Educators, Sandra & Martin Phillips, please visit: <http://www.karate4life.com.au>

Self Defense For Women Series: 6 Basic Components

1. It's All About You! Your First Line Of Defense

- a) Correct posture
- b) Breathing
- c) Eyes
- d) Grounding/Balanced
- e) Awareness of your personal space
- f) Awareness of your environment
- g) Awareness of your thoughts
- h) Awareness of your feelings
- i) The power of your voice

Self Defense For Women Series: 6 Basic Components (cont)

2. **Basic Self Defense For Women Education: 'Body Awareness'**
 - a) Introduction to body awareness
 - b) Identifying soft and hard features of the body – Soft features are the areas of the body we will work with
 - c) Identifying potential weapons of our own bodies – Use these weapons to target identified soft features of the body
 - d) Techniques under the microscope – Presentation of numerous techniques

3. **Basic Self Defense For Women Education: 'Blocking Skills'**
 - a) Introduction to four key blocks
 - b) Presentation of each block
 - c) Exercises to practice blocking technique
 - d) Application of each block
 - e) Application of a combination of blocks (random blocking and random speeds)
 - f) Freestyle blocking and speed variation
 - g) Blocking with one arm
 - h) Blocking your way to a better position (assertive/taking control)
 - i) Blocking against multiple attackers
 - j) Identifying weaknesses in your attacker. What soft features are exposed?
 - k) Taking advantage of the exposed soft features of your attacker

4. **Basic Self Defense For Women Education: 'Body Evasion Skills'**
 - a) Introduction to the basics of body evasion
 - b) Body evasion combined with blocking skills
 - c) Body evasion combined with block and strike
 - d) Using body evasion to re-position yourself

5. **Basic Self Defense For Women Education: 'Going To The Floor'**
 - a) Introduction to basic falling techniques
 - b) Presentation of falling/rolling techniques
 - c) Application of falling/rolling techniques

6. **Basic Self Defense For Women Education: 'Basic Escape Skills'**
 - a) Introduction to escapes (variety of holds and positions (standing, ground))
 - b) Presentation of 12 sample escapes

Please note that this womens self defense series is continually being further refined to provide quality self defense education. Please feel free to share your thoughts on how we can further improve this series by contacting Sandra and Martin Phillips at: info@karate4life.com.au

We thank you in advance for taking the time to contribute to the development of this womens self defense education series.

It is our hope that:

- *This series of video lessons provides views with a solid foundation of the basics of Womens Self Defense.*
- *And that all viewers of this Self Defense Series look beyond a short term study and invest time in ongoing study and implementation of self defense within their day to day lives*

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