

WITH LEADING INSTRUCTOR - CATHERINE SCHNELL.
AIKI-CENTRE PRESENTS



Aiki-Centre Supports the White Ribbon Campaign to end violence against women - Fundraising Self Defence Seminar November 2012

SELF DEFENCE - FOR WOMEN

AUTUMN - 5 WEEK COURSE

STARTS: WED. 14TH MARCH. • 7.30-9 PM

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 \$195
(LIMITED PLACES)**

Enrolment Form

Aiki-Centre

Course Title

Self Defence Course for Women – 14th Mar 2018

Day **Wed** Time **7.30-9pm** Start Date
Length **5 Weeks**

Personal Details

First Name: _____

Surname : _____

Address: _____

Suburb: _____ Code: _____

Ph. _____(AH) _____(WK)

Mob.: _____

Email: _____

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

Card Number: _____

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

Card Holder's Name:

Signature of Card Holder:

X

Direct Deposit Details:

Account Name: Aiki-Centre

BSB 013278 Account Number: 284004416

Please ref payment with: sd/(surname)

To secure your place send your course enrolment via:

Email: info@aikicentre.com.au

Telephone9815 3388

Fax.9815 3399

Mail 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.**
- Using **space, distance and movement.** 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 these courses is designed to respond to the needs of both male and/or female participants. Please contact us if you have further questions.