

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

SPRING - 5 WEEK COURSE  
STARTS: WED. 19TH SEPT. • 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 – 19 Sept 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](mailto:info@aikicentre.com.au)

**Telephone** .....9815 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.