

WITH LEADING INSTRUCTOR - CATHERINE SCHNELL.
AIKI-CENTRE PRESENTS



**NEW!! CYBER SAFETY AND
PREVENTING TECHNOLOGY ABUSE**

SELF DEFENCE - FOR WOMEN
SPRING - 5 WEEK COURSE
STARTS: WED SEPT 28 • 7.00-8.30 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. Course includes cyber security and preventing technology abuse.

BOOK YOUR PLACE PH 9815 3388

AIKICENTRE.COM.AU
44 LYNCH ST. HAWTHORN

SEE OVER FOR MORE INFO

ONLY \$220
(LIMITED PLACES)

Enrolment Form

Aiki-Centre

Course Title

**Self Defence & Cyber Security Course for Women
– Spring 2022**

Day **Wed** Time **7- 8.30pm** Start Date **28 Sept.**
Length **5 Weeks**

Personal Details

(Include names and details of additional enrolments on other side.)

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

Total \$ _____ Number included in registration

Cash Credit Card Direct Deposit

Credit Card:

MC VISA

Card Number: _____

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

CCV _____

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)

Secure your place send your course enrolment via:

Email admin@aikicentre.com.au

Phone 9815 3388

Mail Aiki-Centre P.O. Box 374 Canterbury 3126

Assault prevention – The power of what we know:

- Reduce risk of assault in the **street, home, work, school, online 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, cyber abuse** - including technology abuse online through social media, IoT devices and other 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:

- **Understanding and implementing cyber security and safety techniques and strategies.**