

Possible Programmes for Use in Schools

Please find below possible programmes incorporating self-defence or martial arts. I have suggested programmes for PSHE; Enrichment; Sixth Form induction/team-building; in-class self defence; 2 hr staff twilight session.

PSHE

***(1 whole or half day, sessions of 50mins,
repeated for each group)***

1. Introduction to self-defence
 - a. common worries
 - b. practical advice on how to behave in an “event”
 - c. target-hardening – Armour-Plated Walking and the Deaf Jogger

2. Techniques
 - d. The Fence
 - e. escaping assorted grabs
 - f. effective striking (depending on age of students)

3. Plenary
 - g. recap
 - h. the law
 - i. sensible precautions (products)
 - j. self-defence is not a team sport

Enrichment (6x1hr programme)

1. Introduction
 - a. Our “natural “ response to aggressive situations (practical)
 - b. Amending our “natural” response, key principles.
 - c. Target-hardening (Armour-Plated Walking & The Deaf Jogger)
 - d. The Fence (I)

2. The Fence (II) & Escapes (I)
 - a. The Fence (II)
 - b. escaping hand and wrist grabs
 - c. effective striking

3. Escapes (II) & Striking
 - a. recap and feedback on previous escapes
 - b. escaping strangles and chokes, front
 - c. escaping strangles and chokes, rear
 - d. effective striking

4. Defence on Ground
 - a. the “natural” response
 - b. key principles to improve the “natural” response
 - c. defence at distance
 - d. defence at close range
 - e. getting to your feet

5. The Real World
 - a. situations to deal with (back to the wall, for example)
 - b. Mind power
 - c. Conditioning games

6. Individual Responses & Summary
 - a. Self-defence and the law
 - b. response to requests from students
 - c. recap key principles
 - d. review progress “live”

(depending on ability and experience I may add martial arts elements, such as breakfalling or putting on simple locks).

Sixth Form Induction/Team-Building

(1 day, 4-5 sessions of 50mins)

- 1 (i) Administration
 - a. plan of day
 - b. organise students
 - c. exercise

- (ii) Key principles (interactive)
 - d. Our “natural” response
 - e. the process of an assault
 - f. becoming a hard target
 - g. decision-making the safe way

2. Carousel Activity – self defence or conditioning games
Self defence – 3-4 escapes; striking; ground defence; sparring defence
Games – groundwork races and competition (think “Gladiator”-type games, the old ITV show).

3. Carousel Activity - self defence or conditioning games

4. Competition
 - a. team v team, applying the self-defence skills developed

5. Plenary
 - a. key principles
 - b. pointers to become a hard target

In-Class Self-Defence (50 mins/wk, 6 wk half term programme)

1. Warm-up
Conditioning games (standing)
The Fence
Escapes from hand and wrist grabs
Conditioning games (ground)
Warm down

2. Warm-up
Conditioning games (standing)
Feedback on escapes
Escapes from collar and neck grabs
Conditioning games (ground)
Warm down

3. Warm-up
Conditioning games (standing)
Feedback on escapes
Escapes from attacks from behind
Conditioning games (ground)
Warm down

4. Warm up
Conditioning games (standing)
Feedback on escapes
Ground defence
Conditioning games (ground)
Warm down

5. Warm up
Conditioning games (standing)
Feedback on ground defence
Ground defence II – back to your feet
Warm down

6. Warm up
Conditioning games (standing)
Response to situations – back to the wall etc
Recap key points (physical)
Target hardening

Staff Inset (2 hr Twilight Session)

1. Introduction and reassurance
2. Plan of the session
3. Ranking exercise – reality check
4. Our “natural” response
5. Practical – differentiated escapes (everyone can do one within their comfort zone)
6. Feedback and The Fence
7. Mens self defence vs womens self defence
8. Practical challenge or Mental challenge activity
9. Target-hardening (Armour-Plated walking; the Deaf Jogger)
10. Plenary (inc Q & A)