

BASIC SELF DEFENSE

1st Week

Fill out cards for me.

Introduction of instructor and assistants.

Movie

Review miscellaneous defense to be taught in coordination with film.
Discuss the use of the film.

Introduction to: bow in- seiza, anza
mate - stop everyone
hajime - go

Introduction to exercises and counting (demonstrate and do slowly).

- A. Bouncing Ichi Ni San She
 1 2 3 4 Let's hear it!
- B. Roll necks, front to back - side to side
- C. Side stretches (legs spread) 1 2 3 4 Louder!
 Ichi-Ni San-She
- D. Shoulder twisting " " " "
- E. Shoulder twisting
- F. Windmills
- G. Twist your hips
- H. Loosen Knees
- I. Standing 4-court exercise count
- J. Sitting 4-court exercise "
- K. Wrist
- L. Ankles
- M. Sit ups - Locking legs
- N. Regular push ups
- O. Judo push ups
- P. Jumping jacks (warn them about staying together)

BASIC SELF DEFENSE (continued)

Demonstrate and Do Slowly

- A. Forward rolls
- B. Back somersaults
- C. Cart Wheels

Walk towards class talking very low, KeI.

Explain KeI - Hands on stomach
10-15% more strength
element of surprise

Scream, Bite, Kick, Scratch, Run like hell

Work on: Wrist breaks
one hand, two hands, both
Double Chest Breaks
X Block for overhead weapon
X Block for groin

Split Throw - In out drill -> to throw

What did you think this course would be like?

What specifically do you expect from this course?

What do you want to learn?

Bow out - hand in cards
Pick up sheets on self defense,
summary on Nobody's victim,
list of exercises and Japanese terminology
Have folders and ask them to bring back to class each week.

BASIC SELF DEFENSE

2nd Week

Late/Registration Pass out personal weapon sheets,
element of surprise sheets

Review: bow in seiza, anza
mate - stop everyone
hajime - start

Exercises

- A. Bouncing (Ichi, Ni, San, She)
- B. Roll necks 1 2 3 4
- C. Side stretches Ichi-Ni San-She
- D. Shoulder twisting "
- E. Windmills
- F. Twist your hips
- G. Loosen Knees
- H. Standing 4-count exercise count
- I. Sitting 4-count exercise
- J. Wrists
- K. Ankles
- L. Sit ups (locking legs)
- M. Regular push ups (keep bottoms down - no womens push ups)
- N. Judo push ups (rock through, look to each side)
- O. Jumping Jacks (together, if not - do again)

Watch (Forward sommersaults twice down mat (Not on head)
Closely (Back sommersaults " (Turn head to side)
1 & 2nd (Cartwheels " (Old man cartwheels - OK)
weeks + Front sommersaults over one or more people

Demonstrate use of purse and weapons
Explain

(1st)

Finger) Actual moving drill like
Palm) teacher SD class
Elbow) Used as weapons
Head) (2nd) KeI, turn and run

X block for attack overhead
X block for attack to groin

90 degree block - overhead attack
90 degree block - side attack

Review Split Throw in and out drill to completion of technique

& Ogoshi (Major Hip Throw) in out drill to completion of Throw

Bow out

BASIC SELF DEFENSE

3rd Week

7:00 - bow in

Warm ups - 10-15 minutes (same as first week)
(modify to fit your situation)

Front sommersaults Once

Back sommersaults Twice

Cartwheels Twice

Front sommersaults over one or more people (on knees & hands)
* 2 people if average group

+ 3 - Log rolling drill - football

Review: finger)
 palm)
 elbows) once each with KeI and running
 head)

+ Front and side walking

+ Side Knee Kick

+ Instep stomp

Review 90⁰ block for side attack

Review Split Throw In → out drill

+ Review Ogoshi - In out drill

+ 90⁰ side block to Ogoshi - throw

Review 90⁰ block-overhead attacks

+ Ippon Seoingge In -- out drill

+ Drop Knee Ippon Seoinage (one arm shoulder throw)

Question and answer period
8:30 - 8:50

Bow out

BASIC SELF DEFENSE

4th week

Bow in

Warm ups (includes rolls, cartwheels, 3 people rolling)

+ Jumping over side to side - agility drills

Review: X blocks
Front kicks
Side kicks
Walking side kicks

+ Walking side - knock down
or throw Ogoshi

Review -- In -- out drill for Ippon Seoinage
Total move
Show arm break

Review 90° blocking down Thrust

Review 90° Blocking Side attack
Ogoshi & Split Throws

+ 90° blocking to back throw, Osoto Gari

+ Escapes, if you are throw

+ Defense on Back

+ Getting up from back

BASIC SELF DEFENSE

5th week

7:00 - bow in

Warm Ups

Tumbling - Forward Rolls
" " over 1 - 2 people
Back Rolls
Cartwheels

Agility Drills - Review - log roll - jumping over a person on hands and knees
+ Barrel Hoop racing drill

Review - X Blocks and attacks (available students must think and react at this point, no instruction by teacher - review only after student's demonstrate)

Review Front kicks
Side kicks
Side walking kicks

Review wrist escapes

Review side walking -- knockdown
" " -- Ogoshi

Review - 90⁰ overhead block

Review In - Out Drill for Ippon Seoinage (one arm shoulder throw)
with 90⁰ overhead blocks -- completion of throw

Review 90⁰ overhead block to rear throw (O Soto Gari)

Review Side block for 90⁰ attack
Throw O Goshi or Split Throw

Combine 90⁰ block with throws with:
finger attack
palm of hand attacks
elbow attacks
knee attacks
stomping attacks

BASIC SELF DEFENSE

5th week cont'd

Escapes if you are attacked by Judo Throws

+ Hips low bump

" " " cut hand

" " " " " attack with personal body weapons,
fingers, palm of hand, elbow, knee, stomping, throws

Review - turn out if thrown

Review defense on back

Review Getting up from back

BASIC SELF DEFENSE

6th week

- 7:00 Write down exercises - time - number
- 7:15 Write down Japanese words that you would use.
- 7:20 Write down throws you would use
- 7:30 Self-defense techniques that you would teach in the order you would teach them.
- 7:40 Write down self-defense that you would discuss and Rape Prevention that you would discuss in class.
- 8:00 Bow in - give class to teachers to lead warm ups (4 different people)
- 8:10 Teachers lead agility drills (4 different people)
- 8:20 Change out of GI and throw in civilian clothes and be thrown. Explain that no one has to have a black belt to teach kids self-defense and evasive drills. Give teachers the confidence that they can help. Give them ideas to help them use students that are capable of assisting and also give them the names of teachers that are qualified to assist class or in teaching.
- 8:30 Teachers lead class in self-defense drills
- 8:45 Discuss rights and wrongs done by teachers
- 8:55 Give lesson assignments for the 7th week.
(5 - one period lessons)
- 9:00 Bow out class

BASIC SELF DEFENSE

7th week

7:00 Discuss 6th week and the papers done in class

- A. Review difference between split throw and O Goshi - why to teach one first.
- B. Jumping jacks last to provoke team work in class and possibly help your neighbor later in life. Attitude in one self is great but two or more people working together is what it's all about.
- C. Warm ups are for stretching.
- D. Agility drills are to teach the body and the mind to accept falls and to help the body and mind work together. They are a part of warm-ups however, but doing one without the other is poor.

7:30 Bow in - Warm ups done by the teachers (4)

7:45 Agility drills led by the teachers (4)

8:00 Have teachers teach by their assignment papers (5)

8:30 Review mistakes, praise for well done!

8:45 Review Osoto Gari Drill
Wrist breaks

9:00 Bow out the class.

BASIC SELF DEFENSE

8th week

7:00 Critique sheets for the teachers to fill out.

7:30 Return 6th and 7th week assignments
Discuss fully the 7th week assignment and pass out 8 weeks
of Self Defense Class Break down.

8:00 Bow in - Warm ups

8:15 Agility drills

8:30 Work on troubled areas

9:00 Bow out.