

International Women's Self Defense Day SYLLABUS

FREE SEMINAR – Saturday, November 19, 2022 – Noon to 2PM

Call 352.518.9409 to register

INFORMATION (20 min.)

- **Commitment to self-preservation**
- **Women warriors**
- **When to fight back**
 1. If your attacker attempts to move or bind you
 2. If your attacker comes prepared to move or bind you
 3. If your attacker states an intention to move or bind you
- **Priorities of self-defense/how they can change**
 1. Survival
 2. Escape
 3. Prevention
- **When to make your move**
 1. in mid-syllable, as the assailant is speaking
 2. as the assailant's brain is engaged in listening to what you are saying
- **Weapons**

Hands, feet, elbow/forearm, knee, head butt, teeth
- **Targets**
 1. primary targets – eyes, throat, groin
 2. secondary targets – nose, collar bone, knee, foot
 3. targets of opportunity – ear, hair (pull/grab), ribs/floating rib, kidneys, fingers, mouth
- **Facial targets for biting**

Above & below eyes, nose, lips, tongue, Adam's apple, side of neck, ears



PRACTICE (15 min.)

- **Defense with knife, club, keys**
- **Knife**
 1. stab blade edge turned to side/ C-cut out
 2. cut in combinations of different angles/ aim for the veins
- **Club**
 1. Combinations of different angles (knee/head)
 2. blend or bounce-off combinations
- **Keys**
 1. expose keys between fingers
 2. strike anywhere and twist
 3. use other hand for primary targets

COMBINATION STRATEGIES INFO (10 min.)

1. Ouwee effect
2. Speed/power
3. Setup/follow-up
4. Same side/ opposite side

BREAK (5 min.)

PRACTICE (20 min.)

- **Striking practice & self-defense combinations**
 1. Snap kick/finger strike/ web hand strike/combos
 2. Step back circle block/combination
 3. Side kick to knee, side/forward
 4. Back fist/hammer fist/combinations
 5. Back kick
 6. Round kick
 7. Knee strikes, thrust, lift, round
 8. Elbows/forearms, horizontal, diagonal, up, down
 9. Palm heel/slap



DEFENSE AGAINST 80% OF ALL ASSAULTS (30 min.)

1. Front/rear bear hug
2. Front/rear choke
3. Knife to throat
4. Prone attacks

WRIST GRABS (10 min.)

QUESTIONS / WRAP-UP (5-10 min.)

SPIVEY KARATE SPECIALS (With this flier)

**Karate & Executive Karate Programs:
½ Price (minimum 3 months enrollment of at least 2 classes / week)
& a FREE uniform**

**Tai Chi Program:
½ price (minimum 3 months enrollment of 2 classes per week)
& a FREE T-shirt**