



email:magicmovements2001@yahoo.com

Ph 93505293

The Breath of Strength

Self defence for women and children

Martial Arts Movement

Yoga

Australian Business Number: 40 528 135 233



Children's Programs

Mission Statement:

To allow children to experience martial arts in a fun, games oriented manner.

To introduce children to martial arts through games rather than traditional partner combat

Begin to understand force, movement and power

benefits

- ◆ To increase body awareness and movement
- ◆ To gain agility and move into strategic positions
- ◆ To increase awareness of threatening situations
- ◆ **Play for fitness and health**

Self defence

Objectives

- ◆ To teach simple, practical and effective self defence techniques and skills to move past a force.

Self defenceThe program.....games to move past forces

- 1) Moving to strategic positions and escaping (out of the way)
- 2) Off balancing attacker in their movement
- 3) Finding your own balance
- 4) Abdominal breathing important to releasing strength, maintaining stamina and containing fear.
- 5) Voice release for assertion and to ward off attackers.

The program is negotiated with the parents, carers and children

Discussion and stories

Bullying, bike safety, stranger danger, personal space, friends and relatives.

The martial arts combo

Yoga.....includes stories with postures and partner work

