MAGIC MOVEMENTS(03)93505293
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Objective of self defence program

1) To empower participants
2) To enhance confidence, self esteem and assertiveness
3) To build confidence in the use of physical resistance.
4) To promote personal safety by teaching simple, practical and effective techniques
5) To improve body awareness and image
6) To introduce strategies that reduce fear and anxiety
7) To improve fitness, health and well being
8) To allow the opportunity to engage in otherwise unfamiliar activities (especially for women)
9) To build inner strength
10) To allow control over life and achieve **self determination**
11) To explore martial movement through dance and performance (advanced course)

The program **6 or 4 weeks for 1.5hrs**

- uses techniques from Karate, Wing Chun, Krav Maga and Aikikai (Aikido).
- Workshops and short courses are offered.
- Demonstrations and seminars.

Content

1) Basic blocks, strikes and leg work (includes kicks, pushes and leg sweeps)
2) Elbow and knee strikes
3) Moving to strategic positions and escaping (out of the way)
4) Off balancing attacker in their movement
5) Finding your own balance
6) Locating tender and vital points to strike
7) Abdominal breathing important to controlling and releasing strength as well as maintaining stamina and containing fear.
8) Voice release for assertion and to ward off attackers.
9) Dealing with intimidating and violent situations

**Escaping from wrist grips, bear hugs, knife attacks,
neck chokes, hair and clothes grabs ,being approached from behind,
sitting and against a wall, close contact (grappling) self Defence**

10) Use of objects such as pens, sticks/broom, scarf, handbags (*Please choose objects)*
11) Yoga asanas to warm up and stimulate energy flow (Ki, Chi)

Discussion; house safety, travel safety (public transport, road rage), bullying (workplace) assertiveness (personal space, saying no) and relationships,

Beginners course 6 weeks..1.5hrs $150 **waged** /$120 Concession
4 wks course.$120 waged /$100 concession

Short courses/ seminars available

Please note that shorter courses may not include all the training schedule due to lack of time