



MODULE 1
THE AIM OF SELF DEFENCE .
SELF DEFENCE BEGINS IN THE MIND
IT IS A WAY OF THINKING.

AWARENESS

OF

YOUR SURROUNDINGS.
OBSERVATION ASSESSMENT RECOGNITION

YOURSELF.
CONFIDENCE ASSERTIVENESS COMMUNICATION
DO NOT LOOK OR ACT LIKE A VICTIM

MENTAL ATTITUDE.
AWARENESS READINESS CONFIDENCE

POTENTIAL THREATENING SITUATIONS.
EVALUATE ASSESS AVOIDANCE POSSIBLE DANGER

YOUR
SURROUNDINGS

Know the area you live in and it's trouble spots. Walk only in lighted areas. Vary your route home but always keep it to a busy area if possible. Tell someone your route and destination.

Avoid walking home on your own at night. Get a taxi instead. Observe as much as you can as you walk along. Be alert to any possible dangers.

YOURSELF

Body language - Walk confidently, swiftly, and with purpose. Act as if you have a reason to be there and somewhere to go. Get a positive posture stand up straight focus in front of you. Have confidence in yourself. Never run you will look scared.

MENTAL ATTITUDE

Self defence is a way of thought. When alone look confident, be alert. Know your own abilities and limitations. Assess situations quickly. Whenever possible walk away from confrontation. Never assume it won't happen to you.

MODULE 2 HOW TO BE AWARE BY

OBSERVATION

A good observation of your surroundings is essential. By being alert to what is going on around you, you are able to see a potential hazard before it becomes a threat and avoid it. Make a conscious effort to observe as much as possible as you go by. Try to make it a habit to notice everything around you. Only with a wide range of information can you assess the whole situation fairly and correctly with the least amount of danger to yourself.

ASSESSMENT

Assessment is the way in which the information obtained through good observation is processed. By knowing which of the facts are relevant we are able to **EVALUATE** the situation that much more clearly.

RECOGNISE

Only once we have **assessed and evaluated** all the information available are we able to recognise whether the situation is risk free or potentially dangerous or actually hazardous. Knowing the type of situation we are in, we can establish what degree of self defence is required.

APPEARANCE

If you walk down the road with your head down scurrying along, or walking slowly jumping nervously at every shadow *you look venerable!*

Get a positive posture, stand up straight, focus ahead. Look as if you have a reason to be there. Walk **confidently** and **assuredly**.

BODY LANGUAGE is a vital form of **communication** almost 75% of our information gathered is derived through this type of communication. By having a **positive attitude** you are indicating to the observer that you have confidence and assertiveness - that you **believe in yourself**.

When verbal communication is needed talk clearly and assertively in a helpful manner. **NEVER SWEAR** or begin arguing, this will only add to the danger.

CONFIDENCE

Most important is ***MENTAL ATTITUDE*** and ***CONFIDENCE***. It is vital in conquering fear, especially in a confrontational situation, be it serious or not.

BELIEVE IN YOURSELF. Have confidence in your abilities. If you don't believe in yourself, you won't be able to defend yourself well.

Remember no one has the right to attack you.

YOU HAVE THE RIGHT TO DEFEND YOURSELF.

Try to turn your fear into positive action.

SELF DEFENCE AND THE LAW

The law allows you only to make such a response as is necessary to nullify the danger that you are facing. You must take no action which would escalate the level of violence. When face with a situation, you first ask yourself whether a physical response is necessary. A physical action should only be considered when there is a **REAL** possibility of an attack, this is the last resort and even then your response should be appropriate to the type of situation you are facing.

KNOW YOUR LIMITATIONS

Know what you are capable of. Be honest with yourself. Do not try to fight off an aggressor if you don't have the physical ability to carry it through.

By knowing your strong and weak points you can avoid putting yourself into a situation you cannot win.

DO NOT LOOK OR ACT LIKE A VICTIM