

An Introduction To Personal Safety & Self Defence

Tuesday 19th January 2016

10am - 1pm

Queens Hotel, Brighton BN1 1SN

Course Descriptor

This workshop is for people who are starting to think more about their personal safety and how to look after themselves.

The session looks at personal safety, how to reduce risk and what you can do if you need to defend yourself.

The day will include discussions and some practical self-defence techniques which are suitable for all levels of fitness.

The course is funded by the Rainbow Fund and is free to participants.

Situations & Personal Safety

Avoidance of conflict. The GOLDEN Rule.

What makes a situation dangerous?

Outside Factors

Inside Factors

Safe behaviours - What can we do differently?

Body Language and Signalling

Power Switch – Psychological strength

Self Defence Foundations

Stance – being ready to defend yourself

Blocking punches and kicks

Distraction Techniques

Body Weapons & Body Targets

Principles of Martial Arts

Escape techniques

PLEASE NOTE: There are only 16 places available. Places will be issued on a first come first served basis.

For more information or to sign up please email info@lgbt-help.com