



Self Defense Presentation:

- What is Self defense
- Benefits of Self defense /Karate
- Pressure Points
- Demonstrations
- Practical application and Techniques



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What is self defence

The ability to defend oneself in a confrontational situation whereby violence is a high probability

The actions to delay possible harm or injury to oneself by following trained and simulated actions

Delaying tactics until help arises .

Surprising attacker with trained techniques



WHY KARATE-DO?

1. **KARATE** is a great source of cardiovascular exercise which promotes good overall health

2. **KARATE** is a great core workout which helps a person with overall stability & balance

3. **KARATE** students learn to be calm under pressure, which can help a person learn to relax during normal hectic problems of their daily encounters

4. **KARATE** teaches very important self-defense techniques.

5. **KARATE** builds self-confidence

8. **KARATE** teaches intricate techniques which helps promote problem solving and critical thinking skills

7. **KARATE** is a great way to make friends

6. **KARATE** is a family oriented sport

9. **KARATE** promotes a healthy lifestyle

10. **KARATE** is for everybody regardless of age or gender

Karate is always defense first , a Karateka never strikes first .

To become an efficient self defender you need to train weekly to attain :

- Level of fitness
- Muscle memory
- Mental strength
- Condition body to take a punch
- Practice techniques as a immediate re-action to violence
- Confidence to defend

- It does not matter which style of self defence you take on, they all have the ability to teach the above.



Pressure points

Three most effective pressure points

- Eyes
- Neck
- Genitals
- Other Pressure points

- Nose
- Lymph Node(ear)
- Jaw
- Hand
- Biceps Sciatic
- Sciatic Nerve (above knee)
- Tribialis Anterior Muscle (Calf)
- There are various other pressure points ,but for this presentation we will look at the above



Methods to Defend

- Most important is to be aware of your environment and surroundings
- Posture /attitude
- Applying Pressure
- Stab straight hand
- Chop side palm
- Fist punch
- Kick
- Scratch
- Bite
- Scream

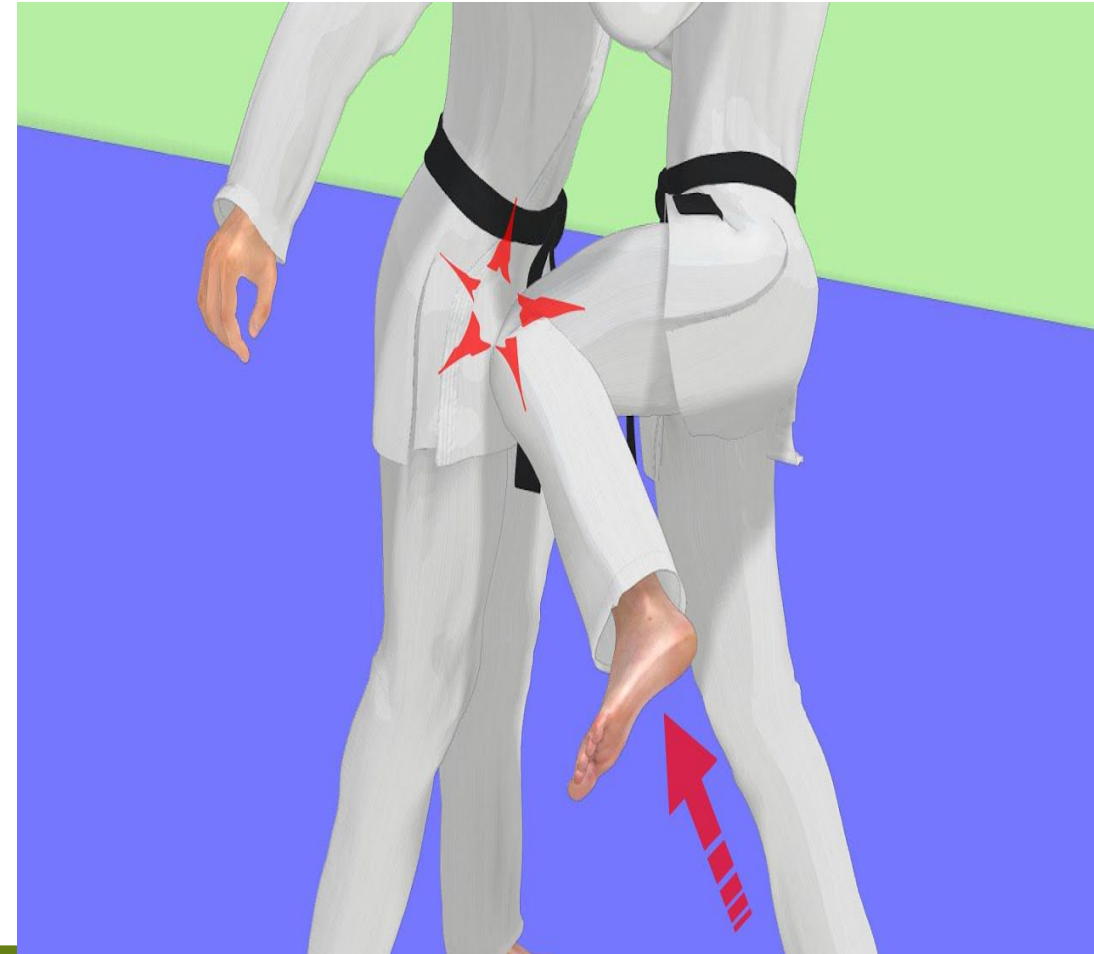


Practical application and Techniques : Bacis sample of many

When in a self defence situation the victim must always make noise as loud as possible , screaming, shouting or a whistle or wherever means to attract attention from other people to get help.

- Wrist and arm grip release and strike
- Throat Grab defence and strike
- Block a body grab and strike
- Block a punch , neck roll and strike
- How to escape a neck strangle from behind
- Knee strike to immobilise
- Knee kick to immobilize

- Presentation of and advanced technique





Questions ?

