

Women's Self Defence Services



Women's Self Defence Awareness Sessions

Women's Self Defence Courses

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Purpose:	To equip, empower and inspire women with an awareness of practical safety strategies and self defence techniques to maximise their safety and enhance their wellbeing, particularly when dealing with confrontation or attack.
Duration:	2 hours
Target audience:	Women of all ages and fitness levels
Participant numbers:	Up to 25 participants
Learning methods:	Lecture style awareness session including demonstrations, practicing physical techniques using strike pads, discussion and other interactive methods.
Testimonials:	<p>'Brilliant, so interesting. I LOVED it. I felt very empowered.'</p> <p>'It was fantastic.'</p> <p>'Would have loved it to be longer. Felt very empowered.'</p> <p>'I have learnt a great deal and feel much more confident.'</p> <p>'For the time we had we covered a great range of things – excellent!'</p>
Further information:	Further information regarding this workshop can be accessed by visiting the Member Login section or by contacting us .

Women's Self Defence Courses

Purpose:	<p>To equip, empower and inspire women with practical self defence techniques and personal safety strategies in order to:</p> <ul style="list-style-type: none"> • Increase their confidence and commitment to safety; • Reduce the risk of victimisation; • Effectively deal with confrontation or attack; and • Maximise their safety in all situations.
Duration:	10 hours. This course is generally delivered as 4 X 2 ½ hour classes or in other configurations of 10 hours as desired by clients.
Target audience:	Women of all ages and fitness levels
Participant numbers:	10 – 16 participants
Learning methods:	Demonstrations, practicing physical techniques using strike pads and pair work, class and group activities, brainstorming, discussion and other interactive methods.
Testimonials:	'Absolutely fantastic! Loved everything. People complain about how dangerous society is, but if they just did this course, I guess that there would be a massive reduction of attacks on women.' Sarah, student, age 16

'Tremendous morale booster. Reach as many women as you can.' Yvonne, retiree, age 69

'Fantastic, each of the course components was excellent! I wish this course was on every week!'
Cassandra, waitress, age 24

'Excellent course, every woman should do it.' Herminia, Administration Officer, age 29

'It is not until you do the course that you realise how important it is'. Sandy, Administration Officer, age 50

'I would strongly recommend this course to others as it gives you a chance to physically practice and know what your strengths are.' Amanda, Administration Officer, age 20.

Further information:

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