



YANG'S MARTIAL ARTS ASSOCIATION

Dublin Branch of YMAA Ireland



Self Defence Course Summary

AWARENESS SKILLS

What is Self Defence - How far will you go to protect yourself, your family and friends

You and The Law - What can I legally do to protect myself

Your environment and its' pitfalls

Preparing and being aware of dangerous situations - Scenarios

Anticipation and avoidance - How to prevent from becoming a victim

The attack:-

- The psychology of a victim.
- The psychology of an attacker.
- Coping with Panic \ Being adrenalised
- K.I.S.S. – Keep It Simple Stupid
- Using your environment

Defensive strategies - What to practice.

SELF DEFENCE SKILLS

STRIKING

KEY AREAS

DEFENCE AGAINST GRABBING

WEAPONS DEFENCE

WRENCHING

GROUND DEFENCE

WUSHU/CHINESE KUNG FU

“To study Kung Fu is to study one of the great flowers of Chinese culture!”

Incorporated into the Self-defence course is the Chinese Art and Olympic Sport “Wushu”. This has been a long time favourite of past students and trains balance, co-ordination, speed and strength, all while teaching the explosive yet beautiful techniques from various Chinese Kung Fu styles! Each class begins with a warm-up period using specialised Wushu training routines!