

Self-Defense Class Syllabus

Course Title: emPOWERing Safety Skills

Instructor: Coach Jeremy

Course Description:

In this weekly 9 week class, students will become emPOWERed with essential safety skills and techniques to protect themselves in various situations. Through interactive lessons, practical exercises, and role-playing scenarios, students will learn strategies for personal safety, boundary setting, assertiveness, and physical self-defense. This course aims to instill confidence, awareness, and resilience.

Course Objectives:

- To educate students about personal safety awareness and prevention strategies.
- To teach practical self-defense techniques suitable for children.
- To develop confidence, assertiveness, and boundary-setting skills.
- To foster a sense of empowerment and resilience in students.

Course Schedule:

Week 1: Introduction to Self-Defense

- Discussion on personal safety awareness
- Introduction to basic self-defense principles
- Role-playing scenarios: identifying potential threats and solutions

Week 2: Body Awareness and Assertiveness

- Body language and assertiveness training
- Practice setting boundaries and saying no assertively
- Strategies for assertive communication in different situations

Week 3: Recognizing Danger Signs

- Discussion on recognizing danger signs and intuition
- Identifying unsafe situations and environments
- Role-playing scenarios: responding to danger signals

Week 4: Escape Techniques

- Introduction to escape techniques for various situations
- Practice drills: escaping from grabs and holds
- Review of strategies for finding help and seeking assistance

Week 5: Striking Techniques

- Introduction to basic striking techniques (palm strikes, knee strikes, etc.)
- Practice drills: proper form and target areas
- Role-playing scenarios: using striking techniques for self-defense

Week 6: Ground Defense

- Techniques for defending against ground attacks
- Practice drills: getting up from the ground safely
- Role-playing scenarios: defending against ground assaults

Week 7: Defense Against Weapons

- Discussion on defense strategies against common weapons (e.g., knife, stick)
- Practice drills: techniques for disarming an attacker
- Review of safety precautions and legal considerations

Week 8: Scenario-Based Training

- Realistic role-playing scenarios incorporating various self-defense techniques
- Feedback and debriefing sessions
- Review of personal safety plans and emergency procedures

Week 9: Student Showcase

- Review of course materials and techniques learned
- Graduation ceremony: certificates of completion awarded to students
- Celebration and reflection on personal growth and achievements
- Final performance: Students showcase their favorite activities, scenes, or skills learned throughout the course

Materials Required:

- Comfortable clothing suitable for physical activity
- Protective gear (if applicable)
- Training equipment (pads, mats, etc.)
- Written materials or handouts for review

Assessment:

- Participation in class activities and role-playing scenarios
- Demonstration of self-defense techniques and skills
- Engagement and application of safety principles in real-life situations

Note: This syllabus is subject to change based on the needs and interests of the students and the availability of resources.