

Women's Self Defense Class Registration Form

www.Delmaraikido.com www.learnhowtobesafe.org

Aikido School of Self Defense (at Dewey's Martial arts academy)

3 Normanskill Blvd., Delmar, NY 12054 (518) 439-7939

Name: _____

Parents (if under 18): _____

E-Mail: _____ (if you would like to be notified of future seminars)

Address: _____

City: _____ State: _____ Zip: _____

Phone (day): _____ (eve): _____

Birthdate: _____ Age: _____

Although we take many precautions to keep our training programs safe, there is an inherent risk in self-defense/martial arts training. At any time during your training, if you have questions regarding the exercises, please ask the instructor. The undersigned student or parent/guardian understands the dangers of studying martial arts/self defense and hereby releases The Aikido School of Self Defense, all instructors and all other students from any and all liabilities for any type of injuries or loss sustained while training, studying, practicing or in the application of martial arts or self defense. The undersigned also states that he/she is in good physical condition and knows of no reason why he/she cannot study and participate in self defense training. The undersigned understands that the Aikido School of Self Defense does not offer refunds. In the event of an emergency, I hereby authorize any licensed medical personnel to perform any accepted medical procedure deemed necessary and agree to bear the expense of any such treatment.

Signed: _____ Date: _____

Signed (Parent/Guardian): _____

In case of Emergency, call: _____ at (____) _____

Payment information:

Payment method: (please circle one)

1) Cash

2) Check: # _____

3) Credit Card (Mastercard, Visa)

Card # _____ Exp. ____/____ CSV(3 digit on back): _____

Signature: _____

Office use:

Payment received by: _____ Date: _____

“Get Home Alive” Self Defense Seminar

Goal: Avoid, Escape and survive

With Rick Wolslayer

Curriculum:

Become a powerful person that is a tough target

Posture, congruency, attitude, eye contact, stance, voice control, breathing all combine to enable you to present a powerful presence.

Voice Control - "Kiai =spirit shout"

Deep abdominal breathing

Project - imagine you are knocking them over with your voice

Practice in front of a mirror saying the phrases you want to communicate with congruency.

"No!!" "Stop!!" "Leave!!"

If you can't say it in practice, it's going to be much more difficult to say it in a real situation. Think of yourself like an actor getting ready for a stage presentation. Practice until becoming assertive is a natural behavior.

Write out what you want to say ahead of time and think of all the counters they will use to try to gain control of you. Keep it simple and straightforward and focused on your outcome.

Collect (things you hear, read, research - google, etc.) effective phrases for communicating. ("I feel____, when you_____, would you _____", also quick responses to use against strangers "interviewing you", such as a strong stare while asking "Can I help you????!!")

Strikes and Striking Combination:

Ready Position (hands up, 1 foot forward, strong posture, elbows in, good eye contact)

Back-hand finger flick (target: eyes)

Straight Finger Eye jab (target: eyes)

Heel-palm to the Nose (Target: nose)

Heel-palm to the Chin (Target: under the chin)

Chop to side of neck (Target: nerve on side of neck)

Chop to front of neck (Target: trachea/throat)

Elbow strike (Target: nose, jaw, temple, back of head)

Knee strike - (Target: Groin/stomach, side of knee, side of thigh, back of knee)

Front snap kick (Target: knee, groin, stomach)

Heel Stomp kick (Target: knee, shin, top of foot, toes)

Blocking and parrying

1) The Shield Drill: Hands in ready position

Put hands palm to palm with your partner.

They try to hit you.

You avoid by blocking and deflecting. This drill shows you that you can instinctively stop people from hitting you.

2) Traditional karate-style blocks

Doing these blocks will teach you correct form, timing, and power.

Single hand blocks up and down

- (use against: roundhouse punches, upper-cut punches, kicks, front punches and pushes)

Parry technique "swatting a fly"

- (use against: front punches and pushes)

"wax on-wax off" type drill

3) Blocking from a ready stance

Use the karate style blocks from a "ready stance". This is stance from which we will use in real life situations.

Hair Grab

Turn and face attacker

Grab wrist and elbow

Foot stomp or knee strike

Twist Fingers back

Wrist Grabs

Using leverage and full body movements, find the weakest part of the grip and twist out of it.

Enter in towards them and use strikes, or yelling in their ear.

Choking Defense

(when you can run)

1) Hand between arm, Turn away, Hit wrist, run

2) Push into throat, Turn away, run

Choking Defense

(Standing, against the wall, when you can't run away)

Box the ears (palms on ears)

strike into the throat Eye scrape (thumb nails across the eyes)

Ear Pull (grab ears)

Groin Strike (knee to groin, or kick to the stomach)

Choking Defense

(Laying down, Person sitting on Top of you, choking you)

Strike or push throat Grab fingers and bend back Boost with your hips

Rape Position

(Laying down face up, Person laying down on top of you)

Bite Scrape eyes Kick (bicycle kick)

Boost with hips (Foot Tucked under you)

Ear pull to get them off

Rape Position

(Laying down face down, Person laying down on top of you)

Bite

Head butt

Go to Fetal position (bring knees in and turn to side)

Bite

Bear Hug Arms pinned

Foot stomp

Head butt

Groin grab or leg pinch

Elbow to head (once your arms are released)

Bear Hug Arms Free

Foot stomp Head butt Groin strike or leg pinch Elbow to head (once your arms are released)

Twist or bend fingers back

Knife to Throat or Gun

Grab wrist and hand with your 2 hands

Control the weapon so it is away from your throat or not pointing to you (lock to your side)

Knee and Foot strikes

Self Defense Concepts

Strategic approach – avoiding the entire situation, your overall philosophy - big picture thinking

Tactical approach – What you do when you are in the situation

Verbal skills – assertive commands

Illusion of strength/weakness – when weak, appear strong, When strong, appear weak.

0 to 100% - be relaxed, calm, passive and then attack with 100% intensity!!

Breathing – get back to Conscious thought

Accepting Truth – It can and does happen to people, this time it's you.

Trust your instinct/gut feeling – Subconscious computer is calculating all information regarding the situation.

Tune into that inner voice.

Bodyguard principle – do more to protect others (mother/child)

What personality traits might make you more of a victim? people pleaser? too passive? low self esteem? victim mentality? no confidence in your physical abilities?

Awareness: Think like an attacker

25 Reasons for Getting home alive – do it for them (family, etc) WHY is greater than HOW!

Take their picture and txt it or upload to facebook to let them know they have just been identified and other people know what they are doing.

Make noise - predators don't like the attention - even if you need to smash windows, knock over shelves in a store, etc.

NEVER let them take you to a secondary location - you WILL most likely suffer and die there. Your chances of survival are much better even if you were shot on the street if they tell you to get into their car.

Be prepared before you go out for the night

- charge your cell phone, bring a backup battery and/or charger
- have \$20 hidden in your shoe, pocket, etc. so you can pay for a cab back home if you are left by your friends at the bar/party.
- discuss with your friends the plans for the night - if they are planning on leaving with someone, how will you get home, who has your back?
- bring everything you need to stay safe - condoms, pepper spray, knife, etc.
- tell a friend where you will be, who you are meeting (give them their photo, phone #, address, etc.)
- arrange to txt them if you are going to other locations (ex: after a date) and txt when you are home safe
- have a plan for them to follow up if you don't make it home or communicate at certain points
- Make sure you eat if you are going to be drinking. Know how much you can drink before you lose control.

Dating safety tips:

- Gather as much information about them. Name, address, phone, health information, where they work, family, friends, past dating history, arrest records, mental illness, friends (talk to them if you can)
 - Do your research as if you are writing an article. "Google" them, netdetective.net, and other background check websites can give you good info.
 - Don't be in a rush to meet up quickly (as much as you are infatuated with them. Enthusiasm can blind you to realities)
 - Don't give out your real phone number first, especially if you meet online. Use a texting app (KIK, textnow, etc) first, especially if your phone is for work and not a number you can easily change.
 - Meet in a well travelled public place that doesn't involve alcohol on your first meeting. (coffee dates are great because you can end them quickly if there is no chemistry). (Don't meet in a park. Almost cliché' from every murder mystery movie).
 - Always watch your drink from the time it is made until you have it in your hand. If you leave it somewhere out of sight even for a minute, then don't drink it. "Accidentally" spill it. If you think they put something in it, ask to switch drinks with them because you don't like yours. See how they react to that request. Remember, you don't owe anyone anything. You owe it to yourself to be safe. Don't feel bad for doing whatever is necessary to stay safe.
- Know your drinking limits. - Experiment to see which drinks affect you and what your tolerance level is.

Have your "escape" systems set up.

- Text your friend at a certain time or they text you
- "my girlfriend is sick/heartbroken/etc. I need to leave and help her. I'll call you!!! (...or not!)"
- I have to work in the morning
- Have your friend 'show up' randomly to meet the person.

Profile pictures - make sure there is nothing that can identify where you work or live.

Don't put your kids pictures in your profile.

Turn off your GPS tagging for your photographs. They imbed your GPS location within the pictures and can make it so they can find you easily.

If you have a "stalker", it is important to document every text, email, call, visit, letter, comment, social media post in order to establish grounds for harassment. Also make sure to be clear and direct in what you want them to do. Example: leave me alone, don't ever contact me. And then don't go back on that by reaching out to them. Meet with a police officer to discuss the situation and get it on file. Also, have the police officer call to tell them to not contact you anymore. Orders of protection require documentation and proof of harassment.

Dorm safety

-always make sure your door is locked and get that agreement with your roommate(s) especially if you have common suite.

Other ideas???? Add your own or ones you hear about. Create your own personal manual for safety.