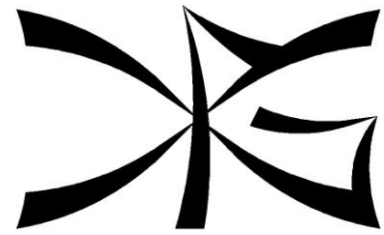


# DRG Self Defence Courses



## Level 1 Self Defence & Fitness 5 Week Introduction Course

For all abilities and levels of fitness. This Course has been developed with input from Ex-British Special Forces, Strathclyde Police and Martial Arts Masters.

The course offers an introduction to simple and effective Self Defence techniques as well as showing you how to build your strength and fitness at your own pace.

**Course Duration:** 5 Weeks (One class per week.)

**Course Fee:** £40 per head

**Minimum number of participants required:** 10

**Website:** [www.drgselfdefence.co.uk](http://www.drgselfdefence.co.uk)

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## INTRODUCTION

Everyone has the right to defend themselves and a little basic knowledge can make a big difference. This course has been designed for those with very little or no self defence knowledge and will teach you to make the most of whatever fitness or strength you may have.

Over this five week course you will be introduced to the basic and most effective ways of defending yourself and staying in shape. The course will be tailored week by week depending on your progress and personal strengths.

As you may find yourself in a situation where you may need to defend your friends and family you will also be shown how to safely intervene and take control of a situation.

## VENUE AND TIMES

As this course can be run for companies, teams or individuals, we are flexible on times and venues.

If you would like to run this as an in house company course we are happy to come to you and work in a good sized conference room. This often proves to be a convenient option for employees.

If you are an existing group or set of friends that have an appropriate venue we are again happy to come to you.

However, should no obvious venue be available, local sports centres often have halls for hire. We are happy to liaise with these centres for you. Furthermore, we have regular venues we use in the Caterham area that may be available.

Days and times of the courses will be arranged to best suit the participants and depend on the availability of our instructors.

## COURSE CONTENT

The areas that you will learn about have been outlined below. If there are any items that are not listed or areas that you would like to focus on in more depth please let your course instructor know at the start of the course.

## FITNESS

Even though this course will show you techniques that can be used by people with all levels of fitness, there is no way of escaping the fact that fitness and strength will give you a huge advantage in any self defence situation.

During the five week course you will be shown the simple ways of improving your level of fitness and strength without the need to change your life. You will learn about what areas of strength are of most use in self defence situations and be shown how to exercise correctly and how to get the most out of each exercise.

It is often the case that people think you must do high numbers of exercises to improve when in fact it is more about knowing the correct technique that should be used.

## SITUATION ASSESSMENT

One of the most powerful tools in self defence is good common sense. During this course you will learn about conflict resolution, avoiding a situation before it starts, when and how to defend yourself and how to best use your surroundings to your advantage.

It may be that you find yourself in situations which are not a one on one fight. In this case you will be taught how to quickly assess who poses what threat, where to position yourself and who to tackle first.

## STRIKES AND BLOCKS

Over the five weeks you will learn strikes and blocks as well as how to use them in combination. The techniques taught are simple and effective. You will be shown how to generate the most power and target the most vulnerable areas.

During the course you will be given the chance to practice these techniques against pads so you can be confident you can deliver them with power and accuracy. Your course instructor will help you improve your technique week by week.

## KICKS

Your legs contain some of the strongest muscles in your body and a good blow from the knee, shin or foot can often resolve or give you the advantage in a conflict in an instant. Your course instructor will show you what kicks best suit your abilities and give you the chance to practice these against a pad at full force.

Once you have grown in confidence with your techniques you will be shown how to use these in combination with the other skills you have learnt. Also you will be shown what kicks are most appropriate depending on where your opponent is and what targets to aim for.

## RELEASES & CLOSE QUARTERS DEFENCE WORK

During the course you will learn simple and effective ways of releasing an opponent's grab or hold and what to do once you have. Also you will be shown basic pressure points and areas of vulnerability that will help give you the advantage.

As escape may not always be your aim, you will learn some basic locks and holds of your own to help you take control of and subdue an opponent.

## WEAPONS

Unfortunately it is a fact of modern life that knives, broken bottles and other weapons may be used in an attack. Over the five weeks you will learn how to react and deal with these attacks as well as how to disarm and take control of an opponent should you need to.

## INTERVENTION

From time to time you may find yourself in the situation where you are only a bystander to an attack. However, if it is a friend, family member or simply someone who just needs your help you may need to intervene.

During the course you will learn the safest ways to approach a situation and take control of it.

Not all situations are life and death, sometimes it is a friend who has just had too much to drink and it is them you need to safely subdue or it may be someone who is a little too wound up and needs to be taken out of a situation. The techniques you will learn will give you the advantage when dealing with these situations and help you prevent them from escalating further.

## OVERVIEW AND PROGRESSION

Put together the skills you will learn over the course will give you a well rounded and effective self defence system. It will also give you a good grounding should you wish to learn more.

At the end of the course you will be issued with a completion certificate. This will allow you to progress on to further DRG Self Defence Courses should you wish to.

## COURSES AVAILABLE

- **Level 1:** Introduction to Self Defence and Fitness  
**Course Duration:** 5 Weeks (1 Class per week)  
**Minimum number of participants:**10  
**Course Fee:** £40per head  
*(Five week course to introduce beginners to the basic principles of Self Defence and Fitness)*
- **Level 2:** Intermediate  
**Course Duration:** 10 Weeks (1 Class per week)  
**Minimum number of participants:**10  
**Course Fee:** £80per head  
*(10 week course to recap and build on the skills learnt at level 1)*
- **Level 3:** Intermediate/Advanced  
**Course Duration:** 10 Weeks (1 Class per week)  
**Minimum number of participants:**10  
**Course Fee:** £80per head  
*(10 week course to recap and build on the skills learnt at levels 1 & 2)*
- **Level 4:** Advanced  
**Course Duration:** 15 Weeks (1 Class per week)  
**Minimum number of participants:**10  
**Course Fee:** £100per head  
*(15 week course to recap and build on the skills learnt at levels 1,2 & 3)*