

AUTODEFENCE TRAINING SELF DEFENCE FOR THE 21ST CENTURY

Self Defence For Women

The benefits of women and self-defence training are far reaching, in terms of getting to know oneself. This is the first goal in Self Defence, to be able to understand your own strengths and weakness and use self-awareness. Five benefits of Self Defence training:



1 Confidence

Knowing nothing to knowing something can help develop the conscious understanding of our vulnerabilities and how to overcome them. The disciplined practice of functional and workable techniques enhances our much needed adaptive behaviour. Not to imply that any form of training is going to prepare you 100% for the real thing, but it will give you an advantage. To paraphrase: Knowing something is far better than knowing nothing" and it is this 'knowing' that aids self-confidence.



2 Safety in Awareness

Being aware of your environment is all important, in regards being in control. Situational training can help make your inner self be aware of needs in an ever-changing world. Avoidance is the most advanced action or non-action that a Woman can do. Women are naturally intuitive, with an ability to be in-tune with atmosphere and environment, an innate sense not to be ignored. This will be enhanced with Self Defence training, along with the ability to make the right decisions.



3 Method

Learning a code of behaviour strengthens the participants resolve – "I can do this", in having a logical positioning, in reference to the anatomy. The underpinning theory of this training system is unique – which by the way, was instigated by a Woman some 250 years ago. It's a simple but effective methodology. In the search for ability and skill in Self Defence tactics, participants will learn to attack and defend the weak points hence overcoming the need for strength.



4 Empowerment - Body language

Developing a positive person's internal, and external demeanour, is something that is learned, and is certainly seen as anti-victim. It can help in assisting the individual take control of a situation. Advantageous, but non-aggressive body positioning, can help prepare to 'diffuse' or take 'fight or flight action'. Simple passive every day body manoeuvres can disguise preparation, for a possible situation – thus placing oneself in a powered ready position - will give you valuable time.



5 Fun, Fitness & Long Term Friendship

Our clubs have been in existence for many decades, the social interaction and group culture supports each and every practitioner, through its many elements of training. It's pure fun, a personal challenge of learning new skills, a great stress reducer. Your agility will improve, along with cardio benefits of pad-work, and the pressure testing challenge of technique repetition, make up for an enjoyable activity. Join the team!



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