

STREETWISE DEFENCE

ESSENTIAL SELF DEFENCE TRAINING

ONLINE COURSES – WHAT’S INCLUDED

CONTENT	SELF DEFENCE ESSENTIALS	SELF DEFENCE FOR WOMEN	SELF DEFENCE FOR MEN	HOW TO STAY SAFE AT UNIVERSITY & COLLEGE
Welcome	✓	✓	✓	✓
What you will learn	✓	✓	✓	✓
Triggers, trauma, support	✓	✓	✓	✓
Disclaimer	✓	✓	✓	✓
Know the law, pre-emptive strike	✓	✓	✓	✓
What the statistics say	✓	✓	✓	✓
Case study: what happened to me		✓	✓	✓
The two types of violence		✓	✓	✓
The different types of attacks		✓	✓	✓
Understanding attackers		✓	✓	✓
How we communicate		✓	✓	✓

Situation and environmental awareness	✓	✓	✓	✓
Learn to trust your gut instinct	✓	✓	✓	✓
Understanding yourself, mindset, adrenaline		✓	✓	✓
How to set boundaries to keep yourself safe		✓	✓	✓
Becoming a hard target		✓	✓	✓
Using colour codes to evaluate danger		✓	✓	✓
How to spot attack warning signs		✓	✓	✓
Verbal de-escalation	✓	✓	✓	✓
Using the physical response appropriately	✓	✓	✓	✓
How and why to target soft tissue areas	✓	✓	✓	✓
Finding the ideal stance		✓	✓	✓
The SHREDDER	✓	✓	✓	✓
The Face Wash	✓	✓	✓	✓
How to use a palm strike	✓	✓	✓	✓
Escaping a hair grab		✓	✓	✓

Physical response in the dark				
Escaping a rear grab and ambush				
What to do on the ground and strangulation				
The pre-emptive strike				
Mitigating knife attacks				
Acid attack first aid				
What to do after an attack				
How you can support women				
Case study: a survivor's story				
Case study: mindset of a lioness				
Drink culture				
Uni security checklist				
Tips for parents				
Scenarios and questions				