



WEST HARPETH CHRISTIAN TUTORIAL

Self Defense

Tutor:

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Prerequisites:

- This class is open to all students.



Course Description

This is an age-appropriate self-defense class teaching students how to de-escalate conflict verbally and physically and feel confident in protecting themselves. This class will cover: • Situational Alertness • Verbal De-escalation Techniques • Disarming • Blocking • Breaking Out of Holds • Restraining • Striking

Books & Supplies

- *Mouth guard*
- *Appropriate workout attire*
- *Athletic shoes*

Commitment

- This course meets once a week.
- Students are expected to follow training etiquette such as listening to instruction, waiting to begin, and using correct technique.
- Students are training and not "play fighting."
- Students must show respect to the teacher and their peers.

A typical class will look like...

There will be a time of instruction and demonstration, and then students will pair up and practice on each other with the various concepts and techniques that were demonstrated.