



Self Defense

Rick Sexton

rsexton@westharpeth.org



Prerequisites:

- This course 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



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.



Books and Supplies

Please wear to class:

- WHCT dress-code appropriate workout attire
- athletic shoes
- deodorant

Please bring to class:

- *mouth guard*
- *water bottle*
- *extra deodorant and/or shirt if needed*