



# Women's Self-Defense 6-Week Program



University of Queensland: Sport & Exercise  
Psychology Service

And

Healy's Health and Fitness

[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

The University of Queensland Sport and Exercise Psychology

Department and Healy's Health and Fitness have developed a 6-week



Women's Self-Defense Program that is practical, informative and empowering. The program focuses on two primary areas of development:

1. Mental Skills; and
2. Physical Skills

Group discussions are held to bring the participants in touch with the various mental skills aspects of self-defense; and physical exercises allow participants to gain understanding of their own strengths and abilities in a self-defense encounter. Sessions will be held in a safe, comfortable and controlled environment and material is presented in a manner which aims to optimize the participants' learning and understanding.

### **Sport & Exercise Psychology**

Sport and Exercise Psychology focuses on mental skills - the ability of an individual to understand and effectively control their performance in their mind. Though sport and self-defense have fundamental differences, common themes do apply. Whatever the goal or objective of the individual, sport and exercise psychology offers a professional perspective, assisting the individual to participate successfully with a sense of achievement. The program designers and presenters focusing on mental skills development are Leith Morris and Lauren Brockie.

### **Healy's Health and Fitness**

Graham Healy has had wide and varied experience in both boxing and Tae kwon do. He is a 7<sup>th</sup> Dan Master Instructor, certified sports coach and personal trainer, and holds a Fitness QLD Registration. Graham will teach the 'practical' side of the equation and 'what easily' works in the 'real world' simple and effective basic techniques. Examples: \* releases from choke holds (front/rear/side) \* Releases from Grabs Wrist/arm/waist/shoulder/sleeve \* attack and release on the ground \*Understanding pressure points /vital points \* escape strategy \*safety awareness \*location awareness -in a fun and humorous

style of teaching rather than 'too serious' .Graham believes it is easier to remember if you are all having a 'bit of a laugh' at the same time ,although the techniques taught are 'serious' the atmosphere is 'light hearted' .

### Program Outline

This program looks at core concepts of self-defense whereby participants begin by assessing their existing knowledge of self-defense and set goals for the remainder of the program. The program introduces the concept of self-awareness, especially how social condition affects our thoughts, feelings, and behaviours, with a focus on increasing awareness of what one can and can not control and how this all relates to self defense. Verbal Self-Defense also plays an important role and this skill is introduced and practiced.

Other topics covered include the role of the body language and assertiveness skills in self-defense, as well as the issue of 'freezing' in dangerous situations. Participants are encouraged to reflect on their experiences to help consolidate their learning. In the later part of the program, mental skills focus will be on personal strengths - physical and mental skills, your weapons. Finally we review program goals, improvements, and achievements of the women as well as continuing education and areas of improvement. Our goal is to generate a well-rounded program which helps women confront these threatening issues in a safe and confidential environment.

During the physical aspect of the program, participants will learn how to release themselves from front and rear choke holds as well as various hand grabs. They will also learn correct kicking defense, gain ability in pinpointing vital points, assess dangerous environments and release themselves from 'bear hugs', both chest and waist holds. Various scenarios are played, where participants learn how to adapt and modify the skills they have learnt to work in different situations.

	Physical	Psychological	Presenters
Session 1	Graham Healy -front choke hold & -Variations -vital points -verbal techniques	Mental Skills Intro (5min) Icebreaker(15min) Performance profile(10min) Controllables (20 min)	Leith Lauren Lauren Leith
Session 2	-Rear choke holds -wrist grabs /releases front & back -shoulder grab -sheave grab	Self-awareness include, socialization, personal safety & freezing (50min)	Leith + Lauren
Session 3	-Bear hugs -waist holds -Use of elbows ,and attacking tools for women	Body language (25 min) Verbal Self-defence (25min)	Lauren Leith
Session 4	-revision -Ground techniques -attacker Choke hold while pinned to ground & variations	Personal Boundaries (35min) Assertiveness (15min)	Lauren Leith
Session 5	-use of knees & elbows in strikes -revision	Sexual Assault (50min) Guest speaker Rachel Kayrooz	Lauren
Session 6	-revision + pressure testing of techniques Evaluation & feedback	Performance profile (20min) Evaluation & feedback(30min)	

---

## Program Logistics

### *Dates/Times:*

Course will run from Saturday 6<sup>th</sup> October to Saturday 10<sup>th</sup> November.

Session times will be from 2 - 4pm.

### *Venue:*

Sessions will be held at Movements Fitness, opposite Princess Alexander Hospital on Ipswich road, Level 1 (on top of Woolworths Shopping Centre)

### *Cost:*

Program cost is \$80 per person for the full 6-week program.

Discounts are offered for mother and daughter enrollments (\$120).

-10% discount early bird = -\$8 = \$72 (Pay by wed 3<sup>rd</sup> Oct 07)

-You can pay in two payments \$40 + \$32 internet transfer

(pay by wed 3<sup>rd</sup> Oct 07)

Internet transfer

National bank Kenmore

Bsb 084-263

Acc 79-640-5432



\*Credit card Visa available ,

\*Personal Cheques:

( must have full address and name on reverse + Drivers Licence)

and made out to Healy's Health & Fitness ABN 50-711-604-560

Tax Invoices available on request / E-mail invoices available

### *Contact:*

If you have any further queries, please contact Graham Healy

[healyshealthandfitness@hotmail.com](mailto:healyshealthandfitness@hotmail.com) or directly on 0411 393 503.

[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com) or [www.isdaselfdefence.com](http://www.isdaselfdefence.com)

or contact :

Leith ([lemorris@psy.uq.edu.au](mailto:lemorris@psy.uq.edu.au)) and/or Lauren ([lbrockie@psy.uq.edu.au](mailto:lbrockie@psy.uq.edu.au))  
on 3365 6984. at University of Queensland



### **Graham Instructing wrist releasing in 1980's Martial arts Class**

Comment from Graham Healy

The University of Queensland Sports Psychology department had approached me regarding this course and I believe the Mental and Psychological components of Self-defence are just as important or in fact more important than the physical components and it is with great pleasure that Healy's combine forces with the University of Queensland Sports Psychology Department in presenting this course .

Thanks to Lauren & Leith this course is possible .

Self-Defence is like First Aid there when you need it .

There are four fronts to self-defence

- 1) Spiritual
- 2) Psychological & Mental
- 3) Physical
- 4) Legal

this course attempts to touch on all four of these areas

Yours in 'keeping safe'

Graham Healy 7<sup>th</sup> Dan

Chief Instructor Healy's freestyle TKD and Boxing Academy

Cert 4 Sports & Fitness Coach

Cert 4 Personal Trainer

Registered with Fitness Queensland Nationally Recognized Coach

[www.isdaselfdefence.com](http://www.isdaselfdefence.com) or [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)