

SELF-DEFENSE FOR GIRLS



Course Details

About This Course

This course is designed for UG students of RIHS, Bhograi with an objective to enable them to defend against any type of physical assault and to build self confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training.

Duration

The entire course is of 3 months duration only. The classes are to be conducted on off-hours. There must be at least 24 classes to cover the entire course. Each class will be of 45 minutes duration only.

Certificate

Certificate of Completion will be given to each student having 75% of attendance and after the final assessment

Rural Institute of Higher Studies, Bhograi
Affiliated to F. M. University, Balasore

SYLLABUS

Module-I: Introduction

- 1) Basic Knowledge of Self Defense
 - 2) Basic Exercises for Body warm up
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Module-II: Basic Hand Techniques

- 1) Hammer strike
 - 2) Heel palm strike
 - 3) Elbow strike
 - 4) Alternative elbow strikes
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Module-III: Basic Krav Maga Techniques

- 1) Kick the groin
 - 2) Stop an outside strike
 - 3) Escape a bear hug
 - 4) Escape a two-handed choke from behind
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Module-IV: Mind Power

- 1) Assessing a threat
- 2) Mental Imagery
- 3) Fear
- 4) Reality based training