

WOMEN'S SELF DEFENSE TRAINING Curriculum - Level I

1. Bow, Meditation & Beginning exercises
 - a. Bow & Short meditation (Words of wisdom - Clearing mind and focus for training)
 - b. Warm up. Stretching, Conditioning exercises
2. Mental Preparation - Determination to Fight Back
 - a. Eye Contact b. Kiahp (Shouting with power)
3. Body Weapon
 - a. Fist b. Knife Hand c. Palm d. Finger e. Elbow f. Foot
 - g. Knee h. Purse i. Stick j. Key Chain
3. Stances/Posture:
 - a. Horse stance - Balance & Alignment,
 - b. Bear stance - Defense, Winding, Set Up
 - c. Bull stance- Power Advance & Attack
 - d. Cat stance - Quick defense & Counter
 - e. Tiger stance - Maximum Power
4. 5 Vital Spots: a. Nose/Eyes b. Throat c. Jaws d. Solar Plexus d. Groin e. Knee f. foot
5. In place punches: a. Horse stance punches
 - b. Low block & Middle punch - Bear stance & Bull stance
 - c. High block & high punch - Bear stance & Bull stance
 - d. Middle block & middle punch - Cat stance
 - e. Knife hand block & palm strike - Bear & tiger
6. Powerful Kicking - Geuk-ki (Discipline) 1-3
 - a. Front kick - Groin, Solar Plexus, Throat
 - b. Side kick - Foot Stomp, Knee, Ribs
 - c. Round house kick - Knee, Groin, Kidney, Stomach, Face
8. Kick & Punch Combination - Jajeh (Self Control) 1-3
 - a. Front kick & punch, Side kick & punch, Round kick & punch
9. Target/Paddle & Shield drill (Blocking & striking for focus, timing, power & speed):
 - a. Inward block punch b. Outward block punch
 - c. Upward block punch d. Downward block punch
 - e. Front kick punch f. Side kick punch
 - k. Round house kick punch
10. Situation & Application drill with attacker:
 - a. Side step knife hand block & upper punch
 - b. Cat stance wrist draw block & back fist
 - c. Side step & knife hand neck strike
 - d. Slide back front kick & face punch
11. Hapkido for Escape, Control & Take down
 - a. Wrist grab Single hand b. Wrist grab double hand
 - c. Upper Arm grab / Hugging / Chocking...
12. Ending with Mooshim: Power Breathing, Stretching, Mind
 - a. Chun-ki (Heaven breathing for life)
 - b. Ji ki (Earth Breathing for health & strength)
 - c. In ki (Human breathing for love & mercy)

Oriental Martial Arts College (Since 1971)
HAPKIDO
WOMEN'S SELF DEFENSE



6 Week Course
\$59.00



Self Defense

Avoiding, Defending, Escaping, Controlling

Physical Fitness

Health & Fitness, Stamina, Endurance, Speed, Power

Mental Fitness

Confidence, Awareness, Tension Release

Patience, Fun, Relax, Happiness

ASSAULT : To Resist or Not - Is There a Choice?

OMAC ASSAULT RESISTANCE TRAINING

Class Sat. 12:15-1:15pm

Oriental Martial Arts College
Division of Assault Resistance Training
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ASSAULT: To Resist or Not - Is There a Choice?

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OMAC ASSAULT RESISTANCE TRAINING

Bulletin!

The recent acts of aggression towards women are a striking example of the personal danger in which unsuspecting women may find themselves. Domestic assault, robbery, mugging, and date rape are also far too common. Most women feel it will never happen to them and other women feel they will deal with it if it happens. Fortunately, with a little training and increased awareness, you can take control of your own safety.

Women are often targets because assailants believe women are incapable of defending themselves. Too many women feel the same way. By understanding the attacker's mentality, you can learn to identify and avoid the signs that can make you an attractive target. Knowing a few self defense skills will help you to feel confident and capable of protecting yourself.

Knowing you can avoid, defend, escape or control an attack will boost your self confidence. Enhanced self-confidence can translate to improvement of other aspects of your life as well. NOW is the time to take control! Our highly qualified martial arts instructors, led by Sr. Grand Master Joon Pyo Choi (10th Degree Black belt), Oriental Martial Arts College can teach you basic self-defense techniques in only a few hours of instruction.

Class Schedule:

1349 Brice Rd. Reynoldsburg, OH 43068	Sat. 12:15-1:15pm

For more information, please see <http://www.omacworld.com/> or call our main school in Reynoldsburg at 614-864-4000



OMAC WOMEN'S SELF DEFENSE TRAINING

HAVE YOU EVER BEEN CONCERNED ABOUT YOUR SAFETY AND ABILITY TO PROTECT YOURSELF OR LOVED ONES?



ASSAULT : To Resist or Not - Is There a Choice?

The world has never been a completely safe place. Even in a country which we consider to be highly civilized, violence and assault are everyday occurrences. Despite of best efforts of law enforcement agencies, the personal assault rates continue to soar. There are simply more criminals than police and all of us at one time or another find ourselves in a dangerous situation.

We cannot ignore this possibility and hope it will never happen to us. It does happen and we are all potential victims. Equally as foolish as pretending it will never happen is the individual without training says, " I will deal with trouble when it happens." The kind of false confidence evaporates very quickly in the face of confrontation. The final and the most fatal approach to assault is the belief that " I am not at all capable to defending myself - I will have to submit to any assault." This is exactly what an assailant hopes for. They instinctively seek out target, who appear incapable of fighting back.

Numerous studies have shown that any kind of determined defense will discourage many assailants. Of course, a trained defender has much better odds. Does this mean an individual must study self defense for a year to have a chance? No, although there is no substitute for prolonged training under the qualified professional martial arts schools, just the act of beginning an effective self defense program under a qualified and credible instructor will improve your safety. Your self image will change from "victim" to "defender" and this subtle change of attitude and body carriage will be enough in some cases to discourage assailants.

Your awareness of potential danger will also increase as you examine the mentality of the attacker and defender. Finally, the self confidence you gain from your training will carry over to all aspects of your life. None of us deserve the humiliation of walking the streets in constant fear. Isn't it time you took a positive step toward securing peace of mind? You do have choice to resist and defend your well-being. The first step toward that choice is to make a personal commitment to pursue training under a qualified, credible self defense training program.

1. Assault Resistance training for Men, Women, Children & Elderly Oriental Martial Arts College now offers an effective program that everyone can learn easily, quickly and very inexpensively.
2. Purpose and Goal: Survival, Self Defense, Physical & Mental Fitness & Peace of Mind
 - * Self Defense - Avoiding, Defending, Escaping, Controlling
 - * Physical Fitness - Stamina, Endurance, Speed, Power, Flexibility
 - * Mental Fitness - Tension Release, Confidence, Concentration, Philosophy, Meditation, Wisdom, Patience, Awareness, Fun, Relax, Happiness



WOMEN SELF DEFENSE TRAINING Program Hand Out

PROGRAM COMPOSED BY:

- Sr. Grandmaster Joon P. Choi (10th Degree Black Belt)
- * Over 59 years of multi martial arts experience
 - * 1988 Seoul Olympic Coach
 - * Founder/President of Oriental Martial Arts college/ World United Martial Arts Alliance/Battle of Columbus
 - * Trained over 20,000 students
 - * Special instruction for police, SWAT & members of FBI

PURPOSE AND GOAL

1. Self defense against assault
2. Physical and Mental fitness - Increase stamina, Speed & Power, Flexibility, Confidence, Discipline, Ficus, Tension Release,

COURSE DURATION FEE & UNIFORM

1. 6 weeks - 6 classes
2. Tuition - \$59.00
3. Uniform \$39.00 (\$20.00 Off) + Training Paddle \$19.00

LEVELS IN PROGRAM

1. Successful completion of this program will award you w/ a Graduation Certificate
2. This Certification qualifies you to continue on next level of the A.R.T. Program

BECOMING AN A.R.T. INSTRUCTOR

1. Level 1: Beginner level Assault Resistance Training
2. Level 2 : Intermediate level
3. Level 3 : Advance level
4. Level 4 : Instructor level

CERTIFIED INSTRUCTOR

Upon completion of all 4 levels of ASSAULT RESISTANCE TRAINING, you will be eligible to apply for The Assault Resistance Training Instructor (ARTI) program.

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WOMEN'S SELF DEFENSE 6 wks. \$59.00

- * Classes. open to all family memb. & friends - 7 & Older
- * Graduation Test at 6th lesson
- * Certificate will be issued upon completion
- * Uniform \$39.00 + Training Paddle \$19.00

APPLICATION FORM (1 per Person)

Your Name: _____

Birth Date: / / _____

Parent's if minor: _____

Address: _____

City _____ St _____ Zip _____

Phone #: _____

e-mail: _____

Employer _____

Occupation: _____

Tuition: \$59.00 _____ Total Paid \$ _____

Paid Date ____/____/____ How Pd.: Cash, Ck, Card

Start: ____/____/____ End ____/____/____

LIABILITY WAIVER

I hereby submit my application to the Assault Resistance programs developed by Oriental Martial Arts College. I agree to waive all claims against any person connected with any and all programs offered by Oriental Martial Arts College/Metro Fitness Ohio for injuries I may sustain and likewise assume full responsibility for all my actions in connection with said all programs of Oriental Martial Arts College/ Metro Fitness Ohio. I understand there are rules and regulations associated with these programs and I will abide by said rules & regulations. I also understand that any pictures and video tapes of me participating in said programs may be used for publicity without any compensation.

Signature of applicant _____ Date _____