

WOMEN 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 (Yelling/Shouting)
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:
 - 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. 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, Stomach, Face
8. Kick & Punch Combination - Jazeh (Self Control) 1-3
 - a. Front kick & punch, Side kick & punch, Round kick & punch
9. Target/Paddle & Shield drill (Blocking & striking target for accuracy, focus, timing, power & speed):
 - a. Inward block b. Outward block c. Upward block
 - d. Downward block e. Middle punch f. Upper punch
 - g. Knife hand strike h. Palm strike i. Front kick
 - j. Side kick k. Round house kick
 - k. Kick & punch combination
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. Special Tactic for Escape, Control & Take down
 - a. Wrist grab Single hand b. Wrist grab double hand
 - c. Shoulder 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)

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



Bulletin!

The recent acts of aggression towards women by the "Northwest Serial Rapist" 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 basic self defense techniques will help you to feel confident and will make you 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 (9th Degree Black belt), Oriental Martial Art College can teach you basic self defense techniques in only a few hours of instruction.

Metro Fitness & The Oriental Martial Arts College, is offering a Women Self Defense Training program, a \$120 value, Only \$60.00. Classes are now forming at our the below locations.

Class Schedule:

1349 Brice Rd. Reynoldsburg, OH 43068	Wed. 7-8pm, Sat 12-1pm
2760 E. Dublin-Granville Rd, Columbus 43231	Fri. 7-8pm
Hilliard: 5100 Nike Dr, Hilliard, Ohio 43026	Sat. 12-1pm

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

Oriental Martial Arts College (Since 1971)
WOMEN SELF DEFENSE
- Convinient locations near you -



Self Defense

Avoiding, Defending, Escaping, Controlling

Physical Fitness

Health & Fitness, Stamina, Endurance, Speed, Power

Mental Fitness

Confidence, Awareness, Tension Release

Patience, Fun, Relax, Happiness



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