

BEE SAFE MANCHESTER

SELF-DEFENCE SYSTEM



FOUNDATION KIDS - COURSE SYLLABUS

Below you will find a list of skills, techniques and knowledge, which your child will be asked to show in order to successfully complete the Bee Safe Foundation Kids Course and advance into the Elementary 1 Course.

The Foundation Course Kids is equivalent to the Taijitsu white belt with yellow tab. Average course length are 12 training sessions.

TECHNIQUE	INTRODUCED	APPLIED
Boxing:		
- two combinations (strike and defend/ open hand techniques)	<input type="checkbox"/>	<input type="checkbox"/>
- against a pad and with a partner	<input type="checkbox"/>	<input type="checkbox"/>
Mat Work:		
- Breakfalls from kneeling position: front/back, sideways (both sides), forward/backward roll	<input type="checkbox"/>	<input type="checkbox"/>
Scenario Training:		
- "Fence" and "Stop"	<input type="checkbox"/>	<input type="checkbox"/>
- Body language and voice projection	<input type="checkbox"/>	<input type="checkbox"/>
Basic Techniques:		
- Kicks: Snap Kick, Knee, Roundhouse à thigh height	<input type="checkbox"/>	<input type="checkbox"/>
- Stances: Boxer Stance – move backwards, forwards, sideways/ power stances into front stance with a strike	<input type="checkbox"/>	<input type="checkbox"/>
- Strikes: Push, Slap	<input type="checkbox"/>	<input type="checkbox"/>
- Blocks: Fence, Gate, slapping block, head cover	<input type="checkbox"/>	<input type="checkbox"/>