

BEE SAFE MANCHESTER

SELF-DEFENCE SYSTEM



FOUNDATION COURSE SYLLABUS

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

Student Name _____

TECHNIQUE	INTRODUCED	APPLIED
Boxer Stance and Movement Application/Drills	<input type="checkbox"/>	<input type="checkbox"/>
Non-aggressive defensive guard (Fence) into (Gate)	<input type="checkbox"/>	<input type="checkbox"/>
2x Boxing Drills (with blocks)	<input type="checkbox"/>	<input type="checkbox"/>
Strikes above the waist (elbow, scratch, hammer, palm)	<input type="checkbox"/>	<input type="checkbox"/>
Strikes below the waist (knees, round-house, push, snap, step)	<input type="checkbox"/>	<input type="checkbox"/>
Scenario Training: 2-person display	<input type="checkbox"/>	<input type="checkbox"/>
Front Breakfall + Forward Roll	<input type="checkbox"/>	<input type="checkbox"/>

KNOWLEDGE	INTRODUCED	EXPLAINED BACK
The 4Ds of Self-Defence	<input type="checkbox"/>	<input type="checkbox"/>
Hard-to-soft/soft-to-hard and strike points	<input type="checkbox"/>	<input type="checkbox"/>
Colour Code and Spatial Awareness	<input type="checkbox"/>	<input type="checkbox"/>
Law around self-defence	<input type="checkbox"/>	<input type="checkbox"/>
Survival Training against Blades (S.T.A.B)	<input type="checkbox"/>	<input type="checkbox"/>
Survival Tactics against Blitz Attacks (S.T.A.B.A)	<input type="checkbox"/>	<input type="checkbox"/>

Estimated Course Duration: 12 training sessions of 60min

Comments
