

BEE SAFE MANCHESTER

SELF-DEFENCE SYSTEM



ELEMENTARY 1 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 Elementary 1 Course and advance into the Elementary 2 Course.

Student Name _____

TECHNIQUE	INTRODUCED	APPLIED
Improve two combinations from Foundation Level	<input type="checkbox"/>	<input type="checkbox"/>
Perform them stepping forward/backward/rotating	<input type="checkbox"/>	<input type="checkbox"/>
Breakfalls from standing (front/both sides)	<input type="checkbox"/>	<input type="checkbox"/>
Forward Roll + Backward Roll from standing	<input type="checkbox"/>	<input type="checkbox"/>
Throw: Rice Bale	<input type="checkbox"/>	<input type="checkbox"/>
Wristlock (apply against grabs to arms, lapel, throat)	<input type="checkbox"/>	<input type="checkbox"/>
Tennis Ball (Block/Strike/Grab)	<input type="checkbox"/>	<input type="checkbox"/>

TECHNIQUE	INTRODUCED	APPLIED
All kicks from Foundation at waist height with power and accuracy	<input type="checkbox"/>	<input type="checkbox"/>
Step Kick to Hip Extender / Check Roundhouse	<input type="checkbox"/>	<input type="checkbox"/>
Kicking Combination #1 with blocks	<input type="checkbox"/>	<input type="checkbox"/>
Power Stances	<input type="checkbox"/>	<input type="checkbox"/>
Drill Padwork	<input type="checkbox"/>	<input type="checkbox"/>
Self-Defence: Explain "Reasonable Force" with applications	<input type="checkbox"/>	<input type="checkbox"/>

Estimated Course Duration: 20 training sessions of 60min

Comments
