



# Self Protection Introduction Programme

Course No: DefInt2015001

Date:

Location:

Intro Program:

18:00 – 19:00	19:00 – 19:30	19:30 – 20:00	20:00 – 20:30
Introduction & domestics Course Overview:  Situation Awareness	Basic Stance Strikes Kicks Blocks	Introduction and Practice of only the approved 'low risk' Weapon Disarm	Pressure Test Exercise Summary  Course Ends.

