

Objective

The objective of this lesson is to introduce the student to the fundamentals of self-defense, including basic techniques and strategies, and to empower them with the knowledge and skills to protect themselves.

Materials and Prep

- Comfortable clothing for physical activities
- Clear space for movement
- Water bottle for hydration
- No prior knowledge or experience required

Activities

1. Warm-up exercises: Start the lesson with a series of warm-up exercises to prepare the body for physical activity. Include stretches, cardio exercises, and bodyweight movements.
2. Technique demonstration: Introduce and demonstrate basic self-defense techniques such as punches, kicks, blocks, and escapes. Break down each technique step by step and allow the student to practice alongside you.
3. Partner drills: Pair up the student with a family member or a friend and have them practice the techniques they learned in a controlled and safe manner. Encourage communication and emphasize the importance of respect and consent during practice.
4. Scenario-based role play: Create hypothetical self-defense scenarios and ask the student to role play different scenarios, applying the techniques they have learned. This will help them think critically and make quick decisions in potentially dangerous situations.
5. Cool-down and reflection: Finish the lesson with a cool-down session involving gentle stretching and relaxation exercises. Take a few minutes to reflect on the importance of self-defense, personal safety, and the student's experience during the lesson.

Talking Points

- "Self-defense is not about seeking fights, but rather about protecting yourself and staying safe in potentially dangerous situations."
- "Always be aware of your surroundings and trust your instincts. If something feels wrong or unsafe, remove yourself from the situation."
- "Effective self-defense techniques rely on proper technique and leverage, rather than brute strength."
- "Communication and assertiveness are essential skills in self-defense. Use your voice

confidently to set boundaries and deter potential attackers."

- "Remember that self-defense is a last resort. Whenever possible, try to de-escalate a situation or seek help from authorities."