



Teen Intro to the Martial Arts & Self Defense Workshop

The Goals of this session are four fold:

- Firstly to briefly introduce you to the Martial Arts, what they are, and which ones might be right for you
- Secondly to look at what Self Defense is, and what is happening with teens that makes it so important.
- Thirdly, to participate in a sample class going over basics as a start
- Lastly, to introduce you to simple self defense movements for various “typical” assault situations you may encounter.

The principles and techniques taught, based on the Martial Art of American Kenpo Karate, are simple and effective, and are characterized by the use of quick moves in rapid succession intended to overwhelm an opponent

Students of Kenpo Karate come from all walks of life. Age, sex, or natural abilities, is never a negative factor, anyone can learn these skills.



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Agenda

- **What are Martial Arts?**
 - So many to pick from!
- **What is Self Defense?**
 - More than the physical!
- **What is happening out there with Teens?**
- **Sensitive Targets & Basics**
 - Lets Take a sample Class
- **Hands on against:**
 - **Grabs**
 - **Chokes**
 - **Pushes**
 - **Hugs**
- **What if ...** - Open Q&A and other situations.



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What are Martial Arts?

- Numerous types of fighting arts, most (but not all) of which originated in Asia.
- Currently over 200 different kinds (Styles), but they share much in common with each other.
- Taken for multiple reasons; self-defense, physical fitness, mental discipline, and sports competition.
- Two main Types: Striking and Grappling
 - Common examples of Striking include; Karate (Japan), Tae Kwon Do (Korea), Kung Fu (China), Muay Thai (Thailand), and Boxing
 - Common examples of Grappling include; Judo, JuJitsu, and Aikido (Japan), Hapkido (Korea), and Wrestling
- Some focus exclusively on Weapons such as Escrima (Sticks) and Kendo (Sword)
- The most common found in the Raleigh area is Tae Kwon Do



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What is Self Defense?

Self-defense is;

- *Awareness Skills*
- *Assertiveness Skills*
- *Verbal Confrontation Skills*
- *And lastly, Physical techniques*

All of which enable you to successfully prevent, resist, escape, and ultimately survive a violent assault.

There is no such thing as
“Fair” in self defense!



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What's Happening out there with Teens?

Being a Teen has always been a challenging time, and even more so today.

Current nationwide statistics reflect that for teens ages 13 to 18, each year;

- 1 out of 8 (12%) is involved in a fight (1 in 6 for boys and 1 in 12 for girls)
- 1 out of 6 (16%) is “bullied”
- 1 out of 3 (33%) know of another teen who has had an incident of some kind

Odds are you will be impacted in some way during your teen years –Knowing when and how to “Stand Up for Yourself” is Key



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Targets - Where & How to Strike!


No matter how big or strong your attacker is, they all have the same weak spots. Remember though, there is no silver bullet / one strike wonder - your goal in self defense situations is to “tenaciously and continually” exploit these weak spots, and escape to safety!


- **Eyes** – If they can't see you, they can't chase you. Gouge or poke with anything you have; your *fingers*, your keys,
- **Throat** – If they can't breathe, they can't chase you (or much of anything else). *Chop or punch (half fist)* at their throat.
- **Foot (Instep) and Knees** – Each foot has 26 bones and 30 joints (the whole body only has 206 bones) - It's a real sensitive area! (*stomp or kick with your heel*)
- **Groin** – Strikes to the groin with your *foot, knee, or hand* will “catch” the assailant's attention and slow them down giving you a chance to escape
(*Note that this may not stop them, so be relentless!*)




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Typical Class Format / Content


 **Warm-up** – Each class starts with a number of warm-up and stretching exercises to prepare you to participate safely in the class.

 **Karate Basics** – All martial arts are based on sets of basic movements, blocks and strikes that can be compared to letters of the alphabet. The knowledge and combination of this alphabet of movements is what helps students progress in the art. These basic movements are divided into four main areas:

- Stances and Foot Movements
- Blocking
- Strikes (Punches, other Open Hand Strikes, and Elbows)
- Kicks

 **Forms (Katas)** - these are a combination of basic movements in an order that allows easy learning. They begin as a few simple movements strung together (the basics above), and increase in complexity as you advance. They help with memory and coordination, as well as providing an imaginary encounter with different opponents.

 **Self Defense Techniques** – The techniques consist of defined defensive and offensive movements aimed at different situations. Over time, you will blend and make their own techniques, and react instinctively in any given situation.

 **Karate Knowledge** – this is a small portion of the class, typically near the end, where we briefly review what we learned, some of the theory/science behind it, and learn a little about Martial Arts History.



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Typical Situations, and Hands On

Grabs

- Arm Grab - One and Two Hand - Front and rear
- Shoulder Grab - Front, side, and rear
- Hair Grab – Front and rear

Chokes

- Front
- Rear


Hugs (i.e. wrap around grabs/bear hugs)

- Front
- Rear
- Side (i.e. Head locks)

Pushes



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**DO NOT
BE AFRAID
TO DEFEND
YOURSELF**

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