

Practical Self Defence

[S002]

Objectives:

The training is practical and 'hands-on' and students are taught to use their natural weapons (fingers, palm, elbow, knees and feet) to eliminate the attacker by destroying their most vulnerable parts (eyes, nose (filtrum), throat and groin). The short theoretical overview covers the psychological, cognitive and physical dimensions. By developing these three dimensions, the individual achieves an effective ability in self defence. The legal aspects are also covered.

Structure: 2 half day contact teaching and practical exercising (9hrs), including an examination (1hr)

Content

- By the end of this training course the delegate will be able to:
- Identify attacker's most vulnerable parts
- Maintain good balance and defensive position, not confrontational
- Know and apply the 10 golden rules
- Evaluate dangerous situations and act correctly
- Attack a man-size self defence dummy and use natural weapons effectively
- Eliminate attacker by using element of surprise with accuracy, speed and impact
- Release from strong holds
- Correct action during hijack, armed robbery and knife attack
- Subject identification
- Emergency plan and code words for family protection
- Use of improvised weapons
- Role play and discussion of case studies

Entrance requirements:

No entry requirements. Priority will be given to those that enrol early. (Limited to 25 students)

Assessment:

1 Hour Examination

Accreditation:

Those attending will qualify for the GBSE Certificate of Attendance, as well as a Certificate from the Institute of Self Defence.

Schedules and venues:

See www.gbse.co.za for schedules or contact GBSE at info@gbse.co.za.

Current Schedule:

Saturdays starting 28 February 2009

(Schedules may change without prior notice)

Fee:

R750 (Excl) per adult, R650(Excl) Per child. Includes venue, course materia and Certification

Optional GBSE Business Toolkit: R800 (Excl)

Disclaimer:
A minimum of 12 students will be required for classes to proceed.

Course Registration Form

Personal Information

Surname		First Names		M	F
				Gender	
Maidens Name and/previous Surname		Date of Birth			
()	()	()	()		
Home Phone	Work Phone	Fax	Mobile		
Physical Address		Postal Address			
()		()			
Town, County	Postcode	Town, County	Postcode		
Email		Are you Physically disabled?		Y	N
Nationality		Home Language			

Academic History Information

High School Qualification	Highest Tertiary Qualification
Year Completed	Year Completed

Course Information & Payment

Course/Programme Name	Course Code	Commencement Date	Amount (inc VAT)
		Total	R

Payment Option 1: (Bank Deposit)

Account Name: The Global Business School of Entrepreneurship (Pty) Ltd
 Bank: ABSA
 Branch code: 630356
 Account no: 4071210917

VAT No. 4950250490

Payment Option 2: (Cheque)

Cheques should be made out to: The Global Business School of Entrepreneurship (Pty) Ltd

I Declare that all the particulars furnished by me on this form are true and correct, and I undertake to comply with the rule, regulations and decisions of the Business School of Entrepreneurship, and any amendments thereto, which may be applicable to students in general and to the field of study for which I am registered. I undertake to protect the copyright of the Business School of Entrepreneurship and under no circumstances to make the study material available for use by any other person.

Student's Signature

Date