

Warrior Women Self-Defense Course

CHAPTER 1: STANDING

Session 1: Base

- Moving in base.
- Defense against push and pull.
- Blocking an attacker.
- Breaking fall and standing up in base.
- Game: Under/over base battle.
- Review.

Session 2: Bear hugs

- Front bear hug: under arms.x2
- Front bear hug: over arms.
- Rear bear hug: under arms. x3
- Rear bear hug: over arms.
- Game: Close eyes and defend partner random bear hugs.
- Review.

Session 3: Punch defense

- The helmet.
- Helmet deployment drill.
- Moving in base and helmet.
- Punch defense against a wall.
- Review.

Session 4: Strikes standing

- Slap.
- Palm.
- Elbows. Front and backwards.
- Knees.
- Side kick. "Pisao".
- Head butt.
- Review.



Session 5: Wrist escapes and hair grab defense

- Standard escapes. x3
- Inverted escapes. x3
- Cross escapes and low inverted.
- Hair grab.
- Game: Escape your wrists from random holds.
- Review.

Session 6: Choke escapes - front and back.

- Front choke defense.
- Neutral rear choke escape.
- Pull back rear choke escape.
- Review.

Session 7: Wall defense

- Two hand choke. x2
- One hand choke.
- Shoulder pin.
- Review.

Session 8: Tackle defense

- Block and knee.
- Block and guillotine.
- Guillotine from guard.
- Review.

