

BTC Training (Africa)(Pty) Ltd

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TRAINING CENTRE: 9 Pickers Place, 33 Second Avenue, Alberton North

Practical Skills in Self-Defence

NQF Level 3

Credits: 2

Duration: 7 hours

Price on request (Max 20 delegates)

Target group: Any person who is exposed to the risk of an attack.
Any person who wishes to increase their skills in self-defence

Course outcomes: Learners will be able to exercise and demonstrate skills in self-defence. They will be able to demonstrate techniques to reduce the risk of injury, if attacked.

Course contents:

- ❖ Dimensions of Self-defense
- ❖ Self-defense and the Law
- ❖ Personal Combat Techniques
- ❖ Combat Attitude
- ❖ Attacking the Vulnerable Parts of the Body.
- ❖ Using the Body's Natural Weapons. Physical and Mental Preparedness
- ❖ Practical Demonstration and Skills Mastering

Support learning material

- ❖ Delegates notes
- ❖ Practical Exercises