



Defend Yourself

Mission Statement

Defend Yourself will provide a safe and friendly environment for students to learn basic life skills to keep themselves and their families safe.

My aim is to teach students how to neutralise a situation, enabling themselves to escape safely in a confrontational situation. But, if the unthinkable does happen then give them the confidence and ability to take responsibility for their own safety.

Ethics and Code of Behaviour

Self defence places emphasis on the development of the character of its participants and a code of behaviour is used together with the physical training so that technical skill, physical fitness and good behaviour become synonymous with self defence.

The code is based on a mutual respect of the instructor and participants and acknowledges that respect must be shown for seniority.

Participants of the **Defend Yourself** are expected to show the same respect for the society in which they live and for those who live in and administer that society.

Defend Yourself prides itself on its excellent standard of both teaching and training, to become proficient at self defence, it takes self discipline and hard training.

The rules are laid out for the benefit of all participants and parents of the participants. Please adhere to them.