

# Hapkido Brisbane



## Self Defence Course

[www.HapkidoBrisbane.com.au](http://www.HapkidoBrisbane.com.au)

Give Yourself a Fighting Chance

### **Self Defence Basics**

Students will be introduced to some basic Hapkido techniques for self defence. Of particular importance are the correct positioning of the body for meeting an attack and the ability to move freely without opening the defence. Students will also learn techniques for breaking a fall without injuring themselves, such as a fall from being pushed over and some basic techniques for deflecting a blow.

#### **1. Basic Footwork:**

Students will learn to assume the basic body stances used for self defence. In addition they will learn to change the direction of their defence. These exercises will also improve coordination, agility and speed.

#### **2. Falling Techniques:**

Various methods of falling without injury will be taught. These techniques are generally applicable to almost any circumstance in which one might fall over from an upright position.

#### **3. Blocking a Strike:**

Basic methods for warding off a blow, such as a punch, will be introduced and practiced.

#### **4. Escaping from a Wrist Grab:**

Students will learn some basic techniques for breaking away from an assailant who grips the wrist.

#### **5. Developing a Powerful Punch:**

Students will be shown the basic methods of striking an assailant with the fist. These will be practiced in a series of traditional exercises which are designed to help the student develop a fast, powerful fist strike. Additionally, these exercises will develop strength and endurance.

#### **6. Basic Kicks:**

A properly delivered kick is one of the most effective weapons against a bigger, stronger assailant. Students will be introduced to some of the basic kicks as used in the martial arts. Exercises will not only develop powerful kicks, but also provide improvement in balance, flexibility, and strength.

## Hapkido Brisbane



## Self Defence Course

[www.HapkidoBrisbane.com.au](http://www.HapkidoBrisbane.com.au)

Give Yourself a Fighting Chance

### **7. Defence against a Hand Strike:**

These are used firstly to deflect a fist strike and then to. With practice these become a reflexive action.

### **8. Throwing:**

This method uses an assailant's own momentum to throw him to the ground.

### **9. Kicking:**

This method uses evasion, but uses one of a variety of kicks to counterattack.

### **10. Countering a Wrist Grab:**

These techniques are used to counter a wrist grab from the assailant's opposite hand (eg: Right to Left).

### **11. Countering a Cross-hand Grab:**

These are used to counter a wrist grab to the same hand (eg: Right to Right).

### **12. Clothing Grabs from the Front:**

These techniques are used to take control of an assailant who grabs the clothing from the front, including sleeves, shoulder, collar or belt.

### **13. Clothing Grabs from Behind:**

These techniques are used to take control of an assailant who grabs the clothing from behind, including collar, belt or "bearhug".

### **14. Blocking Kicks:**

These techniques are used to counter a variety of kicks that are used in the martial arts. These are included because such kicks are well known and may be used by an assailant.

### **15. Defence Against a Knife Attack:**

These techniques are used to deflect a variety of knife attacks and deliver a counterattack, which may give an opportunity to escape.

### **16. Defence Against Attack with a Stick (or similar weapon):**

An attack with a stick (including a bat, or other similar weapon), may be deflected or avoided and followed by a counterattack.