

KRAV MAGA - SELF DEFENCE

FUN ACTIVITIES. SAFETY. AWARENESS. WELLBEING

- INTRODUCTION: YOUR SAFETY & SELF DEFENCE
- LEGAL PARAMETERS. REASONABLE FORCE

- CONFIDENCE, DEALING WITH STRESS, CALMNESS
- AWARENESS AND PREVENTION
- USING YOUR VOICE

- GENERAL FITNESS AND TEAM GAMES
- "THE TWO ANATOMIES" THE PERSON AND THE CONFLICT.
- BASIC DEFENCE TECHNIQUES



- FURTHER HEALTH INFORMATION:
 - NUTRITION AND MENTAL HEALTH BENEFITS
- MOTIVATION, FITNESS AND TEAM GAMES
- AWARENESS AND PREVENTION CONT'D:
- COMMON OBJECTS:
 - DISTRACTION AND USEFUL TOOLS (MOBILES ETC)
- WEAPON AWARENESS.
- BREATHING, MINDSETS AND FOCUS
- FURTHER DEFENSIVE SKILLS

ALL SESSIONS WILL INCLUDE

MENTAL HEALTH FITNESS ADDITIONAL COACHING & SUPPORT



- WHAT IS GOOD/BAD MENTAL HEALTH?
- TYPES OF STRESS: MANAGEMENT & UTILISATION
 - "THE STRESS CONTAINER"
 - COMMON MISCONCEPTIONS



- WHAT IS MENTAL HEALTH FIRST AID?
 - SIGNS & EARLY INTERVENTION
- SUPPORTING YOURSELF & COLLEAGUES
 - THE WELLBEING CHECK-UP

- BREAKING STIGMAS & THE NEED FOR EDUCATION
- WORKING WITH THE NHS & THE MET POLICE
- C.A.L.M, THE SIDES OF MARCH, PROJECT 84 & ITV
- HOW WE GOT A SPECIALIST NEW MP
- WHAT YOU CAN DO



- GENERAL HEALTH
- SLEEP, DIET, ACTIVITY, CHALLENGE
- EXERCISE & EVERYDAY WORKOUT HACKS
- STRESS-BUSTING TECHNIQUES & ACTIVITIES
- CREATIVE & MINDFUL ZONES
- OPENNESS & SAFE SPACES

