

MODULE 4-WEEK 1

KIDS’ SELF-DEFENSE

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WEEK 1-CLASS 1

SELF-DEFENSE DISCUSSION

1. [What is Self-Defense?](#)

2. Self-Defense may be necessary when someone makes you:

3. Uncomfortable

4. Afraid, fearful

5. Uneasy, creepy

6. Threatened

TEACH

1. [Ready Stance](#)

2. [Distance Control](#)

3. [How to Push](#)

REVIEW

(Emphasize this is not a sport it’s survival.)

1. [Strikes Overview](#)

2. [Hammer Fist](#)

3. [Knee Strike](#)

4. [Elbow Strikes](#)

ESCAPES

1. [Wrist Escape](#)

Form two lines facing each other. Each side does a wrist grab. One line then shifts one person to the right. Escape. Repeat.

DRILL

1. [The Grind Kids](#)

SCENARIO

1. [Overview and Low Anchor](#)

2. [High Anchor](#)

WEEK 1-CLASS 2

SELF-DEFENSE DISCUSSION

3 [Types of Bad Guy](#)

WARMUP

Kids’ [Grind](#)

REVIEW

(THEY WILL KNOW THESE BUT EMPHASIZE THIS IS NOT A SPORT IT’S SURVIVAL.)

1. [Strikes Overview](#)

2. [Hammer Fist](#)

3. [Knee Strike](#)

4. [Elbow Strikes](#)

5. [Low](#) and [High](#) Anchors

TEACH

Thumb Strike

DRILL

1. [Wrist Escape](#)

2. [Kids Kidnapping 1](#)

3. [Kid’s Kidnapping 2](#)

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