



WORLD AIKIDO-YOGA



Self-Defence Considerations

World Aikido-Yoga

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Self-Defence Considerations

1. Litigation

- You must prove that the force used was appropriate to the threat
- What is "reasonable force" ?

2. Retaliation

- Future physical retaliation by other person(s)
- Future physiological retaliation by other person(s)

3. Living with the consequences of your actions...

4. Weapons

- Defence against weapons
- Use of weapons and objects.

5. Alternative strategies to brute force

- Aikido / non impact techniques
- Flashlight & Spray
- Negotiation
- Running, yelling
- etc. etc

Risk Management: Strategies to minimize risk

- Expect the best from people *BUT plan for the worst case scenario...*
 - » Where to party
 - » Use of alcohol: You and others !
 - » Train station / public place awareness
 - » Better locks and windows

- Like flying an airplane... enjoy the view / journey *BUT always...*
 - » Start with a plan
 - » Get skills / training
 - » Know the risks
 - » Tell someone where you are going and when you will arrive/return
 - » Stay aware, and keep an eye open for emergency landing sights at all times
 - » 24 hours between “bottle and throttle” !

Skills for life...

- Get the most out of your martial arts training:
 - » You have 400% more chance of getting injured / dying in a car accident... so be realistic about where you invest your time when upgrading your skills.
 - » You drive everyday, but how often will you get attacked?
 - » You communicate everyday, so improve your awareness & listening skills !
 - » You are a mother, father brother, sister, friend etc. everyday: therefore you have a much greater opportunity to utilize the skills learnt in martial-arts training in normal everyday interactions.

- You can use your martial-arts skills to improve your:
 - » Parenting skills
 - » Relationships
 - » Conflict resolution skills
 - » Breathing
 - » Posture
 - » Awareness
 - » Health & vitality
 - » Understanding of yourself
 - » Understanding of others
 - » Etc. etc. etc...

Now... to actual self-defence !

- Physical conditioning
- Physiological conditioning
- Effective / decisive technique to disable or neutralize attacker(s)
 - (or will you just make them more angry !)
- No two situations are the same
 - Therefore you need a set of principles & strategies that can be applied to an unlimited set of circumstances, not simply given a limited set of techniques.
- Ability to protect loved ones (i.e. body guard skills)
- Standing vs grappling, hitting & kicking, pre-emptive strikes
- Use what is available
 - Coins, belt, watch, pen, flashlight
 - Walking stick, shoes, etc, etc, etc.
- Multiple vs single person attacker/defender scenarios:
 - Single or multiple attackers
 - Single or multiple defenders
 - Friends / by-standers etc.

Any questions ?



OK then... lets start training...!

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