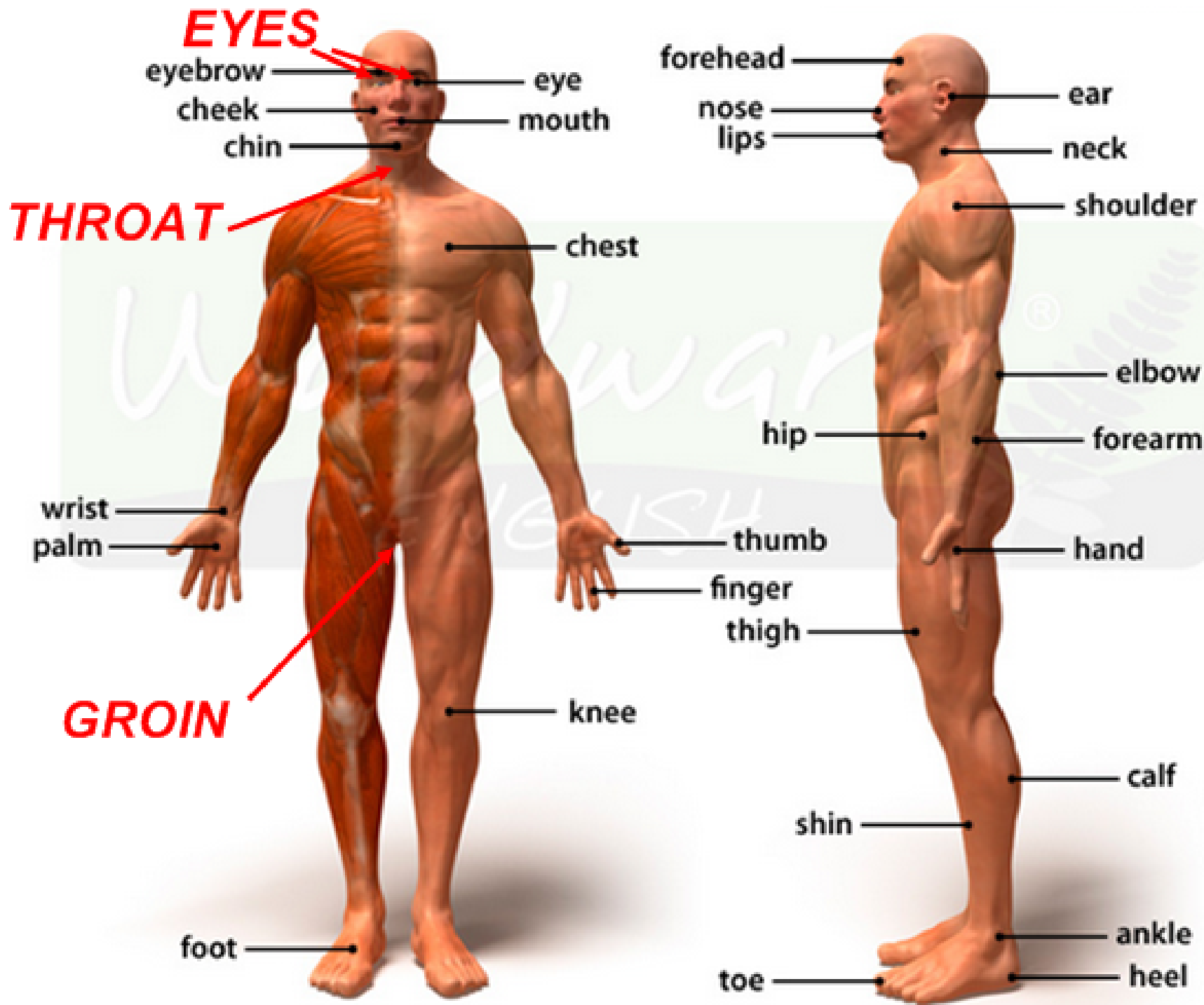


SELF-DEFENCE WORKSHOP

INTRODUCTORY INFORMATION



Google Immagini
Italia



parts of the body

SLOW (AND SILENT!) RUN

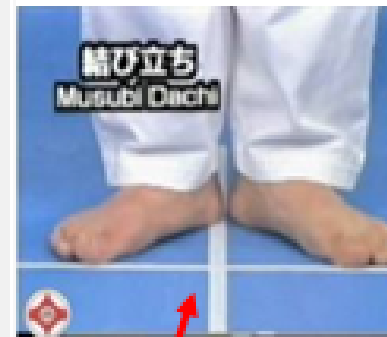
WARM-UP

OPENING CEREMONY

OPENING CEREMONY

MUSUBI DACHI

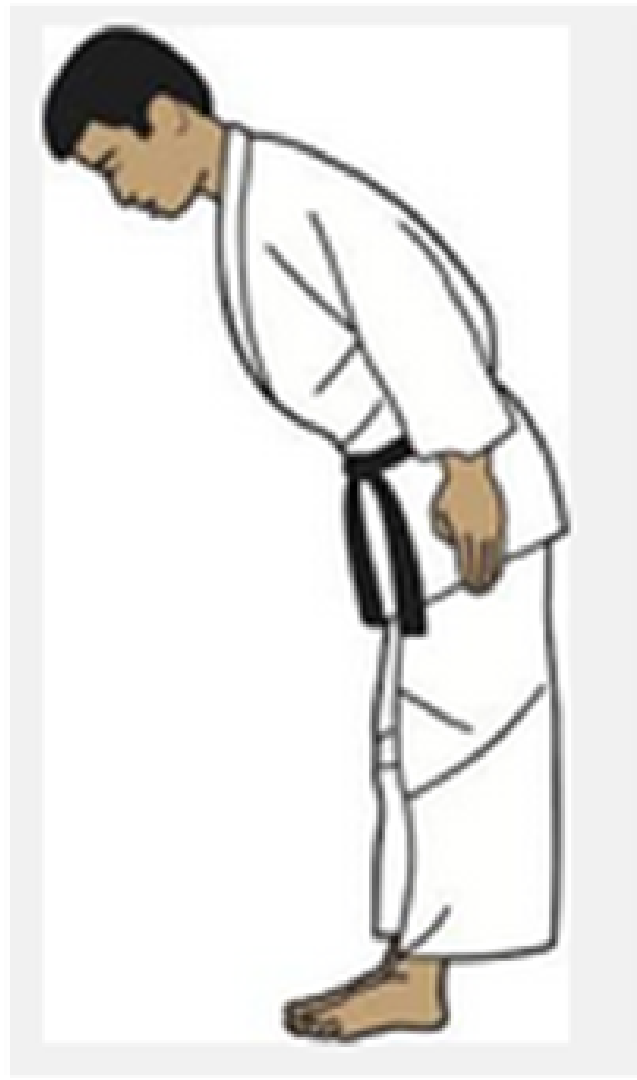
(Informal Attention Stance)



toes out

Rei!

(= BOW TO EACH OTHER!)



AWARENESS



pay attention to
what happens
around you!

SELF-DEFENCE IS NOT ABOUT
FIGHTING

SELF-DEFENCE IS ABOUT
HOW TO
AVOID PROBLEMS!

AVOID ←

**SITUATIONS AND PEOPLE
THAT COULD BE
POTENTIALLY DANGEROUS!**

SAFE \neq **DANGEROUS**

not possible?



NOT TOO PASSIVE

AND

NOT TOO AGGRESSIVE :

CONFIDENT AND DETERMINED

BREATHING

breath in ... and breath out!

