

**EAST COUNTY BUDOKAI**  
**Aikido**  
2782-E Sweetwater Springs Blvd., Spring Valley, CA 91977

**WEEKLY SEMINAR SYLLABUS**

**1. Introduction and Briefing re: Self-Defense for Women**

- a. Warm Up/Stretch
- b. What Self Defense IS and IS NOT
  - i. Basic Information re: Violence Against Women
  - ii. Intimate Partner Violence
- c. Basic Movement/Evasion
  - i. Watch your opponents chest/neck area
  - ii. "Broaden" your vision
  - iii. Maintain a good "reactionary gap"
  - iv. Keep your hands in the center of your body
- d. Introduction to Blocking/Striking
  - i. Blocking is really DEFLECTING
  - ii. Always PROTECT YOUR CENTERLINE
  - iii. Strike with strong weapons to *weak* targets

**2. Basic Striking Drills**

- a. Warm Up/Stretch
- b. Movement/Evasion Review
- c. Palm Heel Strike
  - i. *Palm Heel Targeting – nose, point of chin, groin*
  - ii. *Use the HEEL of the palm – not the middle of the hand*
- d. Making a proper "Hammer" fist
  - i. *Hammer Fist Targeting – nose, jaw bone, groin*
  - ii. *Close your thumb OVER your fingers – not vice-versa*
- e. Elbow Strike
  - i. Front
  - ii. Side
  - iii. Rear

**3. Basic Kicking Drills**

- a. Warm Up/Stretch
- b. Movement/Evasion Review
- c. Blocking/Striking Review
- d. Low-Line Kick/Stomp
  - i. Front
  - ii. Side
- e. Front Knee Strike
- f. Low-Line Rear "Mule" Kick
- g. Combinations
  - i. Move-Block-Strike
  - ii. Use angles to unbalance/expose your opponent

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**4. Fighting from the Ground**

- a. Warm Up/Stretch
- b. Stand-Up Fighting Review
- c. How to Get to the Ground Safely
  - i. Do NOT go to the ground unless you have to
  - ii. Basic Position & What NOT to do – Lie Flat on Back
  - iii. “Tracking your Opponent”
- d. Use Feet, Knees, Elbows – Destroy the Opponent’s Base
- e. How To Get Up – “Hands Down, Skip Back” to open distance
- f. Guard Position/Bridge (*Demo Only*)

**5. Escapes/Releases from Holds**

- a. Warm Up/Stretch
- b. Stand-Up Fighting Review
- c. Ground Fighting Review
- d. Two-Hand “Monster” Choke/Front & Rear Shoulder Grab
  - i. *Two Arm Raise/Spin (combo to hammer or elbow strike)*
  - ii. *Palm Heel Thrust (from rear shoulder grab)*
- e. Single/Double Wrist Grab
  - i. *Break Away (“Pivot & Rip” Escape)*
  - ii. *Nikkajo (Wrist Pinch Escape and/or Trap)*
- f. Headlock (time permitting)

**6. Applications (with the men as assailants)**

- a. Warm Up/Stretch
- b. Stand-Up Fighting Review
- c. Ground Fighting Review
- d. Force-on-Force Scenarios (Role Playing)