



SELF DEFENCE CLUB OCTOBER 2014

Self-Defence Club has ran for 4 weeks since the October Holidays.

The aims of this club were;

Young people will learn techniques used in Self-Defence.

Young people will gain confidence from learning a useful life skill.

Young people will develop interpersonal skills and work together through the activities involved in this club.

Attendance was steady in the club. It was disrupted by other events such as Bonfire Night but the young people who did attend throughout the four weeks engaged well with the activities that Craig, who came in to run the course, set out for them.

They covered how to adopt a fighting stance, how to transfer their weight when punching and kicking, and various types of kicks that would be effective to use when defending themselves.

It was great to see the young people interacting and learning together. A lot of the activities involved working in pairs or small groups and the young

people had to work together for everyone in the group to learn. Therefore teamwork and good interpersonal skills were essential and it was pleasing to see the young people get on well with each other. Also, not only were the youth workers helping the younger members of the club to learn the skills but older young people in the group helped out in this respect too.

It was lovely to see everyone helping the 5 and 6 year olds to take vital steps in learning how to protect themselves.

We will be running this course again next year. While we do not condone fighting it is important for young people to properly learn from a young age the skills needed to defend themselves should they be attacked in the street, at school or in other social situations. This club teaches them that and it is therefore an important part of our youth calendar.

