



## SELF DEFENCE CLUB WINTER 2015

Self Defence Club ran for 4 weeks in October and November 2015. This is one of our most popular clubs of the year with it being such a specialized theme.

We have an instructor, Kyle, who is qualified as a Mixed Martial Arts (MMA) coach. He regularly runs courses with young people of various ages so was well placed to teach our youth club. When we run clubs like these with an instructor it is intended as an introductory course to the sport/activity, therefore the sort of activities we were participating in were basic punches and kicks with pads and gloves.

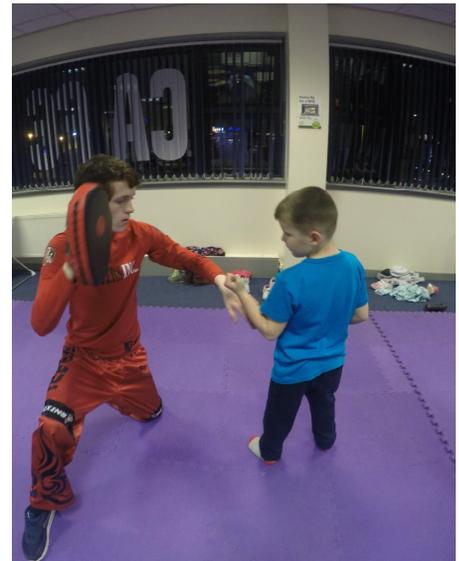
The youth workers and Kyle worked with young people in groups to teach them the simple rules of self defence. This is a vital life skill that could come in useful at any time.

"Charlie engaged very well with Self Defence Club. He enjoyed the challenge of being shown a kick, block, or punch, and then working at it repeatedly to get it just right. At the end he was tired but happy with the session"

"Alexie was very excitable throughout the session today. While sometimes this would become an issue at youth club the self defence techniques we

were doing tonight, flying punches and roundhouse kicks, meant that being excitable was good for the session. She was eager to show her mother when she arrived to pick her up what she had learnt"

"Matthew excelled in self defence across the 4 weeks that the club ran for. Kyle, our instructor, was impressed with how quickly Matthew picked up the base techniques and was able to progress on to more advanced kicks and blocks in the 3rd and 4th week. He asked at the end when we would be doing self defence again and was eager to learn more"



Attendances were good as expected for a popular club such as this. The young people enjoyed spending time on this activity with their friends. There is a certain level of trust that has to be there before young people take part in an activity such as this and I'm glad to say it was certainly there among those who attend over the weeks of this club. We will definitely be looking to run Self Defence Club again next year with both this age group (5-9 years old) and possibly older groups as well.