

SELF AWARENESS WORKSHOP

SELF DEFENCE, ASSERTIVENESS &



EDUCATION - CONFIDENCE - RESPONSE

A workshop designed to look at issues specifically facing women and girls in the UK

REDKITE SELF AWARENESS WORKSHOPS

BUILDING *SELF-ESTEEM* THROUGH KNOWLEDGE AND FITNESS

THERE'S NOTHING more empowering than knowledge. Family beliefs, cultural and social experiences/understanding often shape our idea of what is 'OK' and what isn't 'OK'. Sometimes, what you think is 'normal' behaviour may be just that for the individual but when looking from a different perspective, what's 'OK' can be something totally different. What type of behaviours are acceptable and what aren't and how much do people know about defending themselves in situations that may take a turn for the worse?

Many people will be lucky enough to go through life without experiencing any serious negative physical or emotional abuse but people generate new relationships all the time and any new relationship can bring many happy times but sometimes some confusing or upsetting times as well. Cultures and societies have generated rules and principles that can make things a little more challenging to the modern-day woman. Whilst the UK is highly advanced in promoting equality in women's issues and opportunities are available to so many, there are still steps to be taken to assure women can live safely and to their full potential. We feel there's no better way to encourage this than learning about this yourself.

Redkite offer a three hour workshop (approx) the majority of which focuses on simple defence techniques whilst covering explanations of minimal force and what that means with regards to defending yourself. We also cover issues such as domestic violence, self respect and social media pressures for young women and girls.

Though the topic is serious, we aim to ensure that the participants have fun, feel comfortable and able to debate and discuss the issues whilst getting involved in some simple yet effective defence moves.

THE WORKSHOP is aimed at women and girls from the age of 11 with no upper limit. The techniques can be altered to cater for people with disabilities or physical limitations so anybody who wants to join in, can do. Though the course is specifically aimed at women it could also be delivered to mixed groups as much of the information shared would be relevant to both genders. We are happy to discuss your thoughts and try and work out a way to deliver a programme that suits the needs of your specific group.

Understanding What's OK and What Isn't

Some issues for debate:

- Is having your bum pinched in a Night Club by a stranger OK?
- Is it OK for your partner to tell you what you should wear?
- Is it your duty to have sex with your partner/husband/wife?
- Is it OK to send your partner sexy pictures of yourself for fun?
- Your mum/dad scares you when they get mad with you and smashes things up but doesn't hit you anymore. Is that domestic abuse?
- I want a job but my partner won't let me. Is that domestic abuse?



WHAT'S INVOLVED?



THE WORKSHOP can take place at The Redkite Muaythai & Fitness Studio or in another suitable venue of your choice. Maybe at your school, college, University or work place. (Studio access is via several flights of stairs and disabled access is restricted so where there are limitations with regards to stairs, an alternative venue would be more suitable.)

THE WORKSHOP SCHEDULE

Welcome & Introductions

- The main purpose of the course isn't to be able to make everyone 'ninjas' in 3 hours but to discuss assertiveness, what behaviours are OK and what aren't OK to accept as a woman, to encourage fitness and confidence, self respect and to look at some ways to defend yourself if necessary and whilst doing so, looking at what is reasonable force.

DEBATE : *Using Common Sense*

: Self Respect

: Assault

- What constitutes assault?
- What constitutes Sexual Assault?

: Domestic Abuse

- What constitutes domestic violence? Physical abuse, emotional abuse. Controlling behaviour.
- Who can perpetrate Domestic Abuse?
- Is there anything that can make abusive behaviour OK?

PHYSICAL : *Good Places to Strike*

: Parts of your body to use for effective strikes

: Applying the striking techniques to the 'good places to strike'

: Places people may grab

: Breakout Techniques

: Questions



ABOUT REDKITE

THE REDKITE SCHOOL OF THAI & KICKBOXING has been teaching people the art of Muaythai since 2007. The company is owned and run by Rachel Joyner who's been training in Muaythai since 1999. She previously worked for the Probation Service and Young Peoples services where she worked directly with people with varying degrees of behavioural issues and also delivered Accredited Group Sessions to adult offenders.

As the gym has become more successful, Rachel has looked to expand the facilities and content of what the club has to offer by introducing workshops specifically linking her passions, previous elements of her work experience along with her love of health, fitness and mental and physical well being. She has looked at issues that currently affect people on a daily basis and is endeavoring to develop programmes and workshops that can help people feel physically and emotionally at their best.

Other workshops currently being put together include:

- Consent Workshop
- How to Enjoy Social Media Safely
- Thinking Skills
- Conflict Management

PRICES

Prices will vary depending on where the workshop takes place. Workshops at the studio will cost £200.00 (max 20 people though larger numbers can be catered for. Please contact to discuss). Workshops in Preston will include an extra fee for transportation of equipment. Workshops outside of Preston will also need to pay travel expenses.

Please get in touch to get a quote. We'll always try to accommodate people based on their budget and can adapt the workshop to meet your needs.

TESTIMONIALS

"Rachel and Alice were brilliant. Very well prepared seminar. Great idea to include the domestic abuse side of it too."

"A very constructive day and I feel that it is useful for everyone to learn a basic level of self-defence. I will recommend to others. I would like to say a big thank you for organising this event which was both very useful and enjoyable. Well done!"



Studio Address:

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