

Self Defense for Women



OSALP 2009 Open Enrolment Course



This highly interactive **One-day Seminar** gives hands-on knowledge of **Self-Defense** needed by all women today.

A must do for women of all age brackets. Equally essential for working women & homemakers

OSALP International professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organization.

- ◆ **Research** Latest concepts, tools, techniques, tried and tested methods
- ◆ **Trainers** Highest standard of dynamic trainers with cross-industry experience
- ◆ **Applicability** Training relevant to your needs and your workplace
- ◆ **Interactive** Just the right number of participants with group exercises, role-plays and feedback
- ◆ **Action** Planning, implementation and follow-up
- ◆ **Documentation** Comprehensive supporting notes and further reading material

Self Defense for Women: 1 day course

Self-Defense is a way of protecting yourself against a person, or persons, who is intent on causing you harm by hurting you or stealing from you. OSALP offers a comprehensive program including an emphasis on non-physical skills. As our lives may someday depend on our training, we should make sure that our training provides us with the necessary skills to not only survive but to win!

The Course

- ◆ The Myth about Self Defense
- ◆ Self-Defense defined & explained
- ◆ The principles of A.P.A.P.
- ◆ Self-Defense In the vehicle
- ◆ Sexual Harassment
- ◆ Rape
- ◆ Domestic abuse (Physical & Sexual)
- ◆ Basic Self-Defense Moves
- ◆ Your personal Self-Defense Kit
- ◆ Your Rights

This course is conducted by a Female Trainer

What will you learn?

- ◆ To be aware of potentially threatening situations e.g. Time, locality etc. & thus avoid attack
- ◆ To be able to detect possible violent situations and dealing with them before they turn violent.
- ◆ How to analyze violent situations and then reverse-engineer
- ◆ To avoid becoming a victim
- ◆ How to use body parts, other objects in the environment as well as using the voice as a weapon in order to avoid an assault.
- ◆ How to project a confident look to avoid attack altogether
- ◆ The importance of psychological and analytical skills
- ◆ The fact that Physical Skills come at the end of all Self-Defense Skills
- ◆ How to use Verbal & Physical resistance to your advantage
- ◆ The correct way to call for help in case of attack
- ◆ Case scenarios would make you feel more well-prepared and confident.



Who Should Attend

- ◆ All working women and home makers

Registration

Please contact **Sara Kalsoom**,
Facilitator Corporate Services with participants' details:

- ◆ Email: sara@osalp.com.pk
- ◆ Phone: 042-660 1495, 042-6610391 -5
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-6610396

Date 2009

- ◆ 19th Mar Thu Lahore
- ◆ 17th Sep Wed Islamabad

Course Fee

- ◆ **Course fee = Rupees 10,000/Person**
- ◆ Course fee is inclusive of training booklets, lunches, teas, home assignments and training certificates
- ◆ We offer group package rates for more than 2 participants from the same organization

This Training In your Company

If you have a number of delegates with similar training needs, OSALP International also offers cost-effective in-house or on-site training solutions. The course can be tailor-made to suit your specific needs.