Day one Programme- Saturday 23rd Sunday 24th, September2023.

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| **Time** | **Details** | **Notes** |
| Session 18.00 – 9.00 | Introductions / Theory ITFNZ self-defence handbook. | Power point/ role play, concepts. (de-escalation). |
|  Session 29.00-10.30 | Composition of Taekwon Do  | Turning Theory into application. Preparation mind body attacking tools. / Body movement. |
| Break |  |  |
|  Session 311.00  | Fundamental, applications  | Patterns/ expanding applications. close quarter combat. |
| Session 3 continued 12.00-1.30 |  Self-defence syllabus  | Note individuals plan to practice Flinch mode. |
| **lunch** |  |  |
| Session 42.00-4.30 | Knife /stick defence/ ground techniques  | Will need mats and props. |
| Q&A Day one |  summary  | Questions  |
| **Day 2** |  |  |
| Session 59.00-10.30. | Close quarter self-defence concepts for self-learning. take downs restraints. Close quarter concepts. | Developing self-protective responses and rationale for individuals to practice/ practical role plays (Practical, only TKD).  |
| **Break** |  |  |
| Session 611.00-12.30  | Dallyon. self-defence fundamentals. Impact theories  | Patterns, conditioning, reflecting the composition of TKD (Self Defence) |
| break |  |  |
| Session 71.00 | Leave with a plan for developing your self-defencePutting it all together for your next grade. |  |
| Lunch  | Finish |  |
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Note: the timetable is a guide, some sessions will require a more intensive warm up than others.