

BRAINTREE AIKI BUDO KAI

SELF DEFENCE COURSE

A 5 week course, every Tuesday 7pm to 9pm 15 February to 15 March 2022

BABK Dojo, Braintree Recreation Ground,
John Ray Street, CM7 9DZ

**Contact us for more details and to
book a space-** Babkbraintree@aol.com

This is not a martial arts course, and we won't be trying to teach you Aikido dressed up as self defence

This is a 5 week course that will be approximately 1/3 theory and 2/3 practical

The theory will cover self defence law, spatial awareness, alert state, and importantly, disengagement

The practical training will cover striking practice and defenses against common attacks

QUESTIONS AND ANSWERS

I'VE NEVER BEEN ATTACKED, WHY SHOULD I TAKE THIS COURSE?

That's great. No-one wants to be attacked and maybe you are using some of the theory already, but it can only enhance your confidence and increase your toolbox of methods by attending the course

I HAVE BEEN ATTACKED AND I FROZE, WILL THIS COURSE HELP?

Yes, we've all heard of the fight or flight reaction, but there is another reaction- the freeze. This course will help you to overcome that reaction by recognizing early warning signs in yourself.

HOW MUCH DOES IT COST?

Simple- £50. That's £5 an hour for knowledge that might save your life.

ARE THERE ANY OTHER COSTS?

No, that's it £50. All the instructors are volunteers and the £50 pays for your insurance and dojo running

DO I HAVE TO BUY EQUIPMENT OR CLOTHING?

No, all equipment will be provided. Wear normal loose fitting, preferably without large buckles, zips or cords.

WILL YOU KEEP BADGERING ME ABOUT JOINING THE AIKIDO CLUB?

No, this is a self-defence course, not a back-door way to get you to join the Aikido classes- but if you want to we can give you that information too.

WILL YOU KEEP BADGERING ME WITH OTHER MARKETING?

No, but we will inform you of an annual 2 week refresher to let you practice your practical skills and notify you of any legal updates