

2021

PERSONAL SAFETY COURSE



INTRODUCTION

Welcome to the Chow Wing Kune Do Kung Fu Academy. Our school has been around for over 35 years in Australia founded by Master El Dacosta in the early 70's. CWKD system combines the style of Wing Chun and Chow Gar of kung fu as well as incorporating Ju-Jitsu, Boxing, Tae Kwon Do, Grappling and Kickboxing.

Kung Fu is a Chinese term referring to any study, learning or practice that requires patience, energy and time to complete, often used in the west to refer to Chinese Martial Arts, also known as Wushu which is the correct term used for Martial Arts by the Chinese community.

The art of Ju-Jitsu is growing across Australia and around the world. This will help in the development of relations and friendships within the Australian Communities to Promote confidence, self-development, team building, respect and positive behaviour and most of all the Self Protection. I believe that through the sports of JU-JITSU all this can be achieved and more. We have the experience, knowledge and resource to incorporate this in collaboration to all members of the community.

Importantly this is a unique sport that develops the understanding of the martial arts bringing an understanding that it's not a tool for violence but a tool for one-selves development, creating confidence and ability to grow as a person. Ju-Jitsu is described as a chess game in combat situations this means that Ju-Jitsu builds mental stimulation combining this with the physical training it enhances the participants self-esteem, building a positive character to keep learning and seek higher level of achievements including in their own studies and education.

Kickboxing is a stand up combat sport based on kicking and punching, historically developed from Karate mixed with Boxing. Kickboxing is practiced for self-defence, general fitness also as a contact sport.

Kickboxing was brought to prominence in the 1970's, when the Professional Karate Association held the first World Championships. Since the 1990s, kickboxing has contributed to the emergence of Mixed Martial Arts via further hybridization with ground fighting techniques from Ju-Jitsu.

Martial Arts though mostly seen as a fighting sport in modern times is actually a Lifestyle, its various Skills accumulated, Fitness achieved, Mental awareness attained are all used in day to day living, from controlling stress to managing difficult situations, to enjoying life with family and friends, to developing a prosperous career in any field or industry. The training in CWKD Kung Fu gives you the 'backbone' to managing your Life in a Positive and Stimulating Way.

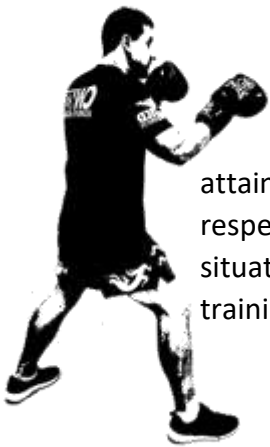


INSTRUCTORS



Head Instructor is ***Sifu Donco Jakovski***, with over 30years' experience in Martial Arts including training, coaching, teaching and officiating. Has promoted competitions, tournaments and festivals. Completed many seminars with Martial Arts Legends such as Dan INOSANTO, Benny 'The Jet' URQUIDEZ, Jeff 'The Lethal Weapon' SPEAKMAN, Muay Thai USA Director and Muay Thai Champion Chai SIRASUTE as well as meeting Jackie CHAN, Samo HUNG, Richard NORTON, Wanderlei SILVA and other prominent actors and sports athletes. Has worked in the Security Industry for over 5 years having many confrontations with various types of people and circumstances.

Sifu Zaya ZAYA with over 30 years of martial arts experience on a National / International level holding multiple high level ranks in various Martial Arts disciplines such as Kung Fu, Karate, Kickboxing, Grappling, Pankration, MMA and Ju-Jitsu. A recognized director for a number of Internationally recognized Martial Arts sports such as Pankration, Ju-Jitsu, Kickboxing and MMA.



Instructor Anthony Gallizzi is a dedicated practitioner in Kick Boxing, attaining excellent achievements such as State and National Championships and the respect of his peers as well as bringing knowledge and experience with difficult situations and personal development thru his experience in his occupation and training history.



Personal Safety Course Outline

By no means does this course represent violence against others, there are many ways to protect yourself from harm or becoming a victim. Violence has always been the last form of action we need to take to survive a violent situation.

Now picture yourself in a street situation REALLY ASK YOUR SELF how much will you remember from training that's really going to help you ... This will happen because of PANIC and FEAR.

BUT...

In situations like this .. your body will remember what it has been practicing....

Hence the proverb –

“I **fear not** the man who has **practiced** 10,000 kicks once, but I **fear** the man who has **practiced** one kick 10,000 times.” – Bruce Lee

Personal Safety is not self-defence or fighting, it's not a sporting event, it's not a demonstration of fancy techniques, it's not what you see in the movies. Personal Safety is about surviving an unpleasant or aggressive situation and getting home safe.



Personal Safety in the real world is simple, to the point and effective. Basic techniques that are practiced and applied easily to the attacker. The mentality applied

We have levels of scenarios in Personal Safety

- 1 Out of Reach - when you or the aggressor cannot touch each other
- 2 Within Reach - when you or the aggressor can touch each other
- 3 Grappling - when you have been grabbed and/or wrestled to the ground

Factors

ATTACKERS PSYCH

The mental attitude of an attacker is to complete their goal of their intention towards you.

They are determined and in their mind have the end result. They will be focused on this, they will do all in their power to achieve this and the confidence within them that they can.

Most attackers would have in mind the type of person they will attack, planned where and when, the method in which they will execute the attack.

Some attackers are random and triggered at the point and no planning is made, they are just aggressive natured and a provocation either intentional or not intentional made.

Either type of attacker is dangerous and both have in common the determination to hurt , take advantage or take something personal of yours away.

You as the person of interest to them won't have time to determine which is what. This is not important at the time. You want to protect yourself and escape the situation without harm.



FEAR FACTOR

Fear is the feeling you get when you are facing uncertainty and the unknown. When you fill your mind with doubt and thoughts that you will get hurt and suffer pain.

This can be good and bad, all depending on how you use the FEAR!

It can motivate you to overcome your situation and be victorious or you can succumb and accept what is about to occur.

How to use FEAR to motivate ??? its like an energy source where the fear produces adrenaline, anxiety and nervousness, put it all together to energise and drive you to fight back, imagine your Bruce Banner and the fear turns you into the HULK !

MENTAL AWARENESS

A good habit to develop is to be aware of your surroundings. In our daily lives we find we have regular patterns, we travel a regular path, see the same objects, buildings and people, especially travelling to work and back. It's easy to become complacent.

Not to become paranoid but make observations of your surroundings each day, note any changes, especially any new people that appear and how often they appear, that is have they started going to work regularly or they just appear sporadically, are they looking around more than usual, do they seem out of place, etc



THOUGHT PROCESS

When under stress or being confronted our mind goes thru the worst thoughts it possibly can, panic and the good old fear of the unknown that is about to happen or not happen, thoughts of being hurt and pain.

This sub consciously puts us in a defeated status. We become tense, get tunnel vision, literally become stupid, we lose all sort of common sense.

The sub conscious is very strong in determining our attitude in circumstances that are out of our control.

With training in the Martial Arts you start to build a confidence and condition your sub conscious to not generate negative thoughts when being confronted or attacked. This will result in you being calm, focused and able to stand up to an attacker and/or resolve the situation without violence.

CONFRONTING AN ATTACKER

Once you start sensing that you could be attacked, see that an attack is about to happen or an aggressive situation about to unfold. You need to tell yourself that you are capable of dealing with this, you are stronger than you appear. Keep yourself focused, use the fear building inside to power you, look at your attacker in the eyes and show you will not be an easy target. Just the eye contact will throw most attackers off, they expect you to be scared and whimper. A standoff will make them reconsider their intention and if they can succeed. Most times this is enough for them to back off.

PERIPHERAL VISION AND EYE CONTACT

Eye contact for some is hard, it requires a certain level of confidence. Most people cannot look you in the eyes for too long. This is a greatly beneficial tool in confrontations. Literally it can diffuse an aggressive situation.

Now for the less confident people is where Peripheral vision comes into play to enable eye contact, coz tho appearing to look into their eyes you are actually looking past them. It has 2 benefits, one, your appearing to make eye contact hence making the attacker feel uncomfortable, two, you can see more of them such as hand movement etc giving you an early advantage if they do decide to strike.



PROJECTING CONFIDENCE

As previously mentioned, if you confront the attacker, face them, this automatically gives you a sense of confidence or at least appears to the attacker that you are confident.

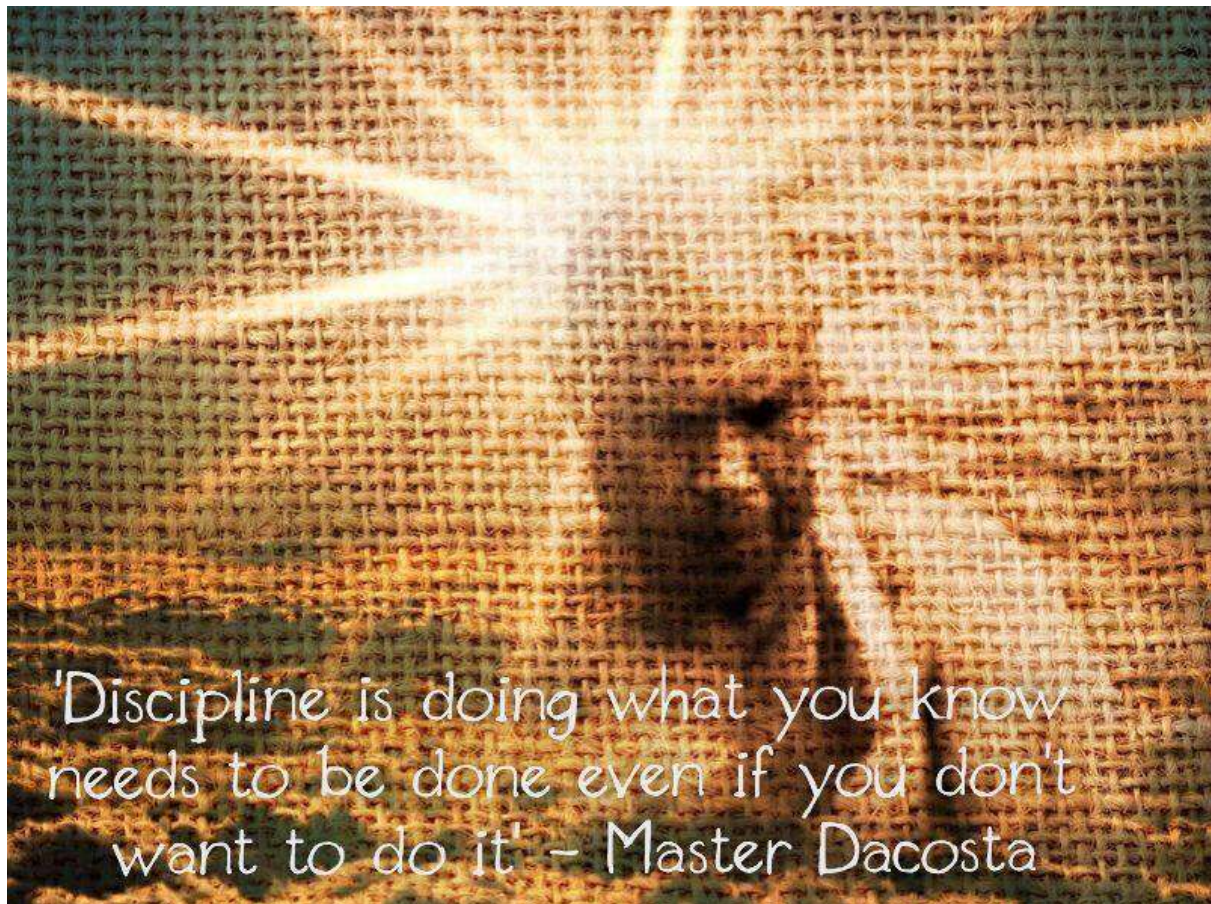
Keep the thought in your mind that you are capable of dealing with this situation, that you are stronger than you appear. This will project confidence.

STATURE AND SWITCH MODE

This relates more to training in the Martial Arts. Naturally when you train you will develop a certain stance that you automatically take up when being confronted and present to the attacker a strong and confident stature. Making the attacker feel they have taken on a task far bigger than they can handle.

Without training you can attain this stature thru positive affirmations in your mind.

The Switch mode is referred to you having a mental trigger that when you do this gesture you literally switch to a confident, strong, determined and positive opponent. This again is attained thru training and repeating this gesture whenever your about to face a difficult or confrontational situation. For example my gesture is clenching my hands into fists by my side.



Course Syllabus

Week 1

| | |
|--------------|--|
| Introduction | <ul style="list-style-type: none">- Background of CWKD Kung Fu Academy, Instructors- Course Outline |
| Analysis | <ul style="list-style-type: none">- of the above Factors |
| Exercise | <ul style="list-style-type: none">- Importance of keeping fit- Strength building- Stretching (basic) |
| Techniques | <ul style="list-style-type: none">- Basic kicks (front, side and Wing Chun kick)- Basic strikes (jab, hook, palm)- Basic blocks- Stances (fighting, horse and natural stance) |
| Ground Work | <ul style="list-style-type: none">- From the Ju-Jitsu syllabus |
| Defence | <ul style="list-style-type: none">- Basic deflection- Quick reaction |

Week 2

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|-------------|--|
| Exercises | <ul style="list-style-type: none">- Stretching- Strength building- Endurance |
| Overview | <ul style="list-style-type: none">- Basic strikes and kicks- Stances- Blocks |
| Techniques | <ul style="list-style-type: none">- Strikes (uppercut, open hand and elbow)- Kicks (roundhouse, thai kick)- Basic combinations |
| Defences | <ul style="list-style-type: none">- Revise previous defences- Against hand and arm grabs- Quick reaction and strike back |
| Ground Work | <ul style="list-style-type: none">- From the Ju-Jitsu syllabus |

Week 3

| | |
|-------------|--|
| Exercise | <ul style="list-style-type: none">- Stretching- Strength building- Core workouts |
| Overview | <ul style="list-style-type: none">- Techniques and Defences from previous weeks |
| Techniques | <ul style="list-style-type: none">- Intermediate kicks (outer crescent, jump front and sweep)- Intermediate strikes (back fist, Tiger and Flick)- Introducing Wing Chun Block- Kick boxing Combinations |
| Defences | <ul style="list-style-type: none">- Being pushed or pulled |
| Ground Work | <ul style="list-style-type: none">- from the Ju-Jitsu syllabus |

Week 4

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|-------------|--|
| Exercise | - Stretching |
| | - Strength building |
| | - Chi Kung internal energy |
| Overview | - Quick Quiz of Techniques and Defences |
| Techniques | - Short range strikes |
| | - Striking and pressure points |
| | - Attacking drills |
| Defences | - introduce items and accessories as weapons |
| | - Knife attacks |
| Ground Work | - from the Ju-Jitsu syllabus |

Week 5

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|-------------|---|
| Exercise | - warm up and stretching |
| | - Endurance (mind over body) |
| | - Exercises to push mental determination |
| Techniques | - Confronting attacker |
| | - Peripheral vision and looking in the eyes |
| | - Stature and 'switch' mode |
| | - Awareness and observation |
| | - Projecting confidence |
| Defences | - using surroundings and items/objects |
| | - small area defences ie. Pinned against wall |
| | - focus defending while being distracted eg noise |
| Ground Work | - from the Ju-Jitsu syllabus |

Week 6

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|-------------|--|
| Exercise | - Warm up and Stretching |
| | - Various exercises from previous weeks |
| Techniques | - Demonstrate confidence in a confrontation |
| | - Drill various Techniques from previous weeks |
| | - Insight to more advanced techniques |
| Defences | - Review of Defences |
| Ground Work | - from the Ju-Jitsu Syllabus |

Week 7

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|-------------|---|
| Exercise | - Stretching |
| | - Strength building |
| | - Core workouts |
| Defences | - Review of previous defences |
| Ground Work | - from the Ju-Jitsu syllabus |
| Scenario | - various scenarios where practiced defences can be applied |

Week 8

- | | |
|-------------|---|
| Exercise | - Stretching |
| | - Strength building |
| | - Core workouts |
| Defences | - Review of previous defences |
| Ground Work | - from the Ju-Jitsu syllabus |
| Scenario | - various scenarios where practiced defences can be applied |

Week 9

- | | |
|----------|---|
| Exercise | - Stretching |
| | - Lite Exercises |
| Defences | - Review of previous defences |
| Scenario | - various scenarios where practiced defences can be applied |

Presentation

NOTES

TCB JU-JITSU Syllabus

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|--|--|
| Clinch Control And Escapes | <ul style="list-style-type: none"> - basic clinch - clinch with wrist controls - muay-thai clinch |
| Takedowns And Takedown Defences and Perversions | <ul style="list-style-type: none"> - single leg takedown - double leg takedown - under arm throw - headlock throw - single leg to double leg - single leg from knees - double leg from knees - head lock takedown from knees - front bear hug take down - rear bear hug takedown - outside leg throw - inside leg sweep |
| Ground Work Control and Escapes | <ul style="list-style-type: none"> - top position control drill - mount - guard - side control - back control - scissor sweep from guard - hooking sweep from guard - side head lock control escape - half guard escape - butterfly guard escape |
| Submissions Applications Defences and Escapes | <ul style="list-style-type: none"> - arm bar from mount - arm bar from guard - side arm triangle choke - guillotine choke standing and from guard - figure four from mount - figure four from guard (kimora) - figure four from side control - choke from guard- rear naked choke - arm-bar from knee ride - far arm-bar from knee ride - far arm-bar from side control - figure four from head control |



Sifu Donco Jakovski

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Member Australian Kung Fu and Wu Shu Federation
Member Martial Arts Industry Association
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