GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI

**DIRECTORATE OF TRAINING: UNION TERRITORY CIVIL SERVICES**

INSTITUTIONAL AREA VISHWAS NAGAR, SHAHDARA, DELHI – 110032.

LEARNING UNITS ON TRAINING ON SELF DEFENCE SKILLS

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| Name of the Package of Courses | Essential Life Skills (Personal Skills: Empowering Women-Self Defence Skills) | |
| Duration of the Course | Four Days | |
| Number of Sessions | 16 | |
| Training Branch | IV | |
| Name of Course Coordinator | Assistant Director (TS-IV) | |
| **Session** (75 min. each) | Content & Sequence | Name of the Resource Person |

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| **DAY-1 (21.02.2023) (Tuesday)** | |
| **Session – I**  **10:00 am - 11:15 am**  75 Min. | * Importance of self defense * Warm up * Importance of warm-up in training session * Aerobics exercises. * Basic movements |
| **TEA** | |
| **Session – II**  **11:30 am - 12:45 pm** | * Cardio training for combat * Strength training for combat |
| **LUNCH** | |
| **Session – III**  **1:45 pm - 3:00 pm** | **Mental Conditioning & awareness**   * **Understanding a situation** * How to observe a situation * How to react in particular situation.   Basic punches & kicks. |
| **TEA** | |
| **Session –IV**  **3:15 pm - 4:30 pm** | * **Introduction to the basic pressure points**. * What are pressure points. * How to hit a pressure point easily & effectively. * **Defense against common attacks**. * How to defend against common attacks in real life. (Slap, Punches). |
| **DAY-2 (22.02.2023) (Wednesday)** | |
| **Session – I**  **10:00 am - 11:15 am** | * **Flexibility & mobility** * Aerobic versus Anaerobic conditioning * Speed development drills |
| **TEA** | |
| **Session – II**  **11:30 am - 12:45 pm** | - **Defense against Choke/grabs/locks**  - Defense against grab/choke/lock from rear assault.  - Defense against grab/choke/lock from anterior assault.  - How to block a particular attack. |
| **LUNCH** | |
| **Session – III**  **1:45 pm - 3:00 pm** | * **Role of technology in self Defense** * Introduction to latest apps (safetypin). * Helpline numbers for the emergency Tools & gadgets for self defense (pepper spray). |
| **TEA** | |
| **Session –IV**  **3:15 pm - 4:30 pm** | * Punching speed drills. * Focused pad training. * Kicking speed drills |

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| **DAY 3 (23.02.2023) (Thursday)** | | |
| **Session – I**  **10:00 am - 11:15 am** | - Training for develop explosive, pulling, pushing and lifting strength.  - Audio reflexes training  - Sound trigger reaction | |
| **TEA** | | |
| **Session – II**  **11:30 am - 12:45 pm** | - Understanding ground fighting techniques  - what you need to know about wrist locks  **Defense against commonly used weapons**  (How to reduce impact of a weapon,. How to handle an attacker safely etc.)  - Techniques to defend against a weapon. | |
| **LUNCH** | | |
| **Session – III**  **1:45 pm - 3:00 pm** | * **Study** * Discussion of real life incident by means of projector. * Visual reflexes training. * Blink control * Eye exercises * **Defense in the situations**.   Practical application of the techniques to defend in different situations. | |
| **TEA** | | |
| **Session –IV**  **3:15 pm - 4:30 pm** | * **Revision** * Quick revision of all the techniques. * Doubts clarification. * **Cool down/ Breathing Process** * Slow movements.   - Meditation | |
|  | **DAY-4 (24.02.2023) (Friday)** |  |
| **Session – I**  **10:00 am - 11:15 am** | **- Basic concepts in nutrition**  **-** Food, Nutrition and Health  -The macronutrients-1   * Protein * Carbohydrates * Fats * Water   -Interrelation between nutrition and health | |
| **TEA** | | |
| **Session – II**  **11:30 am - 12:45 pm** | -The micronutrients.  -Vitamins  -Minerals  Be mindful of your eating habits.  A diversified, balanced and healthy diet will vary depending on:   * age * gender * lifestyle * degree of physical activity | |
| **LUNCH** | | |
| **Session – III**  **1:45 pm - 3:00 pm** | Personal Hygiene | |
| **TEA** | | |
| **Session –IV**  **3:15 pm - 4:30 pm** | Contd… | |

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LEARNING UNITS ON TRAINING ON SELF DEFENCE SKILLS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name of the Package of Courses | | Essential Life Skills | | |
| Duration of the Course | | Two days | | |
| Number of Sessions | | 08 | | |
| Training Branch | | IV | | |
| Name of Course Coordinator | | Assistant Director (TS-IV) | | |
| Enabling  Objectives | Contents & Sequence | Method of Training | Training Material / aid | Name of the Faculty |
| DAY – 1 | | | | |
| Session – I | **Introduction & Warm Up Session** | | | |
| 10.00-11.15 a.m | * Importance of self defense * Warm up * Flexibility & mobility | Lecture &  Exercise | As per requirement |  |
| 11.15 to 11.30 am | Tea Break | | | |
| Session – II | **Combat Session** | | | |
| 11.30-12.45 p.m | * Introduction to the basic pressure points. * Defense against common attacks. | Lecture/  Exercise |  |  |
|  | Lunch break | | | |
| Session – III | **Mental Conditioning & awareness** | | | |
| 1.45-3.00 p.m. | * Understanding a situation * Role of technology in self Defense | Lecture |  |  |
| 3:00 pm to 3.15 pm | Tea Break | | | |
| Session –IV | **Weapons & Cool down session** | | | |
| 3.15-4.30 pm | - Defense against commonly used weapons.  - Cool Down | Lecture/  Exercise |  |  |
| DAY – 2 | | | | |
| Session – V | **Exercise sessions** | | | |
| 10.00-11.15 a.m. | * Warm up * Flexibility & mobility. | Lecture/  Exercise |  |  |
| 11.15 to 11.30 am | Tea Break | | | |
| Session - VI | **Close Range combat Session** | | | |
| 11.30-12.45 pm. | - Defense against Choke/grabs/locks  - Defense by using pen | Lecture/  Exercise |  |  |
|  | Lunch break | | | |
| Session - VII | **Case Study** | | | |
| 1.45-3.00 pm | * Study * Defense in the situations. | Lecture/  Exercise |  |  |
| 3:00 pm to 3.15 pm | Tea Break | | | |
| Session – VIII | **Ground Techniques** | | | |
| 3.15-4.30 pm | * Defense at ground level * Cardio training for dangerous situations | Lecture/  Exercise |  |  |