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).
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| **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) |
| EnablingObjectives | 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 |  |  |