

12

இணைப்பு - 4

Self Defence Training guidelines:

(தற்காப்பு பயிற்சிக்கான வழிகாட்டு நெறிமுறைகள்)

SELF -DEFENCE LESSON

The timetable for the training was scheduled by SPO for 40 days to the students. The training schedule was given to the trainer and the HM of the School. They were instructed to follow the timetable strictly. It has been given 2 periods for a week to the students.

The training was scheduled without the interference the academic activities.

Self defence Lessons

Day-1

- Head four stretching
- Hands Rotting(Front & Back side)
- Hands side moving
- Arms shoulder Exercise(hand elbow rolling Front & Backside)
- Shoulder Exercise
- Hip Rotation Exercise
- Knee Rotation Exercise
- Horse stance-Hip Stretching Exercise

II Stances

- Horse stance
- Angle stance

III. Leg Exercise

- Half hand touching leg raising Exercise
- Hip level
- Chest level

IV.Punches Standing

- 12
- Double Punch
 - Double Return
 - Single straight punch(Middle)
 - Double Raise of Punch
 - Upper Middle Lower Punches

Day-2

Including day 1 Exercise day 2 continues... Blocks...

- Side Middle Block -Out side
- Side Lower Block -Out side
- Middle Blocks
- Upper Blocks

Day-3

Day 1 and Day2 Recall.Punches

- Shaolin Fist-Middle punch
- Shaolin Fist-side punch
- Triple punch –Side Angular –Cross
- Triple punch –Side Angular – L Stance
- Back Turning Punch(3 Punches)
- Meditation

Day-4

All Exercise Recall with new Exercise

- Walking Punches
- Walking Blocks
- Kicks (Abdomen Level)
- Side Kick(Abdomen level)
- Leg Chopping
- Meditation

Day-5

Self-Defence Technical

Recall all day Exercise with Self Defence Technical

- Neck catching
- Shoulder Touch
- Wrist Lock
- Knife or New Technical
- Advance Technical
- Throwing and Locking Technical
- Long Through Technical
- Any Advance

Day-6

Recall all day Exercise and Self Defence Technical

- Motivation about Women's Self Defence
- Meditation

Day-7

Recall all day Exercise and Self Defence Technical

- Double snake punch
- Double return snake punch
- Single straight snake punch
- Double raise of punch (Snake)
- Upper middle lower punches

Day-8

Recall all day Exercise and Self Defence Technical

- double Tiger punch
- Double return Tiger punch
- Single straight Tiger punch
- Double raise of punch(Snake)
- Upper middle lower punches

Day-9

Recall all day Exercise and Self Defence Technical

- Upper Middle Lower Single Blocks
- Upper Middle Lower Double Blocks
- Upper Middle Lower Triple Blocks

Day-10

Recall all day Exercise and Self Defence Technical

- Walking Punches fist
- Walking Punches snake
- Walking Punches Tiger

Day-11

Recall all day Exercise and Self Defence Technical

- Walking Punches fist Return
- Walking Punches Snake Return
- Walking Punches Tiger Return

Day-12

Recall all day Exercise and Self Defence Technical

- Walking Punches Double
- Walking Punches Snake Double
- Walking Punches Tiger Double

Day-13

Recall all day Exercise and Self Defence Technical

- Shaoling Open Punches Single
- Shaoling Open Punches Double
- Shaoling Open Punches Tribe

Day-14

Recall all day Exercise and Self Defence Technical

- Kicks Upper foot level
- Kicks Knee level
- Kicks pushing abdomen level

Day-15

Recall all day Exercise and Self Defence Technical

- Walking Kick Two Times
- Walking Kick Double Times
- Walking Kick Single Return

Day-16

Recall all day Exercise and Self Defence Technical

- Kick side Snoff Single
- Kick side Snoff Double
- Kick side Snoff Two Times

Day-17

Recall all day Exercise and Self Defence Technical

- Upper punches Fist
- Middle punches Fist
- Lower punches Fist

Day-18

Recall all day Exercise and Self Defence Technical

- Upper punches Dopuble
- Middle punches Double fist
- Lower Punches Double Fist

Day-19

Recall all day Exercise and Self Defence Technical

- Upper middle lower (Three) Punches
- Upper middle lower Snake (Three) Punches
- Upper middle lower Tiger (Three) Punches

Day-20

Recall all day Exercise and Self Defence Technical

- Four Diagram Punch
- Four Diagram Double Punch

- Four Diagram Triple Punch

Day-21

Recall all day Exercise and Self Defence Technical

- Three Diagram Upper blocks
- Three Diagram Middle blocks
- Three Diagram Lower blocks

Day-22

Recall all day Exercise and Self Defence Technical

- Four Diagram Leg Chopping
- Four Diagram Punch and Blocks
- Four Diagram Kicks and Blocks

Day-23

Recall all day Exercise and Self Defence Technical

- Three Diagram Leg Chopping
- Three Diagram Punch and Blocks
- Three Diagram Kicks and Blocks

Day-24

Recall all day Exercise and Self Defence Technical

- Shaolin fist –Middle punch Double
- Shaolin fist –Middle punch Triple
- Shaolin fist –Middle punch and Cross

Day-25

Recall all day Exercise and Self Defence Technical

- Shaolin Snake –Middle punch Double
- Shaolin Snake –Middle punch Triple
- Shaolin Snake –Middle punch and Cross

Day-26

Recall all day Exercise and Self Defence Technical

- Shaolin Tiger –Middle punch Double
- Shaolin Tiger –Middle punch Triple

- Shaolin Tiger –Middle punch and Cross

Day-27

Recall all day Exercise and Self Defence Technical

- Shaolin Open –Middle punch Double
- Shaolin Open –Middle punch Triple
- Shaolin Open –Middle punch and Cross

Day-28

Recall all day Exercise and Self Defence Technical

- Upper Block Double
- Middle Block Double
- Lower Block Double

Day-29

Recall all day Exercise and Self Defence Technical

- Upper Block Single and Double
- Middle Block Single and Double
- Lower Block Single and Double

Day-30

Recall all day Exercise and Self Defence Technical

- Back Turning fist Punch single
- Back Turning Snake Punch single
- Back Turning Tiger Punch single

Day-31

Recall all day Exercise and Self Defence Technical

- Back Turning fist Double punch
- Back Turning Snake punch Double punches
- Back Turning Tiger Double Punch

Day-32

Recall all day Exercise and Self Defence Technical

- Back Turning Punch side kicks

- Back Turning punch Double Kicks
- Back Turning Punch Horse stance punch

Day-33

Recall all day Exercise and Self Defence Technical

- Toe kicks Abdomen Level
- Chest Level (Pushing Kicks)
- Back Turning Kicks (Chest level)

Day-34

Recall all day Exercise and Self Defence Technical

- Chain Snatching –Take the opponent down
- Grab and Pull the Hand
- Grab to the Neck -Removing

Day-35

Recall all day Exercise and Self Defence Technical

- Chain Snatching –Take the opponent down –advance
- Grab and Pull the Hand –advance
- Grab to the Neck –Removing -advance

Day-36

Recall all day Exercise and Self Defence Technical

- Attacking the hug (from side)
- Attacking the Back side
- Shoulder Remover –Both hands

Day-37

Recall all day Exercise and Self Defence Technical

- Holding hip –Finger Locking
- Pull and Hit – Single Hand
- Attack against Slapping

Day-38

Recall all day Exercise and Self Defence Technical

- Immobilising Hand - From Shoulder Attack
- Escaping from Backside Attack - (Mouth & Stomach)
- Remove the Mouth Cuff

Day-39**Recall all day Exercise and Self Defence Technical**

- Poking Eyes - Shoulder Locking
- Attacking to Hug - Back side (Legs Drawing)
- Twist the hand and lock – Chest or Neck attack

Day-40**Recall all day Exercise and Self Defence Technical**

- Motivation about Women's Self Defence
- Meditation
