

SYDNEY SELF DEFENCE

CENTRE



SCHOOLS & COLLEGES

PROGRAMS & WORKSHOPS



Fits the year 7 - 10 PDHPE Syllabus
and P.A.S.S. Programing
Crossroads and other year 11 & 12
Professional Development
Sports Activities

Sydney Self Defence Centre
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A few words about **WHAT WE DO**

Our expertise is self defence and personal safety
Our mission is the safety of children

We currently have up to 60 schools per year utilising our services, with up to 10,000 students attending our programs in both Primary and Secondary Schools and Colleges working to the Curriculum.

Our programs provide the opportunity for children and teens to explore a range of simple yet practical skills that improve the ability to effectively resist unsafe, threatening or assaultive behavior, such as harassment, bullying, physical and sexually abusive situations.

The sessions cover content that is specific to the dangers of the age and gender of the group, we tailor our programs to suit your students and what they may be currently facing and to prepare them for what could possibly lie ahead.

The programs contain both physical and non physical components and depending on the group, we can include stress management and healthy habit elements.

We offer both single session programs and term long programs.

Our instructors are all highly qualified, caring, committed professionals, M.A.I.A. & Government accredited and skilled in risk management.



Some information about

OUR PROGRAMS

We offer three types of programs

STAY SAFE Programs for kids and teens

- Recognising abuse and the warning signals
- Predator/prey relationships
- Anti-bullying and stranger danger
- Conflict resolution & exit strategies
- Reading body language
- Power of choice
- Decision making under pressure
- Physical self defence
- Self defence and the law, rights and responsibilities

Empowerment Based Programs

- Normalising fear
- Power of decision making
- Emotional intelligence
- Relationship violence

Relaxation & Breathing

- Stress management before exams
- Creating good habits
- Relaxation and breathing exercise routines
- Soft exercise programs



What is included with **STAY SAFE KIDS**

Our programs include the following lessons however programs are tailored to your school and students needs.

Anti-bullying

Communications approach

Anti Stress and conflict management

Internet Safety

Personal safety and protective behavior

- Stranger danger
- Electricity and appliance safety
- Dogs and animal safety
- Water and fire safety
- Vehicle and traffic safety

Problem solving and decision making

Personal development

- Building self-esteem
- Healthy habits

Sports, leisure and recreation



What is included with **STAY SAFE TEENS**

Our programs include the following lessons however programs are tailored to your school and students needs.

Recognising abuse and the warning signals

Predator/prey relationships

Conflict resolution & exit strategies

Reading body language

Power of choice

Decision making under pressure

Physical self defence

- Physical techniques to minimise harm
- Components to your safety - detect, defuse, defend

Healthy habits and lifestyle

Self defence and the law, rights and responsibilities

Sports, leisure and recreation



Principle

OUTCOMES

The principle outcomes of the personal safety sessions is that students feel more positive about what they 'can do', gaining appropriate and empowering verbal and physical skills to respond positively to potentially violent and dangerous situations.

The skills gained reduce the possibility of a student either passively accepting or conversely reacting in an overly negative violent manner to threatening or intimidating behavior.

Outcomes for program participants include:

- Developed awareness and prevention skills to reduce the likelihood of being attacked and understanding threatening body language
- Fear / crisis management skills so students become empowered and more positive in uncertain situations with better decision making skills to find an escape plan if required.
- Use of a range of safety strategies that reduce confusion and fear.
- Ability to respond effectively to feeling uncomfortable or at risk through the use of verbal and physical skills.
- Positive change in the attitude and behavior of students.



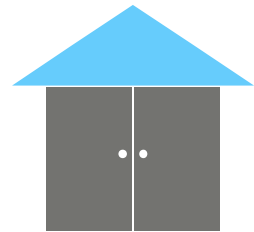
9 Reasons to learn **SELF DEFENCE**



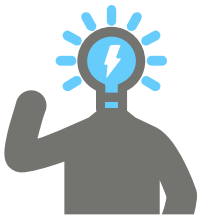
**Builds self
confidence and
self discipline**



**Develops
communication
skills and how to
read threatening
body language**



**Feel safer and in
control in your
own home**



**Sharpens your
reflexes and
improves fitness
and coordination**



**Decision making
and the power
of choice**



**Awareness of
danger and your
surroundings**



**Relaxation
and stress
management**



**Learn to develop
and grow your
support network**



**Overall health
and wellbeing**

Who is Shi Gong

Chris Fitcher-Coles

Chris has extensive experience conducting personal safety and self defence programs for schools, government, community and corporate organisations since 1988.

Chris and his staff provide a safe, supportive and enjoyable learning environment for students.



- White Ribbon Ambassador
- Nominated as Australian of the Year 2017
- Key Person of Influence Graduate & Alumni
- Finalist Australian Business Champions Award 'Best Education Service' 2016 & 2017
- Winner Inner West Local Business Awards 'Most Outstanding Education Service' 2010, 2013, 2015
- Winner Marrickville Business Achiever Award 2013
- Winner Business Achiever Awards 'Best Sport & Fitness' 2007
- Winner 'Business Achiever of the Year' Award 2006
- Winner Business Achiever Awards 'Best Fitness & Health Organisation' 2006



Testimonials

Andrew Moody

Yr 12 Guidance Coordinator Cerdon College Merrylands

"The Self Defence course run by Chris has been an extremely important part of our Pastoral Care policy. He is a most enthusiastic, knowledgeable and supportive instructor who holds the attention of all our students over the two hour period. His message is clear and vital to the self awareness of our senior students.

Our girls participate enthusiastically in all the self defence steps and finish tired but more confident and aware of the possible dangers around them. They are also much more fully informed about the processes involved to keep themselves out of harms way. He conducts each session in a practical manner that is fun for all students. We have engaged Chris' services for the past five years at Cerdon and will continue to do so for the foreseeable future."

Lauren Bellman

Head Teacher PDHPE Lurnea High School

"Chris and his team were fantastic with our students. They are highly engaging and provide students with real life scenarios and coping strategies to get out of trouble. They got our students to move out of their comfort zone and try something new. We cant wait to book you again for next year."

Cathy Nisbet

Kogarah Community Services

"Chris always brings enthusiasm, knowledge, professionalism and community spirit to every event, workshop or seminar. He is a fantastic facilitator and he and his team draw out the best in every student. Highly recommend Chris and all the team at Sydney Self Defence Centre."



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