



SELF DEFENCE SYLLABUS 2008

Purpose:

To redesign the ITFNZ Self Defence syllabus to achieve the following goals:

- To give the students and Instructors clear guidelines of the scope and purpose of the self defence syllabus, and the techniques to be taught.
- To make the syllabus easy to learn and teach and all grade levels.
- To make the syllabus consistent in terms of the attacks used and the response by the defender.
- Give ITFNZ members practical guidelines for situation awareness, general safety in the home, car and in public. Also to provide basic information about the law as it pertains to self defence in New Zealand.

Syllabus Structure

The new syllabus does not attempt to cover all self defence scenarios, but it is an expansion and development of the current gup syllabus. It deals specially with situations where you are grabbed by an attacker in situations where it is not life threatening. This enables the defender to use effective means to escape without necessarily causing serious damage to the attacker.

- The new syllabus comprises 15 grabs by the attacker.
- The ITFNZ syllabus specifies the techniques the defender uses for each of the grabs.
- Once the basic principals have been taught, the Instructor can then teach any of the techniques in any order, to any grade, making it very easy to teach.
- Once these basic techniques have been taught, the Instructor is free to expand on these and teach other techniques if they wish to.
- For grading purposes, certain techniques are to be tested at each level from yellow belt onwards.

Basic Principals being taught in the Syllabus

- Distract the attacker with a slap, strike or kick
- Make the attacks and defences realistic by stepping and moving, rather than being stationary.
- Grabs should be “firm” yet pliable” during practice and gradings
- After a break, the defender should “tap out” to show he is incapacitated. The defender can finish with guarding block.
- Lower grades should practice more slowly, seniors at a faster pace.
- Partners for black belt grading are NOT pre-arranged.

Terminology

Release – escape from a grab or hold by using leverage & technique

Break – applying force to lock or break the joint of the attacker

Attack – Direct attack to a vulnerable vital spot, either to distract or immobilise

Throw – Take your opponent off balance, normally down to the ground

Outward Wrist Lock – lock or break by turning the wrist outward

Inward Wrist Lock – lock or break by turning the wrist inward

The Techniques:

Teach the basic techniques of Outward Wrist Lock and Inward Wrist Lock and apply these techniques to the majority of the 15 self defence scenarios.

Outward Wrist Lock



(Close up)

Inward Wrist Lock



Variation 1



Variation 2

Grading Syllabus - grabs

8th & 7th gup



- 1 Grab to wrist – same side

Grab to the wrist – opposite side 2



- 3 Two hands grab to both wrists

Grab to the wrist – arm up 4



- 5 Two hands grab to both wrists – arms up



6th & 5th gup

Grabs to the wrists (Same as above) - demonstrate locks

4th & 3rd Gup

Grabs to the body - demonstrate locks



- 1 Grab to lapel – one hand

Grab to lapel – two hands 2



- 3 Grab to throat from front – two hands

Grab to throat from rear – two hands 4



- 5 Grab to shoulders from rear – two hands



2nd Gup

Grabs from Behind - demonstrate throw and attack



- 1 Bear hug over arms from behind

Bear hug under the arms from behind 2



- 3 Full Nelson from behind

Side headlock from behind 4



- 5 Rear headlock from behind



Self Defence Guidelines for ITFNZ Members

Personal Safety

Self Defence is a lot about awareness, common sense and taking sensible precautions. Even if you have trained in Taekwon-Do for a number of years, it is always better to avoid violence if at all possible, even if it means giving your wallet away. ITFNZ members are encouraged to stay safe by following some simple guidelines as listed below, especially our younger members.

Home Safety tips

- Don't open the door to strangers. Look through a peephole in your door or through a window, and always ask who it is. If you don't know them, keep the door closed.
- If someone you don't know asks to use your phone, offer to make the phone call yourself. They don't need to enter your home and you don't need to open the door.
- Don't do business with strangers who come to the door or call you by phone.

Car Safety tips

- Danger areas are stepping out of your car either at home or in isolated areas, and also walking to your car.
- Windows should be up and doors locked even when driving to avoid unwanted passengers at intersections.
- Always check your car before entering.
- Never leave your car unlocked, even for the few minutes it may take you to return a video, buy milk and so forth. Attackers have been known to lie in wait for such an opportunity.
- Never get into a car even if someone is pointing a knife or other weapon at you from inside. Just start to run away from the car screaming at the same time. It's much more likely that he will drive away to find an easier target than attacking you.
- Never pull your car over from a quiet road even if someone drives alongside your car pointing at the tyres etc. Always continue driving to a well-lit and crowded area before exiting your car.
- Always be alert in parking lots, specially when it's dark. If you are unsure, don't be too shy to ask someone to escort you to your car. Between cars and inside cars, it's easy for someone to hide and wait until an unalert person comes along.

Out and About Safety Tips

- Be aware of yourself and your surroundings. When you're on the street you need to be alert. Have your attention where it needs to be, not distracted by your cell phone, for example.
- The most dangerous thing you can do is feel afraid and not act. Fear warns you. Many victims afterwards say that they had a feeling something was going to happen and they ignored it. Listen to your intuition and take action.
- Decreasing your risk with common sense practices like travelling in pairs at night, or letting someone know where you're going if you plan on travelling alone.
- Self protection starts with your demeanour, many aggressors will back off if you maintain eye contact and walk with confidence.
- Conceal your belongings. Keep your wallet, cell phone or ipod out of sight.

The Use of Force

The instructions you receive throughout your ITFNZ Taekwon-Do training teaches you to use physical force. The Oath and Tenets of Taekwon-Do is what guides us into how we should understand our use of this martial art of self-defence.

It is also important that you also understand WHEN the law of New Zealand:

1. Allows you to use force,
2. HOW MUCH force you may lawfully use and
3. WHEN you may NOT use force.

The instruction you receive in Taekwon-Do teaches you how to protect yourself and others. You must never use your training to bully or frighten or unlawfully attack people. (refer the Oath and Tenets of Taekwon-Do)

In New Zealand, the Crimes Act 1961 states the law about **assault**, the **use of force**, and **self defence**.

The word **Assault** under law means the act of intentionally applying or attempting to apply force to the person of another, directly or indirectly, or threatening by act or gesture to apply such force to the person of another, if the person making the threat has, or causes the other person to believe on reasonable grounds that he has, the present ability to effect his purpose.

In simple language, this means that it is possible to assault another person in three ways:

1. If you hit or push or trip the person:
2. If you hit or push or trip a person deliberately, and as a result a third person gets hit or pushed or tripped, both people have been assaulted:
3. If you threaten to harm a person and that person truly believes he or she is going to be harmed by you, and that you could do what you threatened to do. In this case it is an assault even if you have not touched the other person.

If you assault a person, you break the law and could be prosecuted in Court. Conviction for an assault could lead to a term of imprisonment.

Self Defence and Defence of Another

Crimes Act 1961 section 48 states: “Everyone is justified in using, in the defence of himself or another, such force as, in the circumstances as he believes them to be, it is reasonable to use”

In simple language, this means that if you or someone else is in danger from another person, and there is absolutely no other way to protect yourself or the other person, you may use force on the person causing the danger. BUT:-

1. You must honestly believe there is no other way of dealing with the situation. e.g. running away, or talking it out to avoid confrontation;
2. You should use the least force possible to stop the danger to you or the other person;
3. You must stop using force as soon as the danger has stopped.

Defence of dwelling house

“Everyone in peaceable possession of a dwelling house, and everyone lawfully assisting him or acting by his authority, is justified in using such force as is necessary to prevent the forcible breaking and entering of the dwelling house by any person if he believes, on reasonable and probable grounds, that there is no lawful justification for the breaking and entering.

Excess of Force

Everyone authorised by law to use force is criminally responsible for **any excess**, according to the nature and quality of the act that constitutes the excess.

This simply means that you are only allowed to use such FORCE that you believe is sufficient to overcome the FORCE used against you. If you go beyond that, it could be interpreted as excessive force and you could be charged criminally.

References

ITFNZ Self Defence Syllabus by Master Paul McPhail and Mr Steve Pellow

“Personal Safety” by Master Paul McPhail with excerpts from: www.safetyforwomen.com, www.scottssafetyshop.com/blog

“Use of Force” by Master Evan Davidson