

LEVEL 1

INFORMATION PACKAGE



EMPOWERED
DEFENCE CENTRE

WHEN CAN I COME FOR MY FREE TRIAL CLASS?

The best time to start your training is near the beginning of the month, so that you learn the curriculum in order. However you are welcome to start at any time! Book a class that works for you via our website.

KIDS CLASSES	TEEN CLASSES	ADULT CLASSES
Mondays and Thursdays at 5:00PM	Tuesdays and Fridays at 6:00PM	Wednesdays at 5:00PM and Saturdays at 9:00AM

WHAT DO I NEED TO KNOW BEFORE MY TRIAL CLASS?

Wear comfortable clothes you can train in, preferably workout-wear. This class involves dynamic warm-ups and fitness training, which means you will be getting sweaty!

Indoor-only training shoes are a requirement for this class. Students must wear clean indoor-only shoes in order to help us maintain a clean training environment for everyone.

Bring a water bottle. We work hard in this class, and you will definitely want to have water on hand to stay hydrated throughout your training. You may bring your water bottle into the training studio with you. Please leave them on the tile edges of the room to avoid spills on the training mats.

WHAT WILL I BE LEARNING IN LEVEL 1 ?

Level 1 is an Introductory Self-Defence course that does not require any previous martial arts training, and can be started at any fitness level.

The primary focus of Level 1 is to introduce you to simple but effective strikes and escapes from common grabs and attacks. The strikes you will learn have been selected because they are fast to learn, will come to you naturally in a fight-or-flight state, and minimize the risk of injury if done incorrectly. The grabs focus on the most common grabs you may encounter in a self-defence situation, and offer a variety of techniques to escape.

The following is a list of the techniques you can expect to learn in Level 1:

<p><u>STRIKES</u></p> <ul style="list-style-type: none">• palm strikes• hammer fist• elbows• knees• donkey kicks (back kicks)	<p><u>ESCAPES</u></p> <ul style="list-style-type: none">• wrist grabs (single and double)• front bear hugs• rear bear hugs• standing strangulation
<p><u>SUPPLEMENTARY TECHNIQUES</u></p> <ul style="list-style-type: none">• “bird beak”• finger dislocation• throat strikes• ear clap• eye gouge	<p><u>ADDITIONAL MOVEMENTS</u></p> <ul style="list-style-type: none">• defensive stance and movement patterns• front, side, and rear break falls

WHAT ARE THE REQUIREMENTS TO COMPLETE LEVEL 1?

Level 1 takes a minimum of 3 months to complete, however can take longer depending on attendance consistency.

You qualify to be tested on the Level 1 curriculum once you have met the following requirements :

ATTENDANCE

- You have attended at least 2 sessions of each lesson block in Level 1 AND a total attendance rate of 80% or higher, OR
- You have attended 3 sessions of each lesson block in Level 1 with an attendance rate lower than 80%

APPLICATION

- You have completed your Level 1 test application (provided a few weeks before your test date)

Just a few classes short? Know you will be missing a needed class?

Private training sessions are available. Speak to Sarah to get caught up, or work ahead!

IS THE TEST MANDATORY?

No, the test is only required if you intend to continue your training in Level 2.

WHAT IS THE TEST?

The test involves a fitness component, a striking component, and an escape component, as well as a written application which must be submitted before the testing date. More details will be provided to you approximately one month prior to your estimated testing date.

HOW MUCH DOES LEVEL 1 COST?

To make our programming as accessible as possible, we offer three payment options:

	DROP-IN	MONTHLY	PAID IN FULL
COST	\$20/class plus tax	\$100/month plus tax	\$300 plus tax
BENEFITS	<ul style="list-style-type: none"> • Purchase individually or in groups • Gives you significant flexibility for scheduling, starting, and stopping training 	<ul style="list-style-type: none"> • Access to all open gym training times • 10% off all EDC Seminars and Fitness Classes • Includes one free uniform shirt to be worn in class 	<ul style="list-style-type: none"> • Access to all open gym training times • 20% off all EDC Seminars and Fitness Classes • Includes one free uniform shirt to be worn in class
NOTES	<ul style="list-style-type: none"> • Does not include a uniform shirt for class (\$20.00) • Can upgrade to a monthly plan at any time 	<ul style="list-style-type: none"> • option to cancel at the end of any monthly pay period • option to pause your program if you will be away for over one month 	<ul style="list-style-type: none"> • can take as long as needed to complete the training program requirements (best option for inconsistent schedules and frequent absences)

Please note that drop-in passes are only available for Level 1.