

SELF-DEFENSE TRAINING

STAR KICKBOXING AND FITNESS

WELCOME TO STAR KICKBOXING AND FITNESS!

More than just another kickboxing centre in the very saturated fitness market within Tay Ho, Hanoi; STAR is a small private training facility offering personal training mostly. However, owner and head coach, Mai Ngoc Phu and his team bring with them a diverse and extensive background in martial arts and combat sports. Phu and the self-defense training team (Coaches Trang and Tuan) are some of only a handful of trainers in the area that are actually licensed by the People's Committee of Hanoi to train the general public in self-defense.

Phu and Tuan trained in self-defense, namely Krav Maga, during their time working for the Vietnamese government in high level security positions. Trang has taught self-defense in the form of Eskabo for many years in the USA and now supports STAR in Hanoi with our various community projects.



OUR PROJECTS

HOPEBOX

Delivering a self-defense training program to the formidable women of HopeBox as part of their rehabilitation program.

BLUE DRAGON CHILDREN'S FOUNDATION

Delivering self-defense and security training to the Outreach Team at Blue Dragon Children's Foundation.

PROJECT POWER

Partnering with Project Power to deliver a 12-week educational program in personal safety and self-defense to at risk teens many of whom live on the streets of Hanoi.

BATIK INTERNATIONAL

Teaching self-defense to young people at five Hanoi based universities as part of project focused on changing the attitudes and narratives around domestic violence in Vietnamese culture in conjunction with Batik International.

TAY HO WHISTLE CAMPAIGN

We are also proud founding partners of the Tay Ho Whistle Campaign, with Phu working closely with the group to support police liaison.



WHAT TO EXPECT DURING THIS PROGRAM?

The program will consist of 4 sessions.

Throughout the program we will cover the following topics:

- What is self-defense?
- Self-defense and Vietnam law
- Personal Safety Techniques - Whistle Tay Ho
- Understanding our physical capabilities, opportunities and constraints
- Physical training in various movements as well as conflict de-escalation

Over the 4 sessions there will be opportunity for formative assessment and the final session will conclude with a summative assessment to ensure that the learning experience has been effective.



COURSE OVERVIEW

SESSION 1

- Welcome to the program, introductions, ice-breaker activity, discussion regarding health and safety, rules on self-defense training and being responsible with these new skills.
- Warm up combining an introduction to basic anatomy focused on understanding joints, movements and mobility. Purpose being to understand what your body can and can't do, weak and strong points of a potential attacker.
- Wrist grab releases – 4 basic variations
- T-shirt grab release – 2 variations

SESSION 2

- Warm up combining a quiz on the key discussion points from the previous lesson.
- Review of previous movements learnt – practice and observe.
- Grappling releases – 2 basic variations
- Hair grab release – 2 variations.

SESSION 3

- Warm up combining a quiz on the key discussion points from the previous lesson.
- Review of previous movements learnt – practice and observe.
- Counter Push – 2 basic variations
- Making space, de-escalate and escape – 4 variations

SESSION 4

- Warm up combining a quiz on the key discussion points from the previous lesson.
- Assessment on progress made so far, mostly through demonstrations, partner work, observations from the trainer, with individual feedback being provided where needed.
- Question and Answer Session / Introduce next level if appropriate