



Wild Geese
Martial Arts

10 Week Self Defence Training



Dave Hedges

www.wildgeesema.com

10 Week Self Defence Course

Self Defence Training Course
10 weeks / 20 hours

Open any newspaper and what will you see?

Most likely there is a report of somebody getting attacked, punched, kicked, stabbed, shot, raped or kidnapped. More often than not these people are involved in the criminal underbelly of society and have been specifically targeted.

But then there are those that are just in the wrong place at the wrong time. A plumber fixing something gets executed by mistake. A non-national dragged from his car and kicked to death while his girlfriend watches in horror. Innocent partygoers stabbed and slashed by their drunken friend.

These events all happened very recently in Ireland.

Any one of these people could have been you or someone that you know.

Would you want to be able to stop that happening?

Are you willing to become a statistic or are you willing to take action and learn skills, techniques and drills that have been tried, tested and proven by Martial Artists, Bodyguards, Doormen and Special Forces Operators the world over? Techniques and drills that use common sense as their primary weapon, simple basic human movements applied with drive and focus, moves that are natural, even under stress.

While the training revolves largely around how to respond to an attack, we firmly believe that prevention is better than cure. To this end course participants will receive lectures and training about avoiding and evading an attack and about raising their awareness to spot potential threats before they become actual threats.

The course is laid out in a linear fashion taking students from complete beginner to competent self defence practitioner. No experience is assumed before the course, so anyone can participate and everyone will benefit from participating. As the most basic skills are practiced and perfected in the early part of the course, students will then be expected to apply them under pressure later in the course as we review techniques and learn to apply them in different scenarios.

By the end of the course each participant will be able to hit, avoid being hit and escape from grabs and holds as well as having the skills and knowledge in place to spot and act on potential threats before things get physical.

Course Content

The following list of topics will be covered over the 10 weeks. Each topic will be revisited several times to both cement in and to progress the information taught. As the course progresses more and more time is spent reviewing and testing the information already taught with less new information being introduced.

The following topics are covered:

- **Avoid / Evade / Confront**

This is the bodyguard mantra. Any close protection officer will tell you that prevention is better than cure and that avoiding a bad situation is superior to fighting your way out of one.

This section of the course is based on the tactics used by Close Protection and Special Forces the world over to spot potential trouble and the ways to avoid, deter or escape it; before it escalates into a confrontation. This is mainly taught via lecture and question and answer sessions throughout the course.

- **Fence principle**

The term “the Fence” was originally coined by legendary UK self defence expert Geoff Thompson. He said that in order to protect your property, you put a fence around it, it might not take much for a determined attacker to scale this fence, but it will deter the rest. So in order to protect yourself you must create a virtual fence, which may not prevent a determined attacker but will offer a barrier he must first cross. Participants will learn how to set a fence, how to make it look subtle and non threatening and then how to use it as a launching pad for both defensive and offensive manoeuvres.

- **Power generation**

Anybody can hit hard once they learn how to move their body correctly and engage the mind. Proper body mechanics and focus will allow a person to strike with their entire bodyweight, so even a 7 stone woman can generate high levels of force, more than enough to knock out a fully grown man of any size. Participants will spend time learning to move correctly and efficiently which they then will apply by hitting the focus pads with various full power strikes.

- **Covering up**

After learning the fence and power generation then we then move onto more defensive tactics, the art of covering up. We teach one simple drill based on a natural flinch reaction. This drill which we term “the Wedge,” effectively protects the most vital area (the head and neck) from almost any attack and since it is based on a flinch, it can be effective even in the event of a surprise attack. Of course nothing is fool proof and back up options will be provided later in the course.

- **Pre-emptive striking**

Very often in an altercation victory goes to the person who lands the first blow. If that is you, you can maximise your chance of getting home safely. This part of the course marries together the Fence principle, power generation, reaction drills and target practice. We will discuss and practice the best tools to strike with as well as the best “bang for your buck” targets to aim for.

- **Takedowns (basic)**

Takedowns are methods of putting an assailant on the floor. While secondary to striking they can be very useful in a self defence scenario. After all if you can put your opponent on the ground you have a better head start for running away. In order to practice these takedowns on each other, you must first learn to fall and land safely. The art of break falling is vital, if you can

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land safely in a controlled manner not only can you avoid injury, but you can also defend yourself and get back to your feet quickly.

- **Grab defences**

Many attacks are initiated by a grab. We will now look at the most common grabs and the best methods of escaping them. You will then practice escaping from holds while standing and lying down. In learning to escape these holds you will also learn how to apply them, discovering which ones are best used in a self defence scenario and which ones are not.

- **Reaction & Determination**

This is one of the most physically and mentally tiring sections of the course, but it also the most fun. We revisit this at various points throughout the course. You now have the basics of self defence and it is time to start putting them to the test. We do this through the use of reaction and determination drills. During these drills you will be attacked in a random fashion, you will be pushed to work even while fatigued and you will learn that a fight is often won by the most mentally prepared person; not the most physically gifted. Over the duration of the course we will revisit these drills, to test new techniques and ensure they are thoroughly embedded. Each time we revisit these drills there will be a new element added, be it multiple attackers, fatigue, weapons, grab attacks or surprise attacks. It is here that you really learn!

The last day of the course is a test day where participants are expected to defend themselves against random attacks. Participants will be pushed to their limit in a controlled manner so they can gain some experience of the fear and exhaustion of a real fight.

While the course follows a syllabus it will be adjusted to suit the group. More able members will be given more advanced techniques while less able members will be encouraged to work and improve. We will also adjust the course content if the group as a whole has particular wants and needs.

Price for the course:

10 weeks Self Defence Instruction €150 / person

4 week Refresher course €80 / person

For more information or to book a course for your club, office or institute, please contact us:

Email: courses@wildgeesema.com

Phone: (+353) 087 784 3006

Wild Geese Instructors

Wild Geese instructors are not just martial artists they are also active within the security field. In other words, the information they teach has been tried and tested in the real world. They actively seek out instruction from other instructors with even greater knowledge and experience than themselves in order to better themselves and therefore better the information they can present to their students.

Paul Cox is the founding member of Wild Geese Martial Arts.



Since taking up martial arts back in 1977 he has trained in several martial styles, most notably the Filipino Martial Arts and Kenpo Karate.

He was instrumental in bringing the Filipino Martial Arts to Ireland when he became the representative for Rapid Arnis, he has since travelled to the Philippines on several occasions and regularly trains privately with Doce Pares Grandmaster Danny Guba. Paul was recently awarded a black belt in Doce Pares "Multi Style" Eskrima, and is one of the few Europeans officially registered in the Doce Pares Headquarters.

His Kenpo lineage is no less impressive. Paul holds black belts in traditional Kenpo and modern Kenpo having learned from and earned black belts from Sifu's Don Cassidy and Shay McNamee.

During a long career in the security industry, which included time spent travelling to far flung corners of the world, Paul has had his martial prowess tested on several occasions, he bears the scars of some of these encounters even today. This real life experience in applying his martial training has lead him to formulate his own method of training.

This method was first taught to two lads in Cuba and so has been given the title "Kenpo Cubano" Kenpo Cubano can now be seen practiced by security forces in The Gambia, Cuba and parts of Mexico.

Paul also has a huge experience of strength and power training, which he applies to himself in order to spar with lads less than half his age and without his injuries. His strength & conditioning methods ensure it's always the young fellas that run out of steam first.

ACHIEVEMENTS

- Wild Geese Founding member and Senior Instructor
- 3rd Dan Ed Parkers Kenpo under Sifu Shay McNamee
- 2nd Dan Shaolin Kempo under Sifu Don Cassidy
- Instructor Rapid Arnis under Tuhon Pat O'Malley
- 1st degree Black Belt Instructor Doce Pares "multi style" Systems - Eskrima / Kali / Arnis under Grandmasters Diony Canete & Danny Guba
- 1st Degree Black Belt, Doce Pares Original System
- World Champion - 2nd Doce Pares World Championships, Cebu City, July 08
- Unarmed Combat consultant for the Gambian State Guard
- Fitness Instructor
- Swedish Massage Therapist

Dave Hedges is the co founder of Wild Geese Martial Arts. He began training in 1989 when he took up Wado Ryu Karate. Since then he has also trained in Goshin Jitsu, Wing Chun Kung Fu, Kickboxing, Judo, Filipino Martial Arts and Kenpo karate. He holds black belts in both Wado Ryu and Kenpo Karate.



Dave is also granted instructor status for the Rapid Response knife defence system and Doce Pares Eskrima. Although he prefers to teach a simplified version of the martial arts he has learned so that his students can become combat ready in less time than it usually takes to learn a martial art.

Over the last 10 years Dave has worked in the security industry where his martial skills have been tested on many occasions. Over this time his training has become more focused, examining which of the many techniques really work and which ones are best left on the silver screen.

Alongside his purely martial training Dave also spend much of his time researching the best methods for building a fighters strength, power and endurance. He regularly trains Mixed Martial Artists, Kickboxers and other athletes using his blend of bodyweight and weight training drills. He holds certifications to teach Kettlebell lifting from two legends of the art, Steve Cotter and Vasily Ginko.

This research has lead him to become an unarmed combat and conditioning consultant to security agencies such as ESTS (www.specialist-security.com)

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- 2nd Dan Ed Parkers Kenpo under Sifu Shay McNamee
- 1st Dan Wado Ryu Karate under Sensei Jack Parker
- Instructor Doce Pares "Multi Style" Systems - Eskrima / Kali / Arnis under Grandmaster Danny Guba
- Rapid Response Instructor under Pat O'Malley
- Certified Kettlebell Trainer Level 1 under Steve Cotter's IKFF (www.IKFF.net)
- National Level Kettlebell Coach under Vasily Ginko's IUKL-IKSA
- N.C.E.H.S Personal Trainer
- Unarmed Combat & Fitness consultant to Executive Security & Training Services (ESTS)
- Security Consultant
- Member of International Bodyguard Association