

# SELF DEFENSE *for Women*



## IHS Training Division

### Integrated Health Services

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***'Self Defense' course is to help you avoid risky situations. It is not to put you into situations and then make you fight your way out.'***

Self-defense is an enormous concern for everyone. For women, self-defense is especially worrisome. This course will develop the basic knowledge, skills, and attitude essential to save and protect yourself from assault and dangerous situations. It explains **proactive steps** that women can take to wisely manage and increase their security at home, work and public places or while traveling.

Key aspects of the training include raising awareness levels to recognize potentially dangerous situations and implementing various crime prevention and personal safety measures. **Verbal, mental, emotional, and physical techniques** for self-defense and personal safety will be taught in an interactive manner. Individual and group exercises will be conducted in both indoor and outdoor settings simulating real life scenarios. Almost **80%** of the training time is dedicated to **practical sessions** on various aspects and techniques of self-defense.

It is a two-day course and the cost is **Rs. 92,000/-** lump sum. It can be held at clients' facility. Participants can range from 16 to 24. Boarding and lodging arrangements of IHS trainers is the responsibility of the host for courses outside Islamabad / Rawalpindi. A sample list of contents includes:

- Introduction to Self-Defense
- The 'Social Fabric' of Pakistan
- Cultural 'Values & Traditions'
- Becoming a 'Hard Target'
- Awareness & Avoidance from Environmental & Human 'Danger Signs'
- Body, Mind & Mind Set
- Using your Voice & Mind
- The *Psychological War*
- Strategies for *Home Safety*
- Strategies for *Workplace Safety*
- Strategies for *Outdoor Safety*

## Integrated Health Services

- Responding to a '*Violent Confrontation*'
- How to fend off an '*Assault*'
- How to escape from a '*Rape Attempt*'
- How to bring out your built-in '*Fighting Instinct*'
- How to utilize your *Strongest Weapons* against his *Weakest Targets*
- Hands on training with *Bare Hands and Feet*
- *Assertiveness* Training
- Psycho-Motor optimization – *The Mind Power*
- *Confidence Building* and *Self Respect*
- '*Pressure Testing*' the skills to try the skills safely 'under pressure'.
- *Typical Scenarios* like car driving, valuables on person, with infants
- Video Clips & *Practical Sessions* (incl. group tasks and real life situations) at frequent intervals during the course.

Contents can be *further modified* to meet any special needs identified through the **Training Need Analysis** carried out a couple of days prior to the course.

Training will be conducted with ***multimedia aids punctuated with videos and practical sessions***. IHS provides Course Manual to each participant along with handouts on practical tips and assessment exercises. Certificate of Completion (upon meeting all course requirements) will be issued to each participant.

Our ***Team of Trainers***' is a blend of different specialties necessary to meet all the requirements of this training program. It consists of:

**Ms. Mauna Gohar**, Clinical Psychologist, Stress Therapist, Reiki Master & Hypnotherapist, trained here and abroad is the Master Trainer & Lead Facilitator for this workshop.

**Dr. Asim Mahmood Khan**, an Occupational Health specialist with vast training experience in the corporate sector on health (physical & psychological) & fitness.

**Dr. Lutfia Ansari**, Lady Doctor for counseling on issues related to gender type. Complete privacy and secrecy is observed and all information shared is strictly kept confidential between the trainee and the Lady Doctor.

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*Detailed resume of the trainers are available on request. Kindly give one weeks notice to schedule dates as per availability of the trainers.*