

Self-defence Skills for Life!

Fundamentals 1

Building a strong foundation



Inside Defence

CONCEPT

"Strength, kindness, and wisdom shape your path towards safety and well-being.

In the words of Sergeant Rory Miller, 'Anything that makes you stronger, friendlier, and wiser enhances safety and life quality.' Building a strong foundation is key.

Our fundamentals program achieves this—physically, improving movement and strength; mentally, navigating life challenges. Feeling strong equals feeling safe. Kindness towards yourself and your training partners extends beyond training, creating a supportive community. We make each participant individually strong and collectively formidable.

Wisdom is crucial, helping you make choices that match your values and avoid unnecessary difficulty and harm.

This Fundamentals program instills a thoughtful approach to self-defense. Find details on course content and Fundamentals 1 test criteria in this document. Questions? Our instructors are ready!"

6 months to get the basics down

A minimum of 6 months of training is required to get the basics down.

Test (Not an exam)

As a cherry on top, after the six months of training, you will be tested on your ability to solve problems.

About Inside Defence

"Inside Defence is a dedicated team of professionals with over 15 years of experience in teaching life-saving (self-defense) and life-enriching skills (coaching and special forces training).

We have trained over 3000 individuals and successfully collaborated with various satisfied clients, including Soho House, the Social and Cultural Planning Office, and the Dutch Association of Hospitals.

Our belief is that self-defense is an essential part of self-care, much like acquiring swimming or first aid skills.

We assist individuals in shifting from a reactive to a proactive approach in their actions, thoughts, feelings, and desires during (violent) conflicts.

Being proactive makes you less fearful, empowers you, and enables you to better care for yourself and others. In this way, we actively contribute to a safer and more caring world.

Our classes, workshops, and courses are dynamic, enjoyable, and incredibly informative, contributing to the overall well-being of the practitioners."



1. The method

'Dealing with conflict'

Step 0 : Listen to your gut feeling

Step 1 : Improve your position

Step 2 : Deal with the problem

Step 3 : Go to a safe place

Step 4 : Check yourself for injuries

Step 5 : Call for help

**Follow your plan
and stick to it**

2. Theory

'Before the encounter'

2.1 Violence

2.1.1 Threats

2.1.2 Asocial Aggression

2.1.3 Social Aggression

2.1.4 Manipulation

2.1.5 Pre-fight indicators

2.2 Biology

2.2.1 Natural reactions under stress

- Fight
- Flight
- Freeze

2.2.2 Personal space

2.2.3 Targeting

2.3 Legal matters

2.3.1 Goals of self-defence

2.3.2 When is it allowed to use violence?

2.3.3 Proportionality

**Studying the
cure and the
cause**

ID 3. Physical

'TOOLS DURING THE ENCOUNTER'

3.	<u>Verbally</u>	3.1	<u>Strikes</u>	3.2	<u>Kicks</u>	3.3	<u>Defences</u>
3.1	Use of voice	3.1.1	Straight	3.2.1	Front	3.3.1	360°
3.2	Mean what you say	3.1.2	Hammer horizontal	3.2.2	Back	3.3.2	Cover up
		3.1.3	Elbow horizontal	3.2.3	Knee	3.3.3	Body
		3.1.4	Cupped hand			3.3.4	Inside
						3.3.5	Outside
						3.3.6	C-grip
						3.3.7	Shield-like objects
						3.3.8	Damage avoidance
						3.3.9	Fence



4. Problem Solving

‘ DURING THE ENCOUNTER ’

4. Problems to solve

- 4.1 Breaking a freeze
- 4.2 Knife threats
- 4.3 Knife attacks
- 4.4 Dealing with Strikes
- 4.5 Multiple aggressors
- 4.6 Shirt grab Attempt
- 4.7 Shove Attempt
- 4.8 Grab Attempt
- 4.9 Protecting a loved one
- 4.10 Dealing with falls
- 4.11 Getting up from the ground
- 4.12 Defending strikes while on the ground
- 4.13 Someone trying to mount you on the ground

**Action
Beats
Reaction**



5. After the Encounter

‘TAKING CARE’

5.

Skills

- 5.1 Rautek maneuver
- 5.2 Stable side position
- 5.3 Tourniquet
- 5.4 Checking yourself and others for injuries
- 5.5 Calming yourself and others
- 5.6 Description of the attacker
- 5.7 Calling the police

**It is not
over until
you are
safe**



6. The test

‘Rising up to the challenge’

6.1 About the test

Regular self-defense tests are like keeping up with a workout routine. By testing your skills from time to time, you stay sharp, motivated, and ready for challenges that come your way. It's also a great way to see and celebrate how much you've improved.

Every six months, we plan a 2-hour test, similar to someone having a match after a period of training.

The goal isn't to pass or fail. Instead, it's about having participants take a test where they confidently and effectively show they can handle situations where self-defense is needed.

Participants will find out if they can respond well to (possible) attacks and if their actions are effective. It's not about being perfect; it's about growing and learning how to protect yourself.

6.2 What does the test look like?

The test is dynamic and unpredictable, participants are given the freedom to choose how to deal with the challenges. The test incorporates a mix of problems and sequence drills, offering a realistic, challenging, and fun experience.

6.3 When is the test successful?

The test is successful if you have demonstrated the ability to act with confidence and effectiveness in situations requiring self-defense.

Upon passing the test, you will earn your Fundamentals 1 certificate.

This certificate symbolizes your capability to act with confidence and effectiveness in situations requiring self-defense, as well as your understanding of the content covered in the Fundamentals 1 course.

**"Don't
compare
yourself to
others.
Compare
yourself to the
person you
were
yesterday."**