



*Professional Taekwondo Gambia*

☎: 3743305, 3069565, 7996445

✉: fabaga@msn.com 🌐: www.protaekwondo.gm

### PROGRAMME: SELF DEFENSE FOR WOMEN

	1 <sup>st</sup> . Week	2 <sup>nd</sup> . Week	3 <sup>rd</sup> . Week	4 <sup>th</sup> . Week
1 <sup>st</sup> . Day	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Basic Fighting Stance</li> <li>• Punching</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Overview of vital points</li> <li>• Break falls</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Defense against knife</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Grappling</li> </ul>
2 <sup>nd</sup> . Day	<ul style="list-style-type: none"> <li>• Knife hand strike</li> <li>• Palm strike</li> <li>• Blocking</li> </ul>	<ul style="list-style-type: none"> <li>• Defense against punch</li> </ul>	<ul style="list-style-type: none"> <li>• Defense against stick</li> </ul>	
3 <sup>rd</sup> . Day	<ul style="list-style-type: none"> <li>• Knee strike</li> <li>• Kicking</li> </ul>	<ul style="list-style-type: none"> <li>• Defense against kicks</li> </ul>	<ul style="list-style-type: none"> <li>• Held at gun point</li> </ul>	