



SELF PROTECTION CLINIC
FEBRUARY 28 2009



INTRODUCTION AND WELCOME

Sensei James Freeman, 5th Dan, has been teaching karate programs in the University area since 1989. Sensei started karate in September 1985 at the University of Alberta and received his Shodan by August 1990. He has competed in many competitions over the years, winning in both kata and kumite, and went to the National SWKKF Tournament in 1992 and 1996.

Sensei Freeman has also studied Iyengar yoga and has competed in numerous triathlon and running competitions. He is a two-time 1/2 Ironman finisher, and a six-time 1/2 marathon finisher with a personal best at the 2007 Okanogan Half Marathon of 1:27:35. He is also certified to teach Resistance Training with the AFLCA, and has brought free weights, resistance bands, and stability balls into the core karate training program for adults. Sensei Freeman has an MBA and a MSc in Electrical Engineering, both from the U of A, and owns his own consulting company Valentis International Inc. He is now VP Technical Development with Zedi Inc. in Edmonton

Sensei Craig Pettie, 4th Dan, has been teaching karate programs in the University area since 1991. Sensei Pettie started karate in September 1989 and received his Shodan rank in August 1992. Sensei has a degree in Psychology from the U of A, and worked with children for 7 years at the Glenrose Rehabilitation Hospital in a variety of settings (Psychology, School Rehab. and Physical Therapy). In 2004, Sensei Pettie began a new career in computers, and has been working since then as a Systems Analyst/Developer. In 2002, Sensei competed in and successfully completed the summit leg of the Canadian Death Race in Grande Cache, Alberta



AN IMPORTANT CONSIDERATION:

1. There will be physical activity today and at times you may feel uncomfortable in some of the situations you face. It is our desire to create a safe but realistic situation in which you can learn about self-protection and self-defence
2. A real self-defence scenario will not be pleasant. You will be adrenalized, and there will likely be foul language. We at the BKA will not use inappropriate language, but will act in ways that will recreate as safely as possible the discomfort you may feel. We are not bad people; we are trying to maximize the learning and self-realization that you experience.

We will film and make DVDs of this event. If you are interested in ordering one, see one of the instructors after the Seminar. The cost per DVD will be \$15

OVERVIEW OF SEMINAR

TODAY'S AGENDA

NOTES

SELF-PROTECTION

1. The Attacker

Types and Tactics of Violence

A. Types of violence and motivations:

- Theft/Mugging
- Rape
- Murder
- Domestic
- "Random"
- Escalation

B. Tactics of Violence – The 4 Ds:

- Dialogue
- Distraction
- Deception
- Destruction

2. The Victim

From Soft to Hard Target

A. Soft Targets – What makes someone an appealing target?

- Colour Codes
- Opportunity
- Setting
- History

B. Hard Target – How to avoid becoming a target of violence.

- Strategies
- Exercises

SELF-DEFENSE

A. Your body

- Adrenaline
- Your weapons

B. Tactics

- The Fence
- Fighting from the ground

AFTERMATH

- Consequences of violence, discussion and questions

A. Reprisal

- Strategies

B. The Black Dog

- Regret and self-reproach

C. Legal

- Section 34-37 of the Criminal Code of Canada

CRIMINAL CODE, SECTIONS 34-37

WHAT THE LAW HAS TO SAY...

We've all heard the reports of people being charged after defending themselves. Its important to understand that every situation is different. So what does the law have to say? When is it appropriate to use force, when isn't it, and how much can be used are all questions that can only be decided in a court of law and on an individual case by case basis. To help you understand general circumstances for yourself, following here are the two sections in the criminal code regarding taking action to defend ones self.

34. (1) Every one who is unlawfully assaulted without having provoked the assault is justified in repelling force by force if the force he uses is not intended to cause death or grievous bodily harm and is no more than is necessary to enable him to defend himself.

(2) Every one who is unlawfully assaulted and who causes death or grievous bodily harm in repelling the assault is justified if

(a) he causes it under reasonable apprehension of death or grievous bodily harm from the violence with which the assault was originally made or with which the assailant pursues his purposes; and

(b) he believes, on reasonable grounds, that he cannot otherwise preserve himself from death or grievous bodily harm.

35. Every one who has without justification assaulted another but did not commence the assault with intent to cause death or grievous bodily harm, or has without justification provoked an assault on himself by another, may justify the use of force subsequent to the assault if:

(a) he uses the force

(i) under reasonable apprehension of death or grievous bodily harm from the violence of the person whom he has assaulted or provoked, and

(ii) in the belief, on reasonable grounds, that it is necessary in order to preserve himself from death or grievous bodily harm;

(b) he did not, at any time before the necessity of preserving himself from death or grievous bodily harm arose, endeavour to cause death or grievous bodily harm; and

(c) he declined further conflict and quitted or retreated from it as far as it was feasible to do so before the necessity of preserving himself from death or grievous bodily harm arose.

36. Provocation includes, for the purposes of sections 34 and 35, provocation by blows, words or gestures.

37. (1) Every one is justified in using force to defend himself or any one under his protection from assault, if he uses no more force than is necessary to prevent the assault or the repetition of it.

(2) Nothing in this section shall be deemed to justify the wilful infliction of any hurt or mischief that is excessive, having regard to the nature of the assault that the force used was intended to prevent.



EDMONTON VIOLENT CRIME STATISTICS

**Edmonton is becoming a much more violent city.
From 2006-2007 there were significant increases in violent crime.**

**27% Increase
In Sexual
Assault.**

**29% Increase
In Assault.**

**9% Decrease
In Homicide.**

**51% of women
over the age
of 16 will
experience
at least one
incident of
physical or
sexual violence.**

Canadian Violent Crime Statistics

yearly average from 2000 to 2006

| Type of Crime | Approx. Yearly Average |
|----------------------|------------------------|
| Homicide | 631 |
| Attempted Homicide | 764 |
| Robbery (commercial) | 29,902 |
| Assault | 244,195 |
| Sexual Assault | 23,257 |

*Sourced from Statistics Canada

Regardless of the type of violence, all incidences of violence are believed to be significantly under reported. According to HRSDC 66% of all violent crimes go unreported. It is believed that 88% of sexual assaults were not reported in 2004.

Source: HRSDC

Perpetrators:

- Males aged 18-24 years are the primary perpetrators of violent crimes though the incidence is consistently high for males up to the age of 50.

Source: Statistics Canada

Victims:

- Women are significantly more likely to be the victims of sexual assault than men.
- Men are significantly more likely to be the victims of physical assault and robbery than women.

Source: HRSDC

- One to two women are murdered by a current or former partner each week in Canada.

Source: Statistics Canada

Sources and Tips:

All statistics were derived from one or more of the following sources: Edmonton Police Services, Statistics Canada and Human Resources and Skills Development Canada. More recent statistics for 2008 are still being generated by these organizations. You can visit the Edmonton Police Services web-site for specific statistics for your community.

For a complete list of these resources, links to their respective sites and self-protection tips visit our web-site address below...



www.edmonton-karate.com/links.php

OTHER INFORMATION



We have taught in two hours what you can best do to avoid a situation from happening in the first place. However, no two hour session can really prepare you for the horrible reality of a real confrontation. Even trained people are subject to the impact of adrenaline in times of crises. Regular training can improve your ability to act confidently and with innate skill should an unfortunate circumstance occur.



FURTHER LEARNING

If you would like to explore further the physical and mental training of a martial art, feel free to learn more about our organization by visiting our web-site, or by e-mailing James Freeman at james@edmonton-karate.com or by telephone at 780-433-3807

Program terms start each May, September, and January.

www.edmonton-karate.com