

# SELF-DEFENCE & SELF-CONFIDENCE

Our 'Self-Defence & Self-Confidence' programme uses martial arts to help young people become fitter and gain greater self-respect. This includes developing skills, training the mind as well as the body, and building stamina.



Headlines demonstrate that community safety is threatened by an increase in binge drinking and anti-social behaviour. Further evidence demonstrates that amongst adolescents there has been an increase in depression and a sense of alienation from the community.

Vulnerable young people have told us that they lack a secure social environment and have limited opportunities to engage in physical activity. They need positive role models and an empathetic and supportive environment.

Sessions are led by a highly qualified trainer with experience in martial arts and expertise in mentoring.

The programme offers a safe social environment, a supportive mentoring atmosphere and an open forum for discussion and advice. The programme encourages responsibility across all aspects of life including safety, fitness and team-building.

*The sessions have given back to me that particular kind of female strength that I lost, that resolute core running through me – because I don't want to be like a man, aggressive and angry - I want to be strong. Every session I attended has given me confidence in all aspects of my life." Laura - Glasgow*

## How young people benefit

The project benefits vulnerable young people from a variety of ethnic backgrounds

- increased fitness and self-esteem,
- increased skills in self-defence
- heightened confidence and improved communications skills.
- prevention of anti-social behaviour
- prevention of obesity
- increased employability



What the programme delivers:

"This was the most popular programme we offered. Several of the participants came in with real attitude problems, but the trainer was brilliant in how she commanded respect. The transformation was quite remarkable. All the participants want to come back. " Children's Activity Coordinator, Peppermint Community Centre in Croydon (Sherene Campbell).



*"I wouldn't say that I have turned into some kind of super woman. Sometimes there is still panic, still fear but inside me there is the sense of power I had lost for so long. There is a fire in my belly that reassures me I might not curl up into a ball again. You can't say what you will do in that situation, but the sessions have brought my mind and body together and given me a fighting chance". Maria – west London*

