

Physical Self-Defence

The techniques of WASP are scenario based, such as:

- The art of fighting dirty
- Escaping grabs
- Escaping from a head lock
- Escaping from a bear hug
- Escaping from the ground
- Escaping from a pin against an object
- Dealing with aggression
- Pressure point skills.
- Understanding pain compliance
- Creating impact
- Defending from a push, punch or kick
- And much, much more

We spend a lot of time in class learning how to create impact by striking focus mitts. The class can be aerobic has a fitness element to it. WASP relies on gross motor skills that are easy to retain and do during high stress situations.

W. A. S. P.

North Woodside Community Centre

230 Pleasant Street

Dartmouth, NS

Phone: 902-464-8794

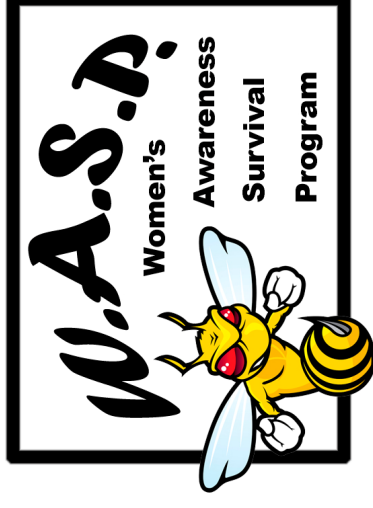
E-mail: WASP@budocentral.com

Mental Self-Defence

The mental aspects of WASP are extremely important. When developing a personal self defence strategy 90% of your tactics should be a mental strategy. At WASP we cover the mental aspects with a manual that over 60 pages of information that can save your life.

Mental self defence topics covered:

- Forms of violence
- Your natural ability to defend your self
- Stats, crime rates and myths
- Giving yourself permission to hurt others
- Intuition training
- Understanding the predator
- Predatory behaviours and processes
- Predicting violence
- Pre-incident indicators
- Dealing with stalkers
- Dating and domestic situations
- Fear management, types of fear
- Defensive postures
- Five levels of awareness
- Defensive strategies
- Reactionary Gap
- Survival stress
- Understanding the legal side



Providing women of all ages with self-defense, assertiveness and awareness training

By:

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What is W.A.S.P

"Make a decision to invest in your life & personal security."

W.A.S.P is "Women's Awareness Survival Program" and was created by Johanne Connolly to be a dynamic self-defense, awareness and assertiveness training system and fitness class for adult women 14 - 84 years old.

This is not a martial arts class but rather a street oriented

rape awareness workshop with the awareness of the internationally renowned women's self defense system RSAD, techniques from the battle proven Ju-Jitsu and weapons and police training tactics of TACT.

Learn the skills of assertiveness training, while participating in an all female class with a female instructor. Feel safe to openly discuss scenarios, and prepare yourself.

WASP is a non-profit volunteer based program with all funds collected being put back into the Budocentral Martial Arts Academy to further help both youth and adults.



WASP provides women of all ages with self-defense, assertiveness and awareness

Classes

Classes are designed so that anyone can participate regardless of age or physical ability.

North Woodside Community Centre

When: Monday nights from 7:30PM - 8:30PM
Or Wednesday night from 7:30-9:00PM
Terms start September, January and April.

Where: 230 Pleasant Street, Dartmouth, B2Y 3R8
Cost: \$60

Workshop Length: 10 weeks

Mount Saint Vincent University

When: check the Mount or our website for details

Where: 166 Bedford Highway,
Halifax, Nova Scotia, B3M 2J6

Cost: \$25 each workshop - Take one or both!

Workshop Length: 4 hours each: **Level I** - Stand up and impact; **Level II** - ground fighting The theory is the same in both workshops.

What to wear: Women should wear comfortable workout clothing like sweats and a T-Shirt. WASP T-shirts will be available for purchase. Please, no belly shirts, short shorts, or spaghetti strap shirts. Students will be asked to remove all jewellery and watches.

Classes will contain aerobic warm-ups, stretching, lectures and practicing practical self-defence methods with partners. Occasionally we will invite a guest lecturer and invite specially chosen males from Kyushu-Ryu Ju-Jitsu to ensure the effectiveness of your techniques.

"Unlike a bumble bee who stings once and dies, the wasp can sting multiple times and survive to fight another day".

Johanne Connolly

Instructor Bio



Chief Instructor Johanne Connolly - is a Brown Belt and secretary treasurer in Kyushu-Ryu Ju-Jitsu and is a certified instructor in RSAD and also trains in Karate-do Shotokai. She is strongly dedicated to helping build the self-confidence of women through Ju-Jitsu, RSAD and WASP. She is also a senior instructor for Bully Proof and graduated from the Tactical Academy of Controlling Techniques, is certified in Nerve Impact Control Tactics and has successfully completed workshops on Yawara stick and ground fighting. She is a strong leader and instructor in the Kyushu-Ryu Ju-Jitsu youth program and is the co-treasurer of the KRJJ Foundation.

WASP was created and developed by Johanne with technical direction by Kyushu-Ryu Ju-Jitsu Master, Frank Zinck a 5th degree black belt in KRJJ and a second degree black belt in Karate-do Shotokai.