

## Programs

WASP is available at the North Woodside Community Centre (NWCC) at 230 Pleasant St in Dartmouth as well as Mount Saint Vincent University (MSVU) on Bedford Highway.

Our main program at the NWCC works on a 10 week term with 1.5 hour classes once a week.

The program at MSVU is 4 hours long and is designed to give women self-defence options. We run two courses at the Mount one on stand up and impact and one on ground fighting. Check the mount's website at: [http://www.msvu.ca/FitnessCentre/INSTRUCTIONAL\\_PROGRAMS/RSAD.asp](http://www.msvu.ca/FitnessCentre/INSTRUCTIONAL_PROGRAMS/RSAD.asp)

## Corporate Training

WASP also does corporate and private sessions that can be designed and tailored to fit time constraints. We can also provide valuable lectures to women that are empowering and life altering.



Other programs by:

### Budocentral Martial Arts Academy

#### Kyushu-Ryu Ju-Ju-Jitsu

- Youth and adult classes starting at 6 years old
- Tuesday and Thursday nights

#### Karate-do Shotokai

- Youth and adult classes starting at 6 years old
- Saturday mornings

#### Bully Proof

- Assertiveness training for kids

#### TACT

- A series of self-defense, subject control and assertiveness workshops for law enforcement and at risk professionals.

#### W.A.S.P.

North Woodside Community Centre  
230 Pleasant Street  
Dartmouth, NS, B2Y 3R8

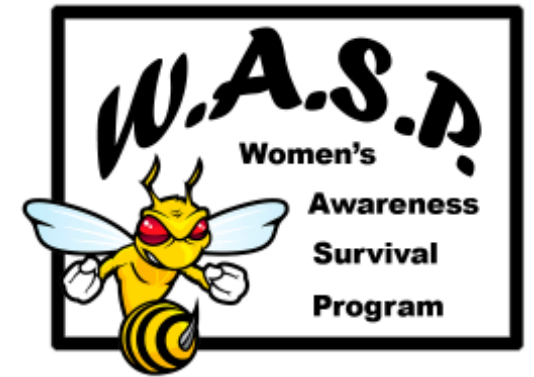
Email: [wasp@budocentral.com](mailto:wasp@budocentral.com)  
Tel: (902) 464-8794

## 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.



**Self-Defense,  
Assertiveness &  
Awareness  
Training for  
women**



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

## What is W.A.S.P.?

### 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.



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

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 (an intensive 8-hour self-defense workshop for women), techniques from the battle proven Ju-Jitsu and weapons and police training tactics of TACT and assertiveness training from Bully Proof.

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.*

## 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 - Standup 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 jewelry and watches.

**Classes** will contain aerobic warm-ups, stretching, lectures and practicing practical self-defense 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*

## Physical Self-Defense

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 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.

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Phone: 902-464-8794

E-mail: wasp@budocentral.com

## Mental Self-Defense

The mental aspects of WASP are extremely important. When developing a personal self defense 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 defense 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