

## Student Checklist

You will need video evidence of demonstrating the following techniques, either individually or in group sequences.

Distance- 3 types	
Footwork	
Fence	
Guard	
Finish	
Floor	
Wrist Release Single	
Wrist Release Double	
Resist being Pushed	
Resist being Pulled	
Resist being Grabbed (from behind)	
High Risk Technique: Resist being choked	
Vulnerable point of the body for high risk situations: The Eye	

On day 3 you will run your own 80-minute workshop, in order to prepare for this workshop, you will need the following and provide evidence that you have prepared them:

A lesson plan	
Risk Assessment	
Feedback form	
Health and Safety Forms	
Consent forms	
Media Release (if applicable)	