



CHARLES NELSON

Self Defense System

Giving you a fighting chance in any situation!



Charles Nelson Self Defense Systems Instructor Certification Program Syllabus of Seminars Tier One: Lessons 1 to 10

Class 1:

- Introductions
- Legal considerations
- Background and history
- Basic principles
- Basic stances: Jack Benny, Ed Sullivan, Guard
- Preemptive attacks from stances
- Situational self-defense

Class 2:

- Basic footwork: Off Line attack, backward line attack, boxers slip, footwork for movement and striking
- Basic strikes:
 - Hands: Basic chops, swivel punch, open hand palm strike (Ear), chin jabs, shoves, second joint of the knuckle strike to throat, fingertips to eyes
- Situational self-defense

Class 3:

- Basic strikes:
 - Feet: Axes foot kick, knee to face, Irish kiss, side kick to knee, foot stomp
- Basic blocking: Chop, low block, boxers slip
- Attack patterns:
 - Attack Pattern 1
 - Attack Pattern 2
 - Attack Pattern 3
 - Attack Pattern 4 (Offensive and Defensive)
- Situational self-defense

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Class 4:

- Basic Arm Bar: Straight Arm Bars, Japanese Arm Bars, Bar Hammer Lock, Reverse Arm Lock- Individual and arm lock pattern exercise
- Basic Escort Holds for Law Enforcement and Bouncers: Redirect 1, The High/Low, come along, Indian Arm Snap, Dirty Fighting (Pinches, grabs, muscle strumming)
- Situational self-defense

Class 5:

- Situational Self-Defense: Newspaper articles and real attack situations
- Basic Self-Defense from a seated position
- Defense against Straight Punch to Face
- Defense against Round Punch to Face

Class 6:

- Defense against Back Hand Strike to Face
- Defense against Front Kick
- Dealing with a hold (Full Nelson, Front Guillotine hold, side head lock, single choke or Lapel grab, two handed choke, Rear Choke, Dealing with pushes and shoves)
- Situational self-defense

Class 7:

- Weapons Defense:
 - Knife Defense – Dynamic:
 - a. Fencer's thrust
 - b. Ice Pick
 - c. Disemboweling
 - d. Up slash
- Situational self-defense

Class 8:

- Weapons Defense:
 - Knife Defense – Static
 - a. Front Throat 1 through 3
 - b. Side neck
 - c. Behind back
- Situational self-defense

Class 9:

- Weapons Defense:
 - Baseball Bat Attacks 1 through 4
 - a. Hand Gun Threats

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- b. Front of head 1 through 4
- c. Side of head 1 through 4
- d. Gun to rear 1 through 4
- Psychology of aggressive behavior
- Low light training
- Situational self-defense

Class 10:

- Basic Level – Aiding a Mugging Victim
- Basic Women’s Self-Defense
- Situational self-defense