



Camp Hero: Beginner

Official Camp Hero Curriculum.

Camp Hero incorporates physical self defense lessons, street safety discussions, and fun learning activities to give students an engaging approach to improving confidence, safety, and self defense skills.

Part 1. Self Defense Content

Lesson 1: Combat Base

How to keep a strong stance, create distance, move, and resist being pulled or pushed

- Footwork drill: forward, backward, left, right
- Push & pull defense: 45° angle resistance base

Games & Drills

- Flag game: try to take the flag from your opponents back
- Circle base game: try to knock your opponent off base
- Sumo wrestling: girls try to push their opponent out of bounds



Lesson 2: Grab Defense

- Single hand wrist grab: circle escape & dab escape
- Double hand wrist grab: power fist escape
- Waist grab: finger peel & ankle pick

- Headlock: judo throw
- Front choke (one hand): shoulder hit
- Front choke (two hands): elbow defense / swoop escape

Games & Drills

- Arm drag tug of war: try to pull you opponent across the room
- Blind walk game: defend a surprise attack (pulling or pushing you off base)

Lesson 3: Striking & Striking Defense

How to defend all strikes, and how to strike back effectively when necessary.

- Elbows- 3 variations
- Clinch & knee: swim in for clinch, control, knee
- Push kick
- Super slap
- Forward punch defense: parrys
- Round punch defense: head block & karate block
- Body punch defense: elbow tuck

Games & Drills

- Defense drill: student must keep stance, distance, and defend strikes
- Pad drills



Lesson 3: Ground Defense

How to escape the most common ground positions & attacks

- Break fall
- Technical stand up
- Ankle sweeps (both feet forward): push pull & butterfly
- Ankle sweep (one foot back): push pull trap
- Arm drag: berimbolo to ankle sweep
- Leg drag: north kick to ankle sweep
- Mount Escape (from choking or hair pull): trap and roll
- Mount escape (from pinning the wrists): snow angel to trap and roll
- Mount escape (from punching): bump to trap and roll
- Guard get up: shrimp, up kick, scoot scoot, stand
- Hip bump sweep from guard
- Punch defense from guard: 4 stages of defending punches
 1. All the way in: hug attacker to keep them down
 2. Knee shield with feet on the hips to keep them away
 3. Butterfly trap (spider guard) to trap their arms
 4. Feet on the hips, ankle sweep to take them down

Games & Drills

- Mount battle: rolling from mount for 2 minute rounds
- Guard battle: rolling from guard for 2 minute rounds
- Queen of the mat: the person who wins the roll stays in the middle
- Touch the head game from open guard: practice staying parallel to opponent
- Fight scene: choreograph your own fight scene with your moves



Part 2. Street Safety Topics (GirlSafe)

Each day we have a one hour safety lesson after lunch. We teach our students how they should conduct themselves in public, in dangerous settings, and how to respond in a crisis. We make these lessons super fun by incorporating all sorts of games like GirlSafe Jeopardy, Heads Up, What's Missing, team brainstorming, and more. Topics covered are:

- Situational awareness
- Street safety rules
- Online safety rules
- How to stand and walk confidently
- How to speak assertively to stand up for yourself
- How to respond in an attack
- How to escape a car
- How to call for help properly
- Travel safety tips



Concept One: Intervention Probability (IP)

IP is the probability that a bystander will witness or intervene in the attack. This is the most important component for the attacker in deciding when, where, and who to attack. Every second longer that an attack takes, the IP skyrockets, which increases the attackers fear that they will get caught. Once the IP gets too high, the abduction becomes too risky to carry out, and the attacker is forced to give up and flee the scene.

The goal of the victim in any attack is not to *defeat the attacker*, but to **raise the Intervention Probability so high** that the attacker is forced to give up before they can isolate the victim.

Concept Two: Abductor Process

What an abductor needs in order to attack.

Step 1: Identify the Target

The attacker needs to find a target to carry out an attack. This process could be very quick, or take months.

1. Being unaware and distracted, or perceived as unconfident and vulnerable are proven to increase the chances of a person being targeted by an attacker.
2. 75% of victims are abducted by someone they know and trust. We teach students the **'Behaviour Rule'** which states that you should always judge someone by their behaviour, and not by their relationship to you. Alarming behaviour examples from an adult are asking a child to get in their car, to keep a secret, or inappropriate words or actions.
3. In this section we cover tips for staying safe online & on social media.
4. We teach students the **'Disguise Rule'** which reminds them that bad guys will always use some sort of disguise or trick to gain their trust to either get their information, or to lure them somewhere. Online this looks like fake profiles of girls or boys their age, and in person this could look like a bad guy pretending to work for the internet company coming to collect information at the door.

Step 2: Identify the Opportunity

The attacker needs the right opportunity to attack- a place and time where they are unlikely to be caught or witnessed (low IP). Finding the right opportunity could be very quick, or be a process that takes months.

1. Never give our personal information at the door, on the phone, or online like your address, when your parents are home, what school you go to, etc.
2. The majority of abductions happen within 2 km of the child's home- that means we have to implement good awareness even on our boring walks home.
3. Abductors use the same tricks to lure children to their cars. We cover them all in our camp.

Step 3: Attack and Isolate the Target

The attacker approaches the target and attempts to isolate them from the public area. It is most common for abductors to pull the victim into a car.

1. Never approach a car that stops for you. Keep walking, and if they persist and get out to approach you, run, scream, and call 911.

Concept Three: Preventative Steps

What we can do to lower our chances of being targeted.

Step 1: Awareness

Poor awareness increases the odds of being targeted. An attacker sees a distracted target and predicts that an abduction will be easy. The goal is to develop your recognition of higher risk (low IP) environments and making smart adjustments during those times.

1. Remove distractions: like phone and ear buds, let your senses work!
2. Scan the environment: look ahead and around you
3. Environmental awareness: always be aware of potential hazards around you

Step 2: Positioning

Positioning is about staying in areas that have a high Intervention Probability.

1. Always take the route with the most people instead of shortcuts.
2. Stay in well lit areas and where you can be seen by other people.
3. Be aware of exits, in dangerous situations stay where you have an unobstructed route to an exit.

Step 3: Show Confidence

Predators look for victims who look like they lack confidence. They assume that they will be less likely to stand up for themselves, cause a scene, and fight back vigorously. Our goal is to present ourselves in a way that predators immediately count us out because they judge that we will put up too much of a fight and the IP will be too high.

1. Stand & walk tall: shoulders back, head up, hands at your side and not covering or in pockets. Take wide strides, walk slightly faster, and walk like you have a place to be.
2. Make eye contact with people you pass: this tells people that you are not afraid of a confrontation, and that you've noticed them.

Concept Four: Defensive Steps

How to respond once a predator has attacked.

Step 1: Delay the Attack

Our first priority is to prolong the attack as much as possible. This starts with using a strong base and counter weight to resist the attacker's pull or push.

Step 2: Draw Attention

Our second priority is to bring as much attention to us as possible to increase IP.

1. Yell instead of scream. Yell things that will clearly communicate what is happening and alert people to call 911 or come to help. This is much more effective than screaming.

Step 3: Fight Back as Hard as You Can

Once we have defended the initial pull or push, we're standing our ground and calling attention to ourselves, it is time to do whatever we can to fight back.

1. Never cooperate. No matter what the abductor threatens you with, your chances of survival are much higher before getting taken to a secondary location. Always fight back and make it as hard as you can for as long as you can, no matter what they say or do.
2. Attack the face. If you forget your self defense moves, attack their face with as much force as possible. Poke eyes, scratch and bite if you have to.
3. Never approach a car that stops for you. Keep walking, and if they persist and get out to approach you, run, scream, and call 911.
4. From inside the trunk. Cars made after 2002 have an emergency escape handle. If they don't try to kick out the brake lights and wave your hand through.

Part 3. Learning Games & Activities

What's Missing? Students have 1 minute to observe the environment to notice what is missing or changed from the scene before.

Heads Up: Teams have to explain self defense & safety related words to their partner without using the word. The team with the most points wins

GirlSafe Jeopardy: Teams try to answer course content related questions for points.

Stare Down: Girls square off in a UFC style stare down where they attempt to hold their ground and keep eye contact without breaking or laughing.

Stand Up: Girls practice standing up for themselves by keeping a strong stance, speaking assertively, holding eye contact, and saying a phrase like 'Get Out of My Way!' to someone else. A second round is practiced where girls try to make the others laugh.

Auditions: Girls create their own movie scene where one of the characters stands up for herself by incorporating what we learned in the class.

*this document does not include all our camp content

© Girls Who Fight Inc, 2020