



The 5 O'clock Wave

15th April 2014

Board of Directors 2013-14

President: Lauren Slater
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Andre Van Mosseveld

Foundation: Ron Walter

Public Relations: Nick Shepherd

Rotary District 9700
New South Wales
Australia
Meetings:
Tuesday 6.15
Wagga R.S.L Club,
Dobbs St

www.murrumbidgeerotary.com

or

<http://www.facebook.com/murrumbidgeerotaryclub>

Coming Soon

5th July – Club Changeover at Mercure Hotel.

Last Tuesday – Aikido Yuishinkai Self Defence Class

Last Tuesday night we had David Bardos a former president of the club return to run a self defence practical class for club members. It was an interesting session with David giving us the statistics of assault in both Wagga and the wider NSW area. David explained the legal definition of self defence as the following

1. 1st Element is whether the accused believed on reasonable grounds that it was necessary to use amount of force while defending themselves or others.
2. 2nd Element is whether the accused's belief was reasonable

Both of these elements are needed to prove self defence.

Self defence is a fundamental human right but it has to be reasonable. David ran through scenarios with us to work out what was reasonable. David informed us that majority (87%) of sexual assault happens to females between the ages of 18-22 which fits the age group of some of our members or their children so this hit home.

David then went on to explain the 2 Rules of Self Defence

1. Avoidance
2. Survival

Verbal Self defence is only partially what you say. It is made up of 7% Verbal, 38% Tonality and 55% Physiology. It's not just what you say it's how you say it and the action you make when you say it. Phrases that can be used to warn off an attacker are Leave Now, You need to Leave and Stop.

David and his assistants Ervin and Emily then demonstrated moves that can be used to help get yourself out of a dangerous situation. They then pretended to be the 'bad guy' so we could practice the moves and our verbal self defence.







