



STAR KICKBOXING AND FITNESS,
**THE SELF-DEFENSE
SPECIALISTS**



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It is our mission to make real-world self-defense accessible to everyone. We provide self-defense courses at schools and universities, specialized training to NGOs and corporations, all courses are offered in Vietnamese and English., delivered by our professionally licensed Head Coach - Mai Ngoc Phu and his expertly selected team.



WHAT MAKES US SPECIALISTS IN SELF-DEFENSE TRAINING?

EXPERIENCED

STAR has delivered our self-defense program to hundreds of people since opening in 2020. Head coach Phu in particular has more than 10 years of experience practicing and teaching self-defense, including a career in state security protecting dignitaries including President Obama!

TRUSTED

We work with teenagers from Blue Dragon Children's Foundation and their Outreach Team as well as survivors of gender-based violence at HopeBox. We also work with the ChangeMaker program from Batik International who are leading Vietnamese youth to break cycles and challenge accepted norms of domestic violence.

PRACTICAL

The self-defense system taught at STAR is based on real-world situations. We don't want you to ever have to use it, but if you do, it's our job to ensure that the skills you have are practical, effective, and safe.

LICENSED AND LEGAL

STAR is the only centre in Tay Ho that is licensed to teach self-defense, and Coach Phu is one of the very few actively-practicing teachers of the self-defense systems that are legal in Vietnam. Vietnam has strict legislative boundaries around self-defense classes. All our courses and coaches operate only within that framework.



WHAT TO EXPECT DURING THIS PROGRAM

THE PROGRAM WILL CONSIST OF 4 X 1.5 HOUR SESSIONS,

completed over a 2 week or 4 week period at your location of choice. Throughout the program we will cover the following topics:

- 1 What is self -defense?
- 2 Self -defense and Vietnam law
- 3 Personal Safety Techniques - Whistle Tay Ho
- 4 Understanding our physical capabilities, opportunities and constraints
- 5 Physical training in various movements as well as conflict de-escalation

Over the 4 sessions there will be opportunity for formative assessment and the final session will conclude with a summative assessment to ensure that the learning experience has been effective.

Bespoke program training programs are available upon request, contact Phu for a consultation.



OUR PROJECTS



HOPEBOX

Delivering a self-defense training program to the formidable women of HopeBox as part of their rehabilitation program.

BLUE DRAGON CHILDREN'S FOUNDATION

Delivering self-defense and security training to the Outreach Team at Blue Dragon Children's Foundation.

PROJECT POWER

Partnering with Project Power to deliver a 12-week educational program in personal safety and self-defense to at risk teens many of whom live on the streets of Hanoi.

BATIK INTERNATIONAL

Teaching self-defense to young people at five Hanoi based universities as part of project focused on changing the attitudes and narratives around domestic violence in Vietnamese culture in conjunction with Batik International.

TAY HO WHISTLE CAMPAIGN

We are also proud founding partners of the Tay Ho Whistle Campaign, with Phu working closely with the group to support police liaison.



COURSE OVERVIEW

SESSION 1

- Welcome to the program, introductions, ice-breaker activity, discussion regarding health and safety, rules on self-defense training and being responsible with these new skills.
- Warm up combining an introduction to basic anatomy focused on understanding joints, movements and mobility. Purpose being to understand what your body can and can't do, weak and strong points of a potential attacker.
- Wrist grab releases – 4 basic variations
- T-shirt grab release – 2 variations

SESSION 2

- Warm up combining a quiz on the key discussion points from the previous lesson.
- Review of previous movements learnt – practice and observe.
- Grappling releases – 2 basic variations
- Hair grab release – 2 variations.

SESSION 3

- Warm up combining a quiz on the key discussion points from the previous lesson.
- Review of previous movements learnt – practice and observe.
- Counter Push – 2 basic variations
- Making space, de-escalate and escape – 4 variations

SESSION 4

- Warm up combining a quiz on the key discussion points from the previous lesson.
- Assessment on progress made so far, mostly through demonstrations, partner work, observations from the trainer , with individual feedback being provided where needed.
- Question and Answer session/Introduce next level if appropriate

WHY WORK WITH STAR?



Professional and licensed coaches, experienced in training people of all ages.



Experienced in working with schools and universities with a successful track record.



All services available in Vietnamese and English.



Fully insured, compliant in safeguarding, health and safety, COVID19 protocols.



Registered limited company with capacity to invoice in line with requirements of our partners needs.

WANT TO FIND OUT MORE?

CONTACT HEAD COACH AND OWNER, MAI NGOC PHU TO DISCUSS HOW WE CAN WORK WITH YOU AND YOUR ORGANISATION!

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A small but mighty warrior

Our small centre is the best martial arts and fitness service in Tay Ho, Hanoi.