



# WarriorUp - 4 Lesson Overview

## (Stage One)

### Stage One Overview

**At the centre of an effective self-defence system is awareness, distance and timing; that's why footwork plays a crucial role because it creates options - to close space, to evade, and to counter.**

**When faced with an unexpected threat, fear and adrenaline can quickly take over. Learning to manage that internal surge is just as important as mastering physical skills. Through structured drills, we'll connect mental composure with physical movement, helping you remain calm, agile, and focused, even when an opponent is larger or stronger.**

**In this stage you will combine the 3 principles of power, a simplified blocking and striking system and fast fluid footwork to unleash a new level of capability and confidence.**

#### Lesson 1: Build Your Fortress

You learn the first rule of self-defence: control distance and define your fortress. By managing space, you create time, clarity, and opportunity, the foundations of survival and control. Through focused drills and challenges, you develop a strong, grounded stance and purposeful footwork. This gives you stability under pressure, confidence in movement, and the freedom to act rather than react.

You'll then learn a simple yet highly effective head-protection response, immediately flowing into multiple elbow strikes. Guided by the first two principles of power, you'll unlock strength, structure, and intent, and begin to realise just how much capability already lives within you.

#### Lesson 2: Complete the Shield

With head protection established, attention shifts to protecting the body. You'll add a lower block that complements the upper and lays the foundation for knife defence. This position naturally transitions into powerful palm strikes. By applying the third principle of power and advancing your footwork, these strikes increase your range and options.

Agile movement now takes centre stage as you learn to handle common threats such as bully shoves and wrist grabs, reinforcing why agile footwork and the three principles of power are key to overcoming larger attackers.

#### Session 3: Control the Angles

So far, your movement has focused on forward and backward control. Now you expand your mobility by learning to pivot and step off the line of attack. Changing direction with purpose is essential when facing pressure from multiple angles. Through dynamic drills, you'll be tested by attacks coming from all sides, sharpening awareness, timing, and decision-making under stress. You'll also be introduced to pre-emptive striking and integrate knee strikes into your rapidly evolving strike strategy, giving you decisive tools to disrupt threats before they can take control.

#### Session 4: Own the Space

With confidence and capability established, a clear mindset shift takes place. When someone steps too close, fear is replaced with awareness and intent.

You now recognise opportunities to control and dominate space without hesitation. Using a simple, effective throw, you'll learn how to off-balance and put an aggressor on their back, reinforcing that calm control, not brute force, is what defines true capability.

