Self-Defense and Assertiveness for Women

WEEKEND COURSE

December 12–13, 2026 • KaiGym Vienna

DATE	December 12 and 13, 2026
TIMES	Saturday: 1 to 5 PM	Sunday: 10 AM to 2 PM
FEE	€150 (payable in cash on site)
LOCATION	KaiGym - Self-Defense and Martial Arts in Vienna, Handelskai 102, 1200 Vienna
REGISTRATION	office@kaigym.at

When people think of self-defense, they often think only of strikes, holds, and release techniques. That is part of our course, but not its core. The focus is on the psychological foundation of self-defense: recognizing your own boundaries, the will to defend them, and overcoming the state of shock (freeze) that inevitably occurs in an overwhelming situation.

We teach you:

- the physical basics of self-defense (striking techniques, releases from holds, ground work)
- AND the mental training that ensures you can actually access these skills under pressure

Specifically:

- Situational awareness – recognizing danger early instead of reacting only in an emergency
- Recognizing and protecting your boundaries – before it becomes physical
- Overcoming the freeze – the shock paralysis that immobilizes many in an emergency
- Breaking down mental blocks – so you can apply what you've learned when it counts

Self-defense is more than technique. It begins in the mind, long before a hand is raised.

The course is a mix of movement and input/reflection. Please bring a water bottle, clothing you can move well in, and for the calmer sequences a hoodie and warm socks so you don't get too cold.

The Trainers:

Julia Dias BJJ Purple Belt, trainer for assertiveness and self-defense Languages: German, English, Portuguese, Spanish	**Irene Zavarsky** Luta Livre Brown Belt, trainer for self-defense and martial arts Languages: German, English

The course can be held in all four languages. We look forward to a diverse audience.