

The Ultimate Women's Self-Defence Starter Guide

How to Stay Safe, Confident, and In Control – Even If You've Never Trained Before

A free professional guide from Premier Martial Arts Rotherham



Why This Guide Exists

Most women don't want to learn how to fight.

They want to feel safer walking alone or at night, protect themselves and their loved ones, know what to do before situations turn physical, and feel confident, calm, and in control.

This guide gives clear, realistic self-defence guidance without fear-mongering, ego, or unrealistic techniques.

Everything inside is based on the same principles we teach inside our women's self-defence programmes at Premier Martial Arts Rotherham.

Why Women's Self-Defence Matters in the UK

Key facts for awareness — not fear:

- Around 1 in 8 women experience domestic abuse, sexual assault, or stalking in a single year
- Women are affected more often than men in personal-safety-related incidents
- A significant number of incidents are never reported, meaning real-world risk is higher than official crime figures alone suggest

These facts don't mean danger is everywhere. They highlight why awareness, confidence, and preparation are important life skills.

Self-defence is not about living in fear — it's about feeling calm, capable, and in control.

What Real Self-Defence Actually Is (And What It Isn't)

Self-defence is not about flashy techniques, aggression, or trying to win a fight.

It is about awareness, prevention, decision-making under stress, and simple actions that work when adrenaline is high.

The goal is always safety and escape — not proving anything.

Situational Awareness – Your First Line of Defence

Most situations can be avoided long before they become physical.

- Be aware of your surroundings
- Limit distractions like phones and headphones
- Always know your exits
- Read behaviour, not appearances
- Trust your instincts

Boundary Setting & Verbal Defence

Most confrontations start verbally, not physically.

Clear posture, confident voice, and firm boundaries often stop situations before they escalate.

- STOP. BACK UP.
- I DON'T KNOW YOU.
- LEAVE ME ALONE.

The Reality of Physical Self-Defence

If avoidance fails, your priority is escape and safety.

Training focuses on balance, creating space, breaking contact, and getting away as quickly as possible.

Confidence – The Skill That Changes Everything

Confidence changes how you walk, speak, and carry yourself.

It is not something you are born with — it can be trained.

Why One-Off Classes Aren't Enough

True self-defence requires repetition, progressive learning, and confidence built over time.

That's why we teach through a structured 6-week women's self-defence programme.

Who We Are – Your Instructors

Craig & Becky lead Premier Martial Arts Rotherham. They are a husband-and-wife team with years of experience helping women, children, and families build confidence, safety, and real-world self-defence skills.

Their approach is professional, supportive, and focused on real-life situations.

Ready to Take the Next Step?

If this guide has helped you, the next step is hands-on training in a safe, supportive environment.

We run a 6-Week Women's Self-Defence Course at Premier Martial Arts Rotherham, taught and led by Becky, in a women-only setting.

The programme is designed for complete beginners and focuses on building real confidence, practical self-defence skills, and a calm, supportive learning environment.

No experience is needed.

The full 6-week course is £79. Places are limited to keep training, personal and supportive.

Secure your place here:

<https://buy.stripe.com/28EcN7a888gWeX7dvf1kA00>