



SEMINARS & WORKSHOPS

PRACTICAL, REALITY BASED
TRAINING FOR REAL-WORLD
SELF-PROTECTION, CONFIDENCE,
AND AWARENESS

TATU SEMINARS & WORKSHOPS

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What is **TATU** Self-Defence ?

TATU Self-Defence is a comprehensive training programme designed to equip individuals of all ages and experience levels with practical, realistic, and legally grounded self-defence skills. Developed by experienced martial arts professionals, the programme focuses on real-world scenarios and progressive training methods to build confidence, awareness, and the ability to respond effectively under pressure.

From foundational techniques in situational awareness and de-escalation to advanced modules including ground defence, multiple attacker scenarios, and full-contact training with **THE PREDATOR** suit, **TATU Self - Defence** offers a flexible and structured system suitable for schools, clubs, and community groups. Each course is delivered in a supportive environment that prioritises safety, personal growth, and empowerment.

THE CORE PROGRAMMES



BASICS 101

Foundational self-defence covering awareness, de-escalation, and practical techniques for real-life situations.

Age 12+ | Duration: 3 - 4 hrs



KIDS 101

A fun, confidence-building introduction to self-defence for younger students, focused on safety and awareness.

Age 8+ | Duration: 2.5 hrs



JUNIOR BASICS WITH THE PREDATOR

Kids 101 with added scenario training using THE PREDATOR suit to simulate high-pressure situations safely.

Age 10+ | Duration: 3.5 hrs



FEMALE PROTECTION

A tailored course for women, addressing realistic threats and responses with practical and legal awareness.

Age 14+ | Duration: 3 - 4 hrs



ADVANCED SELF-DEFENCE

An intensive progression from Basics 101, including ground defence, weapons, and scenario-based training.

Age 13+ | Duration: 4 – 5 hrs



INSTRUCTOR TRAINING

Designed to equip candidates with the knowledge and structure to deliver TATU Self-Defence courses effectively.

Age 16+ | Duration: 3.5 hrs

THE BOLT-ON & SPECIALIST MODULES

THE PREDATOR

A full-contact body armour suit used in adrenaline stress training to safely simulate realistic attacks.

Age 12+ | Duration: 3 - 4 hrs



THE PREDATOR - MULTIPLE ATTACKERS

Learn how to manage and survive attacks from more than one assailant - including drills with two PREDATOR suits.

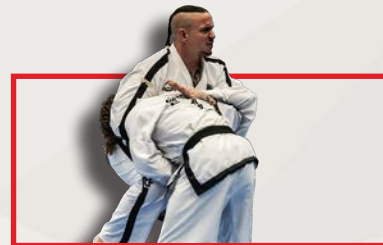
Bolt-on | +1 hr



ADVANCED COMBATIVES

Fast-paced, high-intensity striking, movement, and flow drills for realistic self-defence application.

AGE 13+ | DURATION: 2 - 3 HRS OR BOLT-ON



WEAPONS BASICS

Defensive tactics against short and long-range weapons using simple, retainable techniques.

AGE 13+ | DURATION: 3 HRS



GROUND DEFENCE 101

Essential ground survival skills including striking, escaping, and regaining control from compromised positions.

AGE 12+ | DURATION: 2 - 3 HRS OR BOLT-ON



EDC & ACTIVE PROTECTION

Covers the legal and practical use of Every Day Carries (EDC) for personal protection, tailored to your environment.

Age 18+ | Duration: 1.5 hrs | bolt-on



TATU BASICS 101

Our TATU Self-Defence 101 seminar provides essential self-protection skills for all experience levels. Focusing on situational awareness, de-escalation strategies, and practical self-defence techniques, participants learn how to stay safe and respond effectively to real-world threats.

- Verbal commands
- Verbal de-escalation
- Evasion and body language
- Releases & takedowns
- Striking for self defence
- Entry and defence methods
- Combative pad work
- Panantukan, hubud and flow drills for self-defence
- The law and what to do in the aftermath
- Age 12yrs +
- Duration 3 - 4 hours



TATU KIDS 101

Our Kids 101 Self-Defence seminar provides essential self-protection skills for all experience levels. Focusing on situational awareness, de-escalation strategies, and practical self-defence techniques, participants learn how to stay safe and respond effectively to real-world threats.

Led by expert instructors, this seminar builds confidence, resilience, and the ability to react under pressure, equipping you with life-saving skills in a supportive environment.

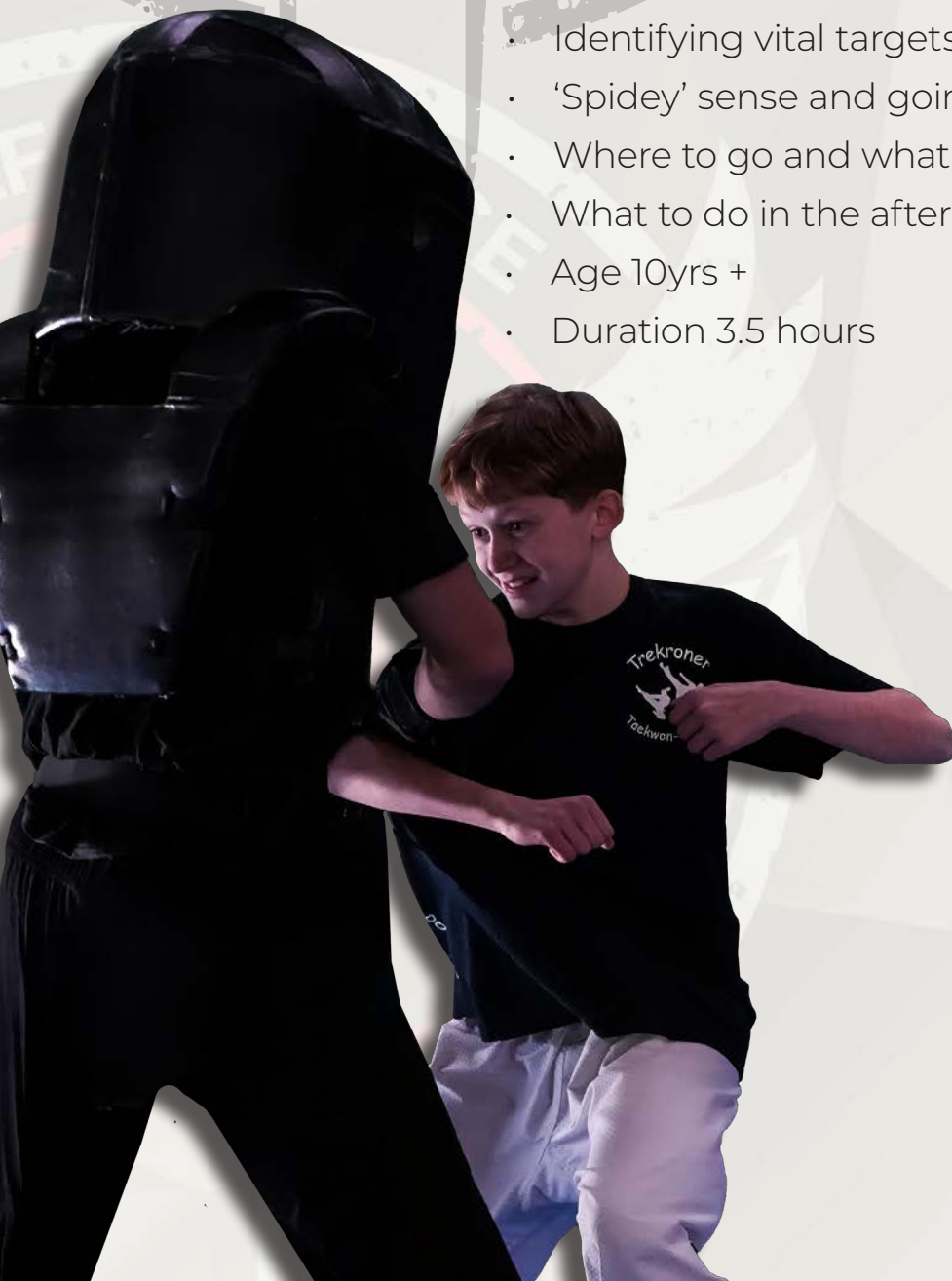
- Verbal commands
- Evasion and body language
- Striking for self defence
- Combative pad work
- Entry and defence methods
- Releases & takedowns
- Panantukan, hubud and flow drills for self - defence
- Age 8yrs +
- Duration 2.5 hours



TATU JUNIOR BASICS WITH THE PREDATOR

The Kids 101 with the addition of THE PREDATOR suit, Tailored to younger minds and situations the goal is to promote a healthy mindset when dealing with bad adults and possible abduction scenarios.

- Striking patterns for smaller defenders
- How to use strong body language to keep yourself safe
 - Identifying vital targets
 - 'Spidey' sense and going with your gut
 - Where to go and what to do after
 - What to do in the aftermath
 - Age 10yrs +
 - Duration 3.5 hours



TATU FEMALE PROTECTION

Specifically designed with women in mind, our tailored female protection course aims to address situations and scenarios females are most likely to encounter.

- Verbal de-escalation
- Striking patterns for smaller defenders
- Situational awareness and situation avoidance
- Ground defence from compromised positions
- Releases from grabs, chokes and hold
- Adrenal stress training with THE PREDATOR
- The law and your rights
- Age 14yrs +
- Duration 3 - 4 hours



TATU ADVANCED SELF-DEFENCE

The Advanced Self-Defence programme is basics 101 on steroids we will cover all the basics but with the added movement and intent that you would expect of a seasoned practitioner. This day course will include some basic weapons and ground defence work. It is not essential that you have completed Basic 101 but you must have a good base before attending this course.

- Verbal commands & de-escalation
- Evasion and body language
- Releases & takedowns
- Combative striking
- Entry and defence methods
- Ground defence
- Weapons defence
- Combative pad work
- Panantukan, hubud and flow drills for self-defence
- Adrenal stress training with THE PREDATOR
- The law and what to do in the aftermath
- Age 13yrs +
- Duration 4 -5 hours



TATU INSTRUCTOR TRAINING

Our TATU Self-Defence Instructor Training course prepares individuals to deliver self-defence content safely, effectively, and confidently. Designed for those looking to teach or support TATU Self-Defence seminars, it provides the core knowledge and structure needed to lead classes, adapt to student needs, and maintain a safe learning environment.

Participants will gain practical tools and instructional strategies to deliver key self-defence topics across age groups, while building confidence in managing class dynamics and ensuring clear, impactful teaching.

- Verbal commands & coaching delivery
- Class structure & session planning
- Teaching evasion and body language
- Coaching safe and effective releases & takedowns
- Striking and pad work instruction
- Teaching Panantukan, hubud & flow drills
- Legal considerations and responsibilities
- Dealing with real-world questions and student concerns
- Instructor mindset and leadership



TATU THE PREDATOR

What is THE PREDATOR?? A full contact body armour suit with one purpose, to give the student the maximum training experience while taking them to the edge of their comfort zone in a safe and controlled environment.

Our PREDATOR and coach duo are the ultimate training experience and for those who are wanting to push themselves to the max how about doubling up for multiple attackers with 2 PREDATORS.

This high-intensity session includes adrenaline stress training and full-contact scenarios against armoured opponents, allowing you to experience realistic self-defence situations in a controlled environment. Build confidence, sharpen your instincts, and develop the skills needed to stay safe under pressure.

- Adrenalin stress training, scenario based to fit the group
- Minimum of 2 scenarios with predator suit
- Bolt on for Basics 101 and Junior 101
- Suit can be added to all packages to enhance the training module



TATU THE PREDATOR

WITH MULTIPLE ATTACKERS

A bolt on module for all our courses multiple attackers are a new angle to your training experience. Not only will you learn the tactics and techniques to deal with more than one attacker but you will be able to put it to the test with not one but two of our PREDATORS.

- Situational control
- Identifying the credible threats and how to engage
- Dealing with multiple threats
- The law and rights with multiple attackers
- Duration 1+ hour



TATU ADVANCED COMBATIVES

Advanced combatives are a stand alone or bolt on training system that can be implemented inside and outside of classes. Combatives are the best way to improve co-ordination, muscle memory and fitness while working on your striking and defensive movements. Like with all martial arts forms and sparring drills form the foundation of what we do, Combatives are the same for self defence training the brain and the muscles to react in the most effective way.

- Flow drills and defensive patterns
- Implementing padwork into striking drills
- Stress training and Stress management
- Implementing weapons into flow drills
- Multiple attacker drills
- Striking from compromised positions
- Duration 2 -3 hours



TATU WEAPONS BASICS

In a world full of the unknown its best to be prepared, weapons basics will give you the skills to deal with long and short range weapons while keeping the drills as simple as possible to ensure you remember the defensive patterns.

- Long and short range weapons including knife, bat, bottle, ect.
- Disarming and disabling drills
- Dealing with threat and de - escalation
- The law and your rights
- Age 13yrs +
- Duration 3 hours



TATU GROUND DEFENCE 101

You do not have to be Brazilian Jujitsu Black Belt to be able to fight off the floor. In self - defence this is one of the worst case scenarios so lets make this simple. Why are we on the floor, how do we defend from the floor and how do we get up is all we need to worry about and this is what we cover. Perfect as a stand alone module or a bolt on to a course.

- Falling and how to protect yourself
- Defending from the ground
- Striking from the ground
- Standing and evasion
- Control and restraint.
- Age 12yrs +
- Duration 2 - 3 hours



TATU EDC & ACTIVE PROTECTION

It's better to be over prepared than under prepared. Our new EDC course is designed with this in mind. This course is for the advanced individual or team. This specialist course is tailored to you and your environment.

This is the perfect bolt on to any Female protection, Weapons Basics, Combatives or Advanced Self defence course.

- EDC
- The law and EDC
- How to use and implement into training
- Age 18yrs +
- Duration 1.5+ hours

Please request more information if you are interested in this specialized course.



TATU COURSE FEES

Course fees are designed to ensure the host can cover any hall fees while still making a small profit, the course fee below is what is payable per person to TATU. No hall fees are covered by TATU.

- Basics 101 - £35pp - min 15 people - min fee £525
 - Kids 101 - £25pp - min 15 people - min fee £375
 - Juniors Basics with THE PREDATOR - £40pp min 10 people - min fee £600
 - Female Protection - £40pp - Min 10 people - min fee £400
 - Advanced Self Defence - £50pp - Min 12 people - min fee £600
 - Advanced Combatives - £35pp - Min 15 people - £100 Bolt on - min fee £525
 - Multiple Attackers - £150 addition to any course
 - Weapons Basics - £45pp - min 15people - min fee £675
 - Ground Defence - £35pp - min 15 people - £100 Bolt on - min fee £525
 - EDC - £80 - Addition to any course
 - Any course 1hr outside RG40 will have an additional charge of £50per hour, with a 15min grace.
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