

# SDI 101



Mona Lisa's Sword® (MLS)

SDU: SDI 101

## Foundation Skills:

## Contemporary Self-defense for Leaders

**The MLS Self-defense Curriculum:  
 Concepts and Skills for Personal Safety Training, Women's Self-  
 defense (WSD), and De-escalation Safety Training**

SDI 101	VIEW: Program Theory	TOPICS	SKILLS AND TECHNIQUES
1	<input type="checkbox"/> Biomechanics Introduction <input type="checkbox"/> The Violence Continuum <input type="checkbox"/> Escalation Theory <input type="checkbox"/> Associative Mind; Mind Mapping <input type="checkbox"/> Belief Systems <input type="checkbox"/> Power Tools (PT): Introduction	<input type="checkbox"/> Rape Mythology (RM) Overview <input type="checkbox"/> Definitions: Rape and Sexual Violence; Assertion and Confrontation <input type="checkbox"/> Behavior Styles <input type="checkbox"/> Assault Stages	<input type="checkbox"/> PT: Self-Monitoring; Disciplined Attention; Box Breath <input type="checkbox"/> Wrist Grab Escapes: single, double, front and rear <input type="checkbox"/> Back Falls <input type="checkbox"/> Defensive Movement
2	<input type="checkbox"/> Holistic Program Models <input type="checkbox"/> Misogyny <input type="checkbox"/> Dualism; Polar Thinking <input type="checkbox"/> Gender Conditioning <input type="checkbox"/> Accountability	<input type="checkbox"/> Components and Approaches <input type="checkbox"/> RM: What is Rape? (local research) <input type="checkbox"/> Levels of Commitment (LOC) <input type="checkbox"/> Kicking Strategy: three applications	<input type="checkbox"/> Stance; Vertical Alignment; Horizontal Rotation <input type="checkbox"/> Breath Keys <input type="checkbox"/> Front Choke: 3 Escapes <input type="checkbox"/> V-Stance: Kicking Skills
3	<input type="checkbox"/> Resourcefulness Orientation <input type="checkbox"/> Feminism, Sexism, Racism and Oppression Politics <input type="checkbox"/> Learning Styles	<input type="checkbox"/> Risk Factors <input type="checkbox"/> RM: Victim/Abuser Myths <input type="checkbox"/> Subtext (Non-verbal Messages) <input type="checkbox"/> 4 Boundary Controls <input type="checkbox"/> 2 Personal Space Boundaries	<input type="checkbox"/> Centering <input type="checkbox"/> Defensive Posture <input type="checkbox"/> Mirrors <input type="checkbox"/> Matching and Barrier Blocking <input type="checkbox"/> Endurance Breath <input type="checkbox"/> Percussive Breath
4	<input type="checkbox"/> Personal Efficacy and Learned Helplessness <input type="checkbox"/> PT: Reframing; Useful v. Truthful; Now Orientation <input type="checkbox"/> Proficiency Standards	<input type="checkbox"/> 3 Power Planes <input type="checkbox"/> RM: Situations (Research: Current Events) <input type="checkbox"/> Danger Signals <input type="checkbox"/> Fear and Pain	<input type="checkbox"/> Boundary Skills: Ferris Wheels; Unbendable Arm; Arm Barriers <input type="checkbox"/> Slapping: falling preview <input type="checkbox"/> Horizontal Strikes: hammerfist and elbow <input type="checkbox"/> Knee Kicks: vertical and horizontal <input type="checkbox"/> Groin Kicks

SDI 101	VIEW: Program Theory	TOPICS	SKILLS AND TECHNIQUES
5	<input type="checkbox"/> Information Issues: Stats; Alarmism, and Representative Accuracy <input type="checkbox"/> PT: Specificity <input type="checkbox"/> PT: Hypnotic Speech <input type="checkbox"/> The Language of Self-determination <input type="checkbox"/> Emotional Maturity & Blame	<input type="checkbox"/> Types of Sexual Violence <input type="checkbox"/> RM – Weapons <input type="checkbox"/> Manipulation: Ploys <input type="checkbox"/> Positioning Tactics: ground <input type="checkbox"/> Positioning Tactics: front, side, rear, and corner defense	<input type="checkbox"/> Linear Strikes: Finger Strikes, <input type="checkbox"/> Palm Heel and Knife Hand <input type="checkbox"/> Side Fall: Posture <input type="checkbox"/> Instep Stomp <input type="checkbox"/> Heel Kicks
6	SDI 101 Lesson 6 is a review quiz for lessons 1-5 -- discussion topics and review of materials	<input type="checkbox"/> Authority Issues: Internal and External Reference <input type="checkbox"/> Intuition and Rapid Cognition <input type="checkbox"/> SDI Values <input type="checkbox"/> MLS Program Values	
7	<input type="checkbox"/> Human Design Biomechanics <input type="checkbox"/> Warm-ups: pattern intro; modeling; discovery, peer-training <input type="checkbox"/> PT and Confrontation Objectives: Nominalization <input type="checkbox"/> Semantics of Limitation <input type="checkbox"/> The Remedy of Intervention	<input type="checkbox"/> The Rapist Profile <input type="checkbox"/> Escalation Triggers <input type="checkbox"/> Assertion Intro: principles and theory <input type="checkbox"/> Assertion Strategy and Objectives <input type="checkbox"/> Assertion Component Skills	<input type="checkbox"/> Vertical Strikes: Hammerfist and Knifehand <input type="checkbox"/> Elbow Variations: Rising and Descending <input type="checkbox"/> Object Chokes <input type="checkbox"/> Deflection <input type="checkbox"/> Windshield Wiper Blocks
8	<input type="checkbox"/> The Victim Posture: Mind Map <input type="checkbox"/> Survivor Advocacy <input type="checkbox"/> Emotional Resiliency <input type="checkbox"/> Semantics of Harm and Blame	<input type="checkbox"/> Verbal Content Objectives <input type="checkbox"/> Victim Blame <input type="checkbox"/> Targets, Labeling; Centerline and Penetration <input type="checkbox"/> RM: Stats on WSD - values and benefits for students and community <input type="checkbox"/> Tricky Situations: High Escalation Assault	<input type="checkbox"/> The 180-degree Turn Step <input type="checkbox"/> Applications: Rear Double Wrist Grab (apply escape skill – Snake and Cleopatra) – Sentry Choke Escape <input type="checkbox"/> SD Curtsey (application – Sentry Choke Escape) <input type="checkbox"/> Sentry Choke <input type="checkbox"/> Blocking: Applications