



TriTactics is a boutique company that offers specialist programs in the areas of personal safety, self-defence, anger & aggression management and martial arts. TriTactics has developed and run programs with a practicing psychologist for specific groups, and is able to tailor programs to participants' needs. Our sensitivity to the individual needs of clients enables us to deliver programs to diverse groups; from support groups for those who have suffered trauma in early childhood, to school groups, to middle management and executive levels of corporations. We work with children, gender specific groups or groups from a mix of backgrounds, genders and ages. Our body of knowledge is extensive and varied, enabling adaption of our program within a session – ensuring participants leave with relevant knowledge that can immediately be put into practice. TriTactics courses are developed to industry standards & are accredited by local and state Government, the Victorian Court System, Victorian Educational system and the State Training board of Victoria.



TriTactics Programs

Workplace Personal Safety

This course is designed for in-house training and public workshops, for staff in the following sectors: health, welfare, community, disability, education, local government and aged care. Our training is lively, interesting and engaging. The material presented is always practical, relevant and useful. To assess the group or individuals performance a combination of oral questions, practical demonstrations and role plays will be used based on your own workplace set up- to make your course as real as possible.

Aggression Outlet Training Adult/Children.

This program was developed for people going through a range of difficult issues; from recent abuse, to historic trauma, to aggressive or bullying behaviors. The course will endeavor to teach the student to release built up or deeply held feelings of hurt, anger or aggression. Knowing everyone is unique, the course aims to slowly break down the wall of concealment to enhance the healing or discovery process. The course has evolved over time due to the insight gained through delivering the material to a broad cross-section of the community.

Women's Self Defence

Self defence is about protecting yourself when facing ambiguous situations. Women's self defence is rarely similar to men's self defence due to the physiological differences between men and women – we react to situations differently. This course deals with the decisions you make regarding one thing - your life. You need to be empowered with information so that considered and timely choices can be made, which may save your life or move you from harm's way. Our job is to make you aware of the choices that you can make within your control regarding awareness, protection and self defence.

Martial Arts, Self-Defence & Emotional Awareness School Programs

Our training has been developed through years of study from areas such as Sports Science, Education, Biomechanics, Nutrition and Physiology. Our methodology uses positive reinforcement, teaching the physical aspects to students and developing the mind through discipline. Together students build a strong ethical, moral philosophy and spiritual introspection, which is essential to the overall development of the student. All classes are structured to promote respect for others and oneself, discipline, confidence, concentration, fitness, flexibility, coordination and self defence. The journey is an internal one, overcoming the battles that rage within in order to find happiness and contentment.



Course 1

Personal Development Programs Emotional Awareness and Self Defence

This program consist combines mental and physical self-defence and awareness for today's school lifestyle. At TriTactics, we are skilled at assisting Teachers and Students in identifying their needs and developing tailored programs to meet those requirements. The program can be broadened to include specific situations that staff and students may encounter. You may wish your staff or students to be able to handle themselves verbally when facing a challenging situation. We discuss participants' options, choices and consequences and explain how their consequences create the culture that shapes their day-to-day life. Participants leave with a vastly deeper understanding of how to control potentially life threatening situations.

Learning outcomes

Upon completion of the Self Defence/Emotional Awareness program, participants will be equipped to: maximise personal safety; identify vulnerable situations both physical and emotional; and recognise the actions used to prevent or defuse potentially violent situations. Participants utilise simple steps to assist in pre fight, the actual fight and post fight real based scenarios. In addition, participants develop increased awareness of their emotions.

Activities

The course structure can be tailored to suit specific criteria in areas relating to:

- Understanding emotions
- Defusing potentially violent situations
- Self awareness, being assertive and confident
- Learning about options, culture and consequences
- Prevention & easy steps to identify one's vulnerability
- Simple, effective escapes from a range of grabs and holds



Course 2

General Physical Programs Martial Arts and Self Defence Kick Boxing/Boxing

Our training has been developed through years of study from areas including Sports Science, Education, Biomechanics, Nutrition, Psychology & Physiology. Our methodology uses positive reinforcement, teaching the physical aspects to students and developing the mind through discipline. Together, students build a strong ethical, moral philosophy and spiritual introspection, which is essential to the overall development of the student. All classes are structured to promote respect for others and oneself, discipline, confidence, concentration, fitness, flexibility, coordination and self defence. The journey is an internal one, overcoming the battles that rage within in order to find happiness and contentment.

Our syllabus not only includes what can be described as Karate techniques and Karate Forms, but also the principles and practices of locks & holds, throws, grappling, boxing, kick boxing and Muay Thai Boxing as well as traditional weaponry. We focus on using de-escalation principles and understanding one's emotions before, during and after a violent situation.

General Class Run down

Zen Do Kai classes follow a well structured syllabus and provide a great deal of variety and an excellent physical work out. Students are able to work and advance at their own pace and are always encouraged to strive to achieve their personal best.

Classes typically include:

- Stretching and warm up
- Technique and skills development
- Partner and pad training
- Self defence applications
- Group theory
- Touch contact sparring
- Stretching and cool down



Peter Keogh - Education & Training History:

As founder of the TriTactics business, Peter has developed and delivered successful martial arts, self-defence and anger management programs to a number of Catholic, Government and Independent secondary schools in Melbourne. Peter has leveraged his martial arts knowledge, his skills as an amateur boxer and his experiences in the security industry to create a program that is fun for school students, improves their fitness & self-confidence and increases their self-awareness while equipping them with personal safety skills.

Appearances on the Morning Show (Channel 7), 3AW and soon Channel 31, as well as a feature in Blitz (martial arts magazine) have provided an opportunity for Peter to share his story as an abuse survivor. Peter has also been engaged as a speaker at the City of Kingston Mental Health Week where he joined psychologist Michael Carr Gregg and others on a panel discussing challenges facing youth, behavioural reactions to abuse and how to be a survivor. Peter has also spoken at Council for Centres against Sexual Assault (CASA) events and Neighbourhood Watch forums.

Peter has trained with the Bob Jones Corporation (BJC) for over 24 years. In October 2007, Peter successfully completed his Shihan grading (5th Dan) in this style. Peter has established and run various programs under the ZDK umbrella both in Melbourne and north-eastern Victoria, most recently in helping to set up the Zen Do Kai McKinnon/Malvern clubs. Peter is an active member of the BJC community and participates in a number of forums designed to perfect the Zen Do Kai style.



Peter Keogh Experience

Black Belt to 5th Dan ZDK
Martial Art Instructors Course
Requalified First Aid Level 3

1987 to Present - Providing Self defence Courses in Victorian Schools

2000 - Provider for Women's Domestic Violence Course

2001 to Present - Provider for Martina Quirk Physiologist on Home Safety & Personal Safety aspects in Domestic Violence

2006 - Provider for Stay Safe for girls, Drummond St Relationship Centre

2006 - Provider for Anger Management Programs, recognised in the Victorian Court System

2008 - Speaking publicly at Neighborhood Watch and Centre Against Sexual Assault (CASA) on Self Defence and effects of abuse in the community.

2008 - Mental Health Week Panel for the City of Kingston with Dr. Michael Carr Gregg & Sally Cockburn (Dr. Feelgood), on young people's choices for now and the future

2008 - Working with "Child Wise" promoting stopping the Cycle of child abuse and improving self esteem of the young.

General Physical Programs

Martial Arts and Self Defence Kick Boxing/Boxing

McKinnon Zen Do Kai - 07, 08
Malvern Zen Do Kai - 09
St Kevin's College, Toorak - 08, 09
Canterbury Girls College - 08, 09
Lauriston Girls, Malvern - 08, 09
Scotch College, Hawthorn - 09

Personal Development Programs

Emotional Awareness and Personal Self Defence Aggression Outlet Training

De La Salle College, Malvern - 08, 09
Beacon Hills Secondary College - 08, 09
Firbank Girls College - Brighton '08, '09
Parkdale Secondary College - 09
McKillop Services, Footscray - 08, 09
McKillop Services, Sth Melb & Geelong - 09
Malvern Central Primary School - 09