



**TriTactics is a boutique company that offers specialist programs in the areas of personal safety, self-defence, anger and 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 us to be adaptive with 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 used by local and state Government, the Victorian Court System, Victorian Educational system and the State Training board of Victoria.**

## **TriTactics Programs**

### **Emotional Awareness 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.

### **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.

### **“Stop the Cycle”**

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.

## **Course 1 Personal Development Programs**

### **Emotional Awareness and Self Defence**

#### **Emotional Awareness and Self Defence**

This program 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 utilize 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**

### **Women's Self Defence and Personal Safety**

#### **Women's Self Defence and Personal Safety**

Unfortunately in today's society, young women have become more vulnerable than ever before.

With this in mind, we have developed a program specifically for young women, that teaches them:-

- Self defence
- Creating respectful relationships
- Conflict resolution
- Avoiding potentially harmful situations.

Our program, equips students to:

- maximise their personal safety;
- identify vulnerable situations both physical and emotional, and
- recognise the actions used to prevent or defuse potentially harmful situations.

Students utilize simple steps to assist in pre fight, the actual fight and post fight scenarios. In addition, participants develop increased awareness of their emotions.

Our course covers specific criteria in areas relating to:

- Understanding emotions
- Recognising signs and symptoms of escalation
- Defusing & de-escalating risk/threat
- Potentially harmful situations
- Self awareness, being assertive and confident
- Learning about options, culture and consequences
- Prevention & easy steps to identify one's vulnerability
- Personal boundaries and limitations
- Intention, Ability, Opportunity
- The 4 D's

Our program is suitable for any young woman over the age of 13 and can be tailored to meet the age and needs of the group.

## **Course 3 General Physical Programs**

### **Martial Arts and Self Defence**

#### **Karate**

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**

Martial Arts and Self Defence 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

*"I found your story really interesting – the" triangle" and your Options, Choices and Consequences are really cool, I've been thinking about it ever since you said it. Your Program really does make a difference in the world."*

*Yr 9 Student St Albans Secondary College*

## **VCAL Programs**

### **Personal Development Skills Foundation Unit 1**

#### **Nominal duration 100 hours**

#### **Unit purpose**

The purpose of this unit is to focus on the development of organization and planning skills, knowledge, practical skills, problem solving and interpersonal skills through participation in experiences of a practical nature. The focus of the learning program for Foundation Unit 1 includes:

- subject specific knowledge applicable to a relevant personal, social, educational and/or community goal
- skills applicable to a relevant personal, social, educational and/or community goal
- development of an understanding of social issues and civic responsibility
- introduction to problem-solving skills
- introduction to skills for planning, organizing and working in teams.

#### **Content Summary**

The learning outcomes of the VCAL Personal Development Skills units are general to enable maximum flexibility for content selection at the local level. Content of learning programs should link to one of the following curriculum contexts:

- Personal Development
- Health and Physical Wellbeing
- The Community
- Family

### **Personal Development Skills Foundation Unit 2**

#### **Nominal duration 100 hours**

#### **Unit purpose**

The purpose of this unit is to focus on the development of knowledge, skills, critical intelligence and interpersonal skills through participation in experiences of a practical nature. The focus of the learning program for Foundation Unit 2 includes:

- subject specific knowledge applicable to a relevant health and physical wellbeing or community service goal
- skills applicable to a relevant health and physical wellbeing or community service goal
- improved interpersonal and communication skills
- awareness of personal rights and responsibilities
- improved communication skills for group and/or team activities.

#### **Content Summary**

The learning outcomes of the VCAL Personal Development Skills units are general to enable maximum flexibility for content selection at the local level. Content of learning programs should link to one of the following curriculum contexts:

- Personal Development
- Health and Physical Wellbeing
- The Community
- Family

## **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 in Martial Arts, Kick Boxing and Boxing for over 26 years and has successfully obtained his 5<sup>th</sup> Dan title in traditional Goju Ryu and 6<sup>th</sup> Dan title in Zen Do Kai. Peter has established and run various programs under both the Goju Ryu Kenkyukai and Zen Do Kai umbrella in Melbourne and north-eastern Victoria, most recently setting up the head quarters for traditional Okinawan Goju Ryu Kenkyukai in Melbourne. Peter is an active member of the Okinawan Goju Ryu Kenkyukai community and participates in a number of forums designed to perfect and develop Okinawan Goju Ryu Kenkyukai in Australia.

Peter has travelled to Palm Island (far North Queensland) working on behalf of the Cathy Freeman Foundation to engage with the children on the island. The children learned not only about awareness, conflict resolution, self defence and avoidance of bad situations but also critical life lessons such as self respect, respect for others, self discipline, goal setting, work ethic, fitness and the psychological wellbeing that comes from a strong sense of self.

*“You have made an impact on my life beyond what I could have imagined possible. It is something I think about everyday. Where would I be if I had not enrolled at this school that employed you to run your Program? I find it amazing that the Choices I make have such a huge impact on every area of life. Your sessions have made me realise that.”*

*Yr 8 Student Malvern Central School*

## **Peter Keogh**

### **Experience**

Black Belt 5<sup>th</sup> Dan Okinawan Goju Ryu Kenkyukai

Black Belt 6th Dan Zen Do Kai

Martial Art Instructors Course

Requalified First Aid Level 2

- Certificate 4 in Training and Assessment (TAE40110) Phillips Institute
- Over 20 years of providing Self defence Courses in Victorian Schools
- Provider for Women's Domestic Violence Course
- Provider for Stay Safe for girls, Drummond St Relationship Centre
- Provider for Anger Management Programs, recognised in the Victorian Court System
- Speaking publicly at Neighborhood Watch and Centre Against Sexual Assault (CASA) on Self Defence and effects of abuse in the community.
- 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
- Working with "Child Wise" promoting stopping the Cycle of child abuse and improving self esteem of the young
- Contract with DHS delivering "Stop the Cycle" program to ex prisoners and high risk youth
- Providing a number of Year level talks to secondary schools through out the state on focusing on understanding and controlling the present and setting goals for the future
- Providing a holistic approach to the Prahran "YRO" Police and the City of Stonnington youth Resource on programs and dealing with "at high risk" youth

### **Our Other TriTactics Instructors**

All of our program instructors are high ranking black belts with many years of martial arts, kickboxing and instructor experience. They bring many valuable attributes to our programs through their varied qualifications of Personal Trainer, Nutritionalist, Counsellor and registered Psychologist

### **General Physical Programs**

McKinnon Goju Ryu Karate, St Kevin's College, Toorak, Lauriston Girls, Malvern, Scotch College, Hawthorn, Parkdale Secondary College, Parkdale, Mazenod College, Mulgrave.

### **Personal Development and VCAL Programs**

Emotional Awareness and Personal Self Defence Aggression Outlet Training

De La Salle College - Malvern, Beacon Hills Secondary College, Firkbank Girls College -

Brighton, Parkdale Secondary College, McKillop Services - Footscray, McKillop Services - Geelong,

Malvern Central Primary School, Mazenod College, St. Albans Secondary College, Brighton Grammar,

Caulfield Community College, Grow with Us - Youth Program - City of Stonnington, Violence

Awareness Program - Youth Express, Cathy Freeman Organisation - Palm Island, SkillsPlus Moorabbin

*"Your sessions have taught me a lot about not just self defence, but my own emotions and my mind. You have really helped me to understand.....ME!*

*I am an accomplished musician and now I know that it is what to do with my life.*

*A million thanks for everything"*

*Yr 8 Student Malvern Central School*



17<sup>th</sup> of September 2012

To Whom It May Concern

I have known Peter Keogh since 2008 when he started working as head coach with St Kevin's College students delivering a Martial Arts Program to our Junior School - Years 3-6 and our Senior School - Years 7-10 on a weekly basis.

This year Peter taught in excess of 85 students, with some of the senior students coming back to the program for their fourth and fifth year. I strongly believe the success of Peter's program and the reason the students return each year, is because of his ability to connect with the boys and the way he challenges them.

As a teacher, it is great to be able to see the boys develop in confidence and achieve their goals through Peter's Martial Arts Program. The College looks forward to many more years of the TriTactics Martial Arts Program.

I would be happy to recommend Peter Keogh and TriTactics to any school.

Yours sincerely,

Mr Terry Arai  
**Teacher in charge of Martial Arts**  
**Teacher of Aviation and Japanese**  
**St Kevin's College Toorak**  
**(03)9822-0911**



21<sup>st</sup> November 2012

TriTactics have been working with our school for the past 3-4 years.

The students have always responded so well, so when implementing a new program at Year 9, we had to get them on board. Pete visits each group twice in a six week block and the students are always asking when will he be back.

With each group, a different direction is taken or a different message is given as Pete judges the groups needs so well. Students have been able to engage in a range of discussions, from family and friendship issues, violence, divorce, standing up for yourself, dealing with emotions, to learning some self defense techniques.

TriTactics have provided our Year 9s with some great advice and provide another dimension to learning outside the classroom.

Mel Dillon  
Parkdale Secondary College  
Warren Rd  
Mordialloc, Vic. 3195  
Ph: 9580 6311  
Fax: 9587 3142