

**Minutes of the meeting of the Sevenoaks Youth Council  
Held on 13<sup>th</sup> September 2023**

at Council Chamber, Town Council Offices, Bradbourne Vale Road, Sevenoaks, TN133QG

**Meeting Commenced:** 6.00 p.m.

**Meeting Concluded:** 6.30 p.m.

**Present:**

**Youth Council Members:**

Katie Willis, <b>Chairman</b>	Apologies	Maya Goodrich	Present
Emilia Britain, <b>Vice-Chairman</b>	Apologies	Bea Hayward	Apologies
Phoebe Critchlow, <b>Treasurer</b>	Absent	Madeleine Politzer	Apologies
Catherine Barden de Leon	Absent	Max Pound	Absent
Henry Barden de Leon	Absent	Vince Rands-Webb	Absent
Mahedy Basher	Apologies	Elena Rozo-Navarro	Present
Dexter Buhmann	Absent	Aanya Sidhu	Present
Leah Campbell-Sergeant	Absent	Mia Stack	Absent
Von Ming Fung Chu	Present	Billy Thajudeen	Absent
Lauren Foster	Absent	Torsa Younus	Absent
Neil Gandhi	Absent	Niki Zhang	Absent
Jasmine Geer	Absent		

In attendance: Linda Larter, Town Clerk; Mayor Councillor Claire Shea, Councillor for Northern Ward; Councillor Gareth Willis, Councillor for the Town Ward; Ieuan Chandler-Wilson, Youth Committee Clerk.

- 1. In the absence of the Chair and Vice-Chair Von Ming Fung Chu was elected to chair the meeting**
- 2. Apologies for Absence**  
Received as shown above.
- 3. Recognition of being a Youth Councillor**  
The Youth Councillors were presented with Certificates from the Mayor of Sevenoaks, Councillor Clair Shea thanking them for their contributions over their last two years.
- 4. Minutes of the Previous Meeting of the Youth Council held on 28<sup>th</sup> June 2023**  
**RESOLVED:** To receive and adopt the minutes of the meeting of the Youth Council held on 28<sup>th</sup> June 2023.
- 5. Finance Report**  
**RESOLVED:** To note that the current balance was £2,220.10
- 6. House in the Basement Youth Café (HiTB), Managers report:**  
**RESOLVED:** To note Daren's report and express their thanks to all of the staff for their continued hard work.
- 7. Youth Council Elections**  
**RESOLVED:** it was noted that the youth council elections were currently underway.

#### **8. Ideas for the promotion of Youth Council Activities**

Chair suggested that with the recent increase in anti-social behaviour within the town, the Youth Council may want to consider funding self defence sessions for young people. he presented the Youth Council with a presentation on basic self defence. Including some examples of the different forms of personal self defence alarms from a pull chain to whistle key chain which can be kept on your person. It was also noted that on iPhone from the 8 series and newer if you press on the side button and one of the volume button or you can press the power five times it can contact emergency services if you feel threatened. It was also noted that some martial arts courses such as Tae Kwando can be used for self defence and gave a light demonstration on how this could be useful.

It was noted that currently at the Bat and Ball Centre there are some self defence courses but perhaps the Town Council could consider providing some additional courses.

#### **9. Date of Next Meeting**

It was noted that this would be the final meeting of the current Youth Council. Both the Mayor and the Chair offered all those on the Youth Council good luck for their future plans.

It was noted that the next meetings were:

**Wednesday 01<sup>st</sup> November 2024**

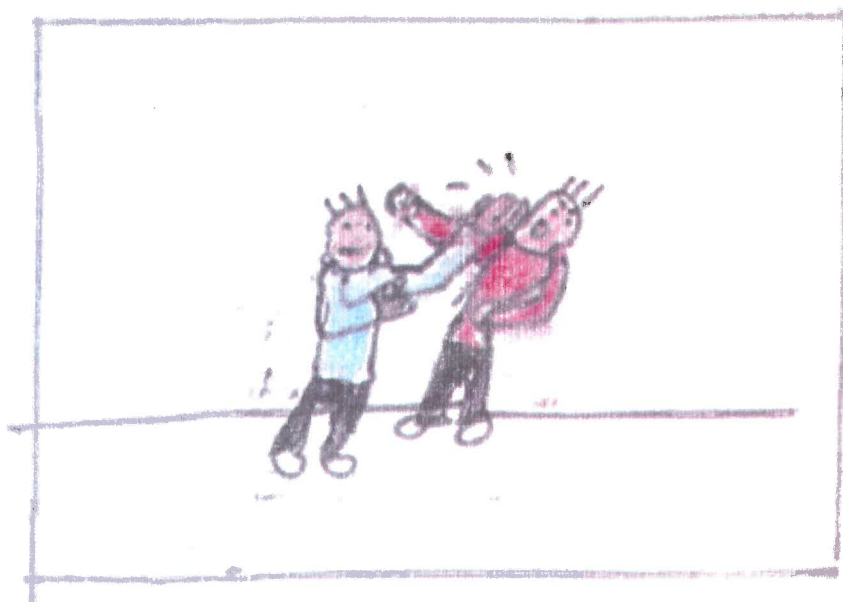
**Wednesday 17<sup>th</sup> January 2024**

**Wednesday 20<sup>th</sup> March 2024**

There being no further business the Chairman closed the meeting.

# BASIC SELF-DEFENCE

For all ages



Yon Chu

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- Basic self-defense (spatial awareness)
- martial arts techniques
- Tips on how to stay safe

## Self Defense

Self defense is a mixed martial art used for **DEFENSE** only, and is the "fight" if you can't do flight. only use these if you are being attacked. Remember, if evaded properly, these moves may severely harm the attacker.

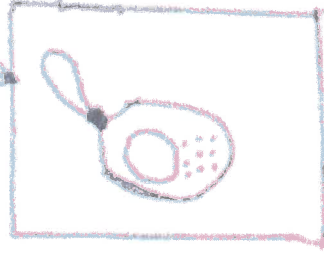
## Spatial Awareness

this is the 1st. step to self defense, as travelling with 2+ people will not appearing to be an easy target on the street is a major part of self defense. you should also carry a personal alarm, which will

attract attention towards you. You just need to pull the trigger to unleash a defense alarm which will attract the attacker's attention towards you, making the attacker less likely to attack you.

trigger You should also put your

belongings (cars or bikes) in a location that is well-lit and with many people. This makes it less likely for a thief to steal your car or bike, as there are many witnesses.



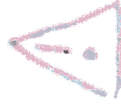
personal alarm

## Martial arts Techniques

### Taskwants

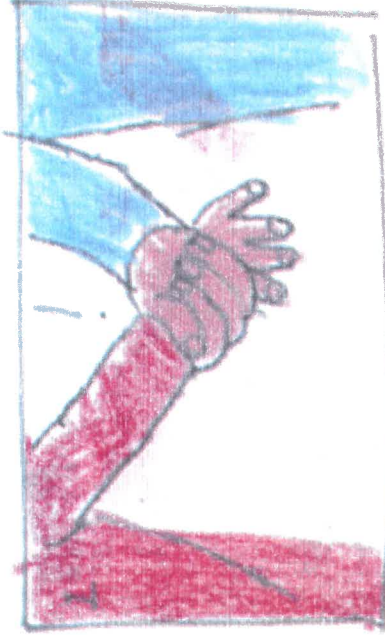
these techniques are to be used when someone grabs you by the shoulder or arm.

For example:



Warning! only use if potentially attacked

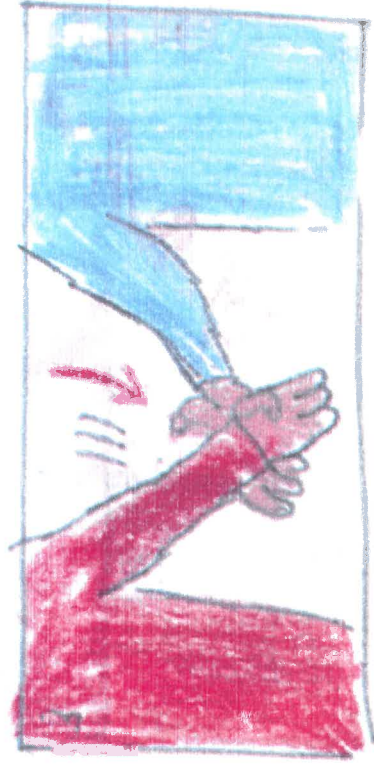
Scenario #1  
The Attacker grabs your wrist



The assailant grabs your arm



Pull your arm up and your body closer towards the attacker.



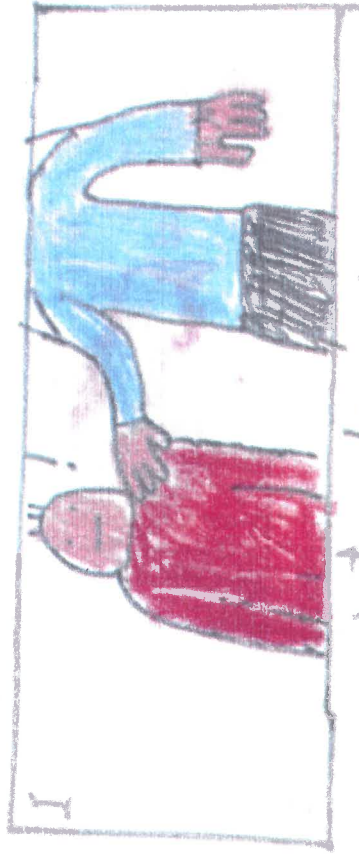
Violently thrust your arm down.  
This will free your arm from the  
attacker, allowing for you to  
escape.

Remember to do the same thing  
for both of your arms.

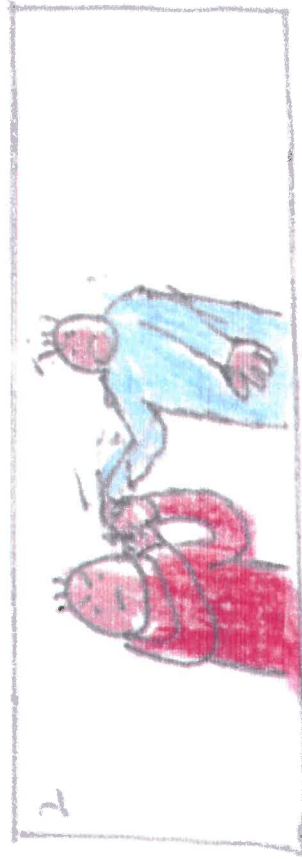


## Scenario #2

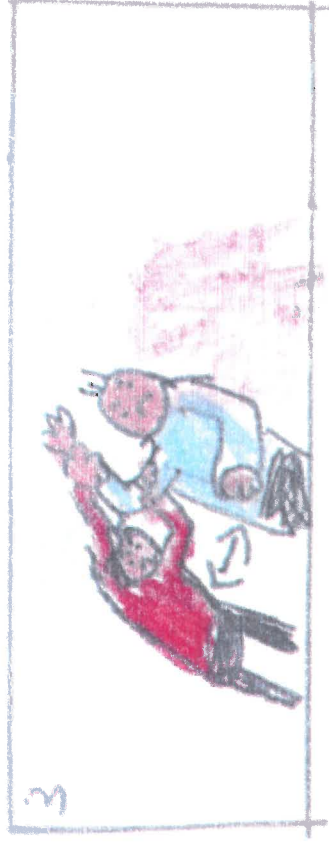
Someone grabs you by your shoulder



The assailant grabs you by your shoulder



turn around and grab their arm



fold their arm up and keep your body on the side that their arm they touched you with to keep out of punching range.



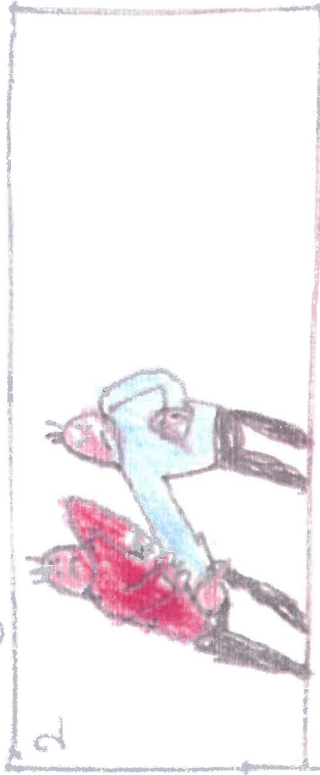
put your leg behind their front leg and flip them over. This gives you the opportunity to escape.

# Wing Chun

## Scenario 3 - defending a punch

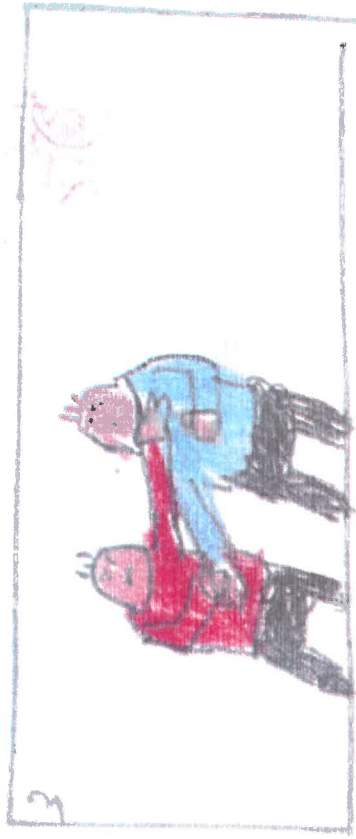


For a punch, defend with your elbow, depending if the punch is coming from the left or right side of the assailant. This will damage the fist of the opponent, keeping you safe.



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Turn your body to their attacking side and grab their hand with your hand that is further away from the attacker.

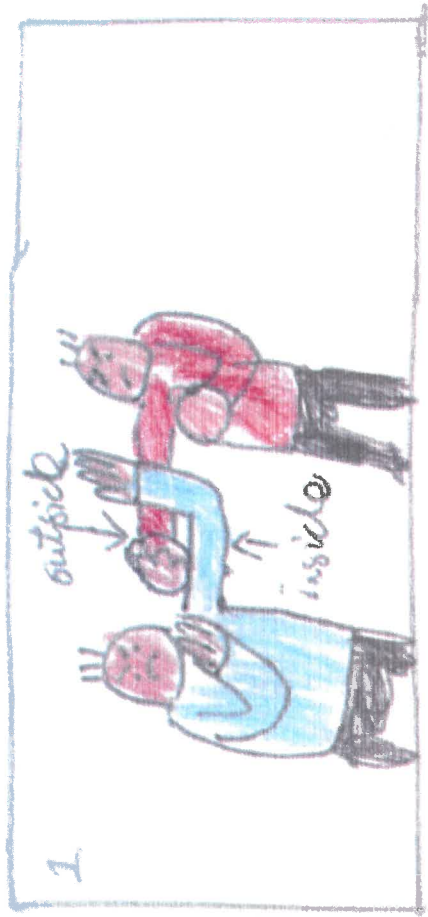


Use your arm closest to your attacker to deliver a devastating knife strike to the neck of the attacker, giving you time to escape.

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## Scenario #4

### hook punches



use your arm to block their arm from the inside, blocking their blow.



return with a palm-strike to the sternum, giving you 30+ seconds to get help or escape.

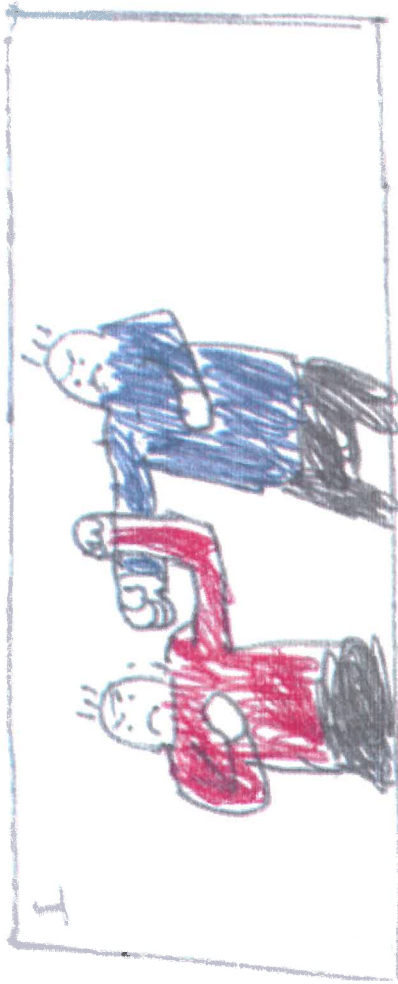
Remember, do the same thing be it left or right handed, as it is the same method.

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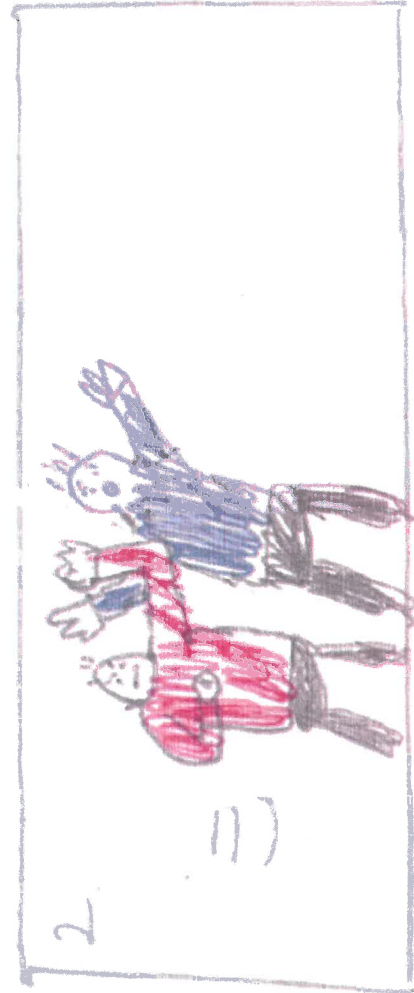


## Bei Jiquan

hit and run elbow technique



Dodge with your arm on the same side as the assailant's attacking arm.



follow up with an elbow to the sternum disabling the attacker temporarily and allowing for you to escape and get help.

credits to:

Master Wong

vertical arts youtube

Sabumnin Neville Tse

Tae-kwondo instructor

Grand Master Yip Man

Wing Chun Master, Teacher of Bruce Lee

Sabumnin haan

Tae-kwondo master and instructor

## Do's and Don'ts When Being Attacked

- DON'T** punch (may damage your knuckles)
- DON'T** kick (slippery)
- DON'T** keep your guard down
- DON'T** make yourself seem like the criminal

- DO** find help
  - DO** try to flee
  - DO** palm-strike
  - DO** whatever it takes to escape unless it involves harming an innocent person
  - DO** travel in groups of 3+
  - DO** carry a personal alarm
  - DO** be aware of where you put your belongings and why
  - DO** be aware of your surroundings
  - DO** act confident so you are less of a target
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