

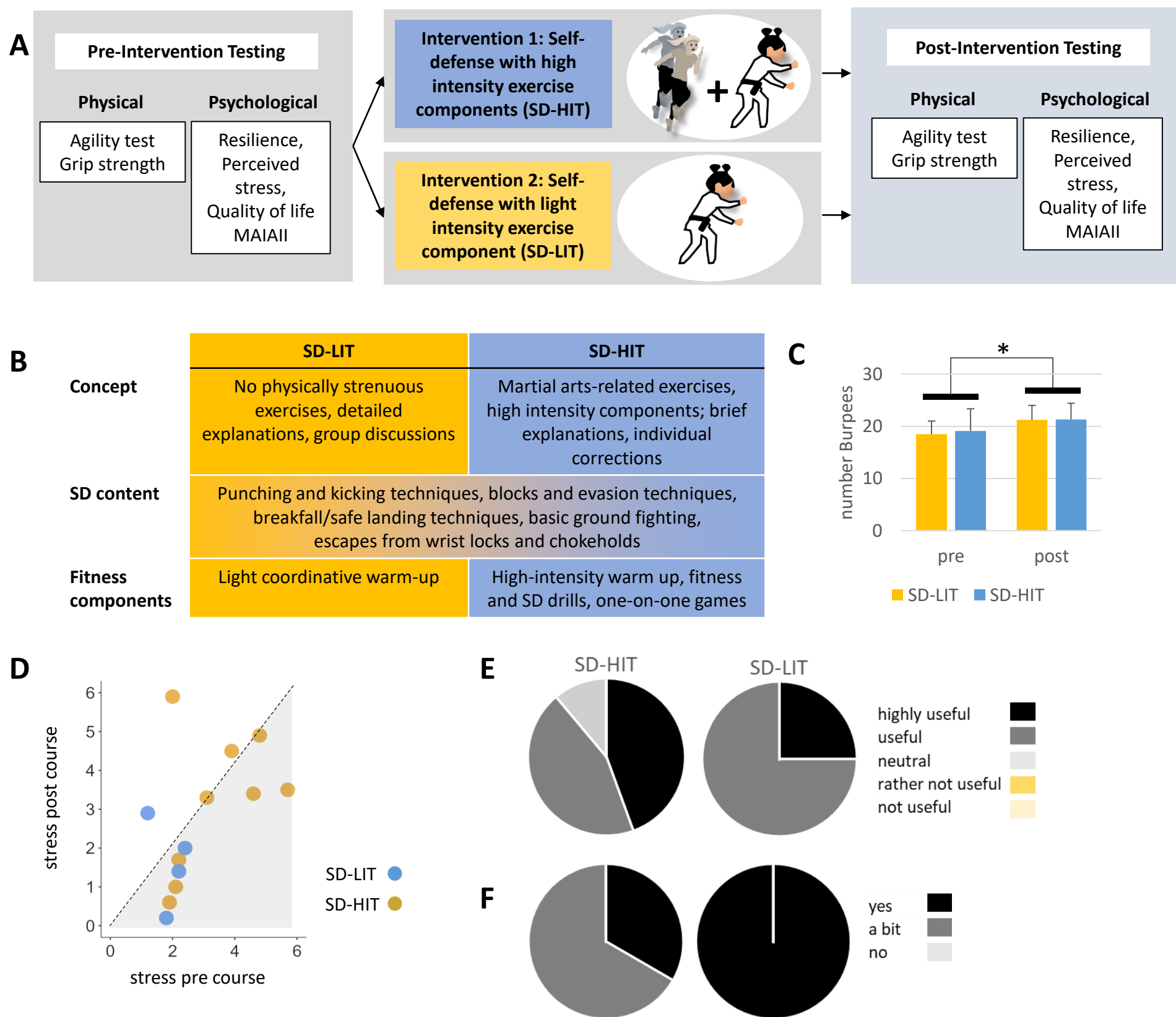


Figure 1. Design of the study, self-defense course protocols and preliminary results of the pilot study. The design of the study is depicted in (A): pre- and post intervention testings comprise an agility test, grip strength testing and a comprehensive questionnaire, including assessment of interoceptive regulation strategies with the Multidimensional Assessment of Interoceptive Awareness II (MAIA II) scale. The course protocols for the low (SD-LIT) and high intensity course (SD-HIT) are presented in (B). (C): the number of simplified burpees (agility test) before and after the intervention are presented. Columns indicate means, error bars standard deviations, * is $p \leq 0.05$ (main time effect, there was no interaction effect). Panel (D) shows changes in perceived momentary stress (visual analog scale from 0 – no stress – to 10 – massive stress). Dashed lines separate increasing (i.e. feeling more stressed) from decreasing effects from pre to post; grey shading indicates decreases from pre to post. (E) Most participants (%) found the courses useful or highly useful. (F) 100% of participants of SD-LIT felt more prepared for situations which could lead to physical aggression.