MOAB Day 1 Course Outline

Strategies for Preventing and Diffusing Aggressive Behavior (Part I)

Introduction
What is Management of Aggressive Behavior (MOAB)?
MOAB Objectives

Statistics
Violence in Society, Healthcare Facilities, Law Enforcement and Security

Strategies for Preventing and Diffusing Aggressive Behavior
Behavior and Intervention
Mental Conditioning
1. Purpose
2. Conflict
3. Exercise
Plan, Identify and Act

Methods and Communication
Non-Verbal Communications
Personal Space
The Reactionary Distance
Eye Communications
Gestures, Postures and Facial Expressions
Signals to look for and understand

Stages of Conflict & Management
1. Conflict
2. Stage I: Anxiety
   a. Recognizing Anxiety
   b. Anxiety Triggers
   c. Managing the Individual’s Anxiety
   d. Listening
   e. Five Levels of Listening
   f. Empathetic Listening
   g. Eliminating External and Internal Distractions
   h. Supportive Verbal Communications
   i. Supportive Verbal Communication Skills
   j. Understanding your fear and panic
   k. Fear and Panic Create Dysfunction
   l. Mind and Body Stress Feedback Loop
   m. How to break the Stress Feedback Loop
3. Stage II: Verbal Aggression
   a. Recognizing Verbal Aggression
   b. Managing Verbal Aggression
4. Stage III: Physical Aggression
MOAB 2-Day Course Outline

a. Recognizing Physical Aggression
b. Managing Physical Aggression
c. Cornering
   i. Three Options
   ii. Five Common Mistakes
d. Diversions
   i. Diversions that can be used
   ii. Regaining Control
   iii. Redirect Activity
   iv. Approaching
e. Multiple Individuals
   i. Positioning

Review
Mental Conditioning
Non-Verbal Communications
Stage I – Anxiety
Stage II – Verbal Aggression
Stage III – Physical Aggression
Signals of Regaining Control
Cornering
Multiple Individuals

Testing and Evaluation
MOAB 2-Day Course Outline

MOAB Day 2* Course Outline
Strategies for Controlling and Restraining Aggressive Individuals (Part II)
Strategies for Managing Physical Confrontations (Part III)

Strategies for Controlling and Restraining Aggressive Individuals (Part II)

Introduction to Physical Control Skills
What will you gain from this course?

Safety Rules
Wearing of Jewelry, Pat Out, Practice, Etc.

Principles of Balance
Positioning your body

Principle of Movement
Forward shuffle
Rear shuffle
Lateral shuffle

Principle of Center
Strength of your Center Line

Non-Contact Escort

The Desensitizing Touch
Applying the desensitizing touch

Entering the Personal Zone
Passive Individuals

The Basic Escort
From Desensitizing Touch

Resistive Escort
Defense from Escort Position or Desensitizing Touch
Escape from Escort Position or Desensitizing Touch

Direct to Prone Skills
Straight Arm Technique
Bent Elbow Technique
Lateral Thigh Technique

Prone Position Control Skills
Horizontal Straight Arm Control

Disengaging from Prone Control Skills
How to Disengage

Approaching and Separating Two Individuals
Verbal Aggression
Physical Aggression

Special Situations
From Escort Position
From Chair Position
From Prone Position

Testing and Evaluation

* Students must complete MOAB Day 1/Part I training to participate in Day 2
Strategies for Managing Physical Confrontations (Part III)

Introduction to Personal Defense and Safety Skills
Two Basic Types of Assaults on People
Two Methods of Assaults

Use of Control Management in Self Defense
Two Categories of Physical Force

Types of Assaults
Most Common Types
Other Common Types

Personal Defense Weapons
Head, Thumbs, Palms, Heal of Hand, etc.
Vulnerable Areas of the Body

Levels of Control Management
Personnel/Individual factors

Acceleration through the Levels of Control Management
Clinical predictions of dangers
Important considerations

Levels of Control Management Diagram

Defense from Holds
Front Choke response options
Rear Choke response options
Bear Hold response options
Wrist Grab release options
Arm Twist response options
Bite response options
Hair Pull response option

Defense from Stationary (Static) Strikes
Punch (head) response options
Kick (groin) response options
Armed Threat response options (supplemental)**
Rear Weapon response options (supplemental)**
Edged Weapon response options
Thrown Objects response options

Defense from Moving (Dynamic) Attacks
Response options

Testing and Evaluation

**Supplemental techniques are based on agency needs and are not mandatory.