

MOAB Day 1 Course Outline

Strategies for Preventing and Diffusing Aggressive Behavior (Part I)

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: Emotional Confrontation
 - a. Recognizing Emotional Confrontation
 - b. Managing Emotional Confrontation
4. Stage III: Physical Aggression

- 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 – Emotional Confrontation
Stage III – Physical Aggression
Signals of Regaining Control
Cornering
Multiple Individuals

Testing and Evaluation

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 / Escort

Applying the desensitizing touch / Escort

Entering the Personal Zone

Passive Individuals

The Basic Escort

From Desensitizing Touch / Escort

Resistive Escort (supplemental)**

Bent Elbow Technique (supplemental)**

Defense from Escort Position or Desensitizing

Touch

Escape from Escort Position or Desensitizing

Touch

Direct to Prone Skills (supplemental)**

Straight Arm Technique / Bent Elbow Technique
(supplemental)*

Lateral Thigh Technique (supplemental)**

Prone Position Control Skills (supplemental)**

Horizontal Straight Arm Control

Standing A Controlled Prone Individual

Disengaging from Prone Control Skills

How to Disengage

**Approaching and Separating Two Individuals
(supplemental)***

Verbal Aggression (supplemental)**

Physical Aggression (supplemental)**

Special Situations

From Escort Position (supplemental)**

From Chair Position (supplemental)**

From Prone Position (supplemental)**

Testing and Evaluation

* Students must complete MOAB Day 1/Part I training to participate in Day 2

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

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, Heel 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

Grab/Pull response options (clothing or body part)

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

Defense from Ground Attacks (supplemental)**

Testing and Evaluation

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