

Strategies for Preventing and Diffusing Aggressive Behavior (1-hour Review)

Strategies for Preventing and Diffusing Aggressive Behavior (Part I)

Review

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

***Strategies for Controlling and Restraining Aggressive Individuals
Strategies for Managing Physical Confrontations
(6-hour Review)***

Strategies for Controlling and Restraining Aggressive Individuals (Part II)

Safety Rules

Wearing of Jewelry, Pat Out, Practice, Etc.

Principles of Balance

Positioning your body

Principle of Movement

Forward shuffle
Rear shuffle
Lateral shuffle
Forward Pivot
Rear Pivot

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 (supplemental)**

Straight Arm Technique (supplemental)**
Bent Elbow Technique (supplemental)**
Lateral Thigh Technique (supplemental)**

Prone Position Control Skills

Horizontal Straight Arm Control

Disengaging from Prone Control Skills

How to Disengage

Approaching and Separating Two Individuals (supplemental)**

Verbal Aggression (supplemental)**
Physical Aggression (supplemental)**

Special Situations (supplemental)**

From Escort Position (supplemental)**
From Chair Position (supplemental)**
From Prone Position (supplemental)**

Strategies for Managing Physical Confrontations (Part III)

Control Management of Self Defense

Two Categories of Control Management

Defense from Holds

Front Choke Response Options

Rear Choke Response Options

Bear Hold Response Options

Defense from Holds

Wrist Grab Response Options

Arm Twist Response Options

Bite Response Options

Hair Pull Response Options

Defense from Stationary (static) strikes

Punch (Head) Response Options

Kick (Groin) Response Options

Edged Weapon Response Options

Thrown Objects Response Options

Defense from Moving (dynamic) attacks

Response Options

Procedures for Certification

Certification Requirements

Forms and Exam Information

Testing and Evaluation

Proficiency Exam

Written Exam

Course Evaluation