

Strategic Self Protection & Defence System

Training Objective

Through (classroom/self-study/practical application), provide the knowledge and skills to effectively protect yourself and others against violent behaviour.

Upon successful completion of this program, participants will:

- Understand the concepts of violence, self protection & defence and use of force
- Have the ability to effectively protect yourself and others against violent behaviour.
- Clearly articulate your response and actions legally
- Be able to effectively employ the knowledge and skills inside and outside the work place
- Successfully completion of this program will provide a 12 month certification and will allow subsequent re-certification

Audience

This course is intended for the following:

- Law Enforcement
- Security
- Professionals in any job which deals with workplace violence

Prerequisites

E.C.H.O program
M.A.D program

Program Components	Hrs	Result
Self Protect and Defence concepts	4	Understand Goal focused training including physical, mental and emotional Understand Types of threats Understand Situational Awareness Understand Psychological aspects of defending yourself Understand Fear management Understand Effects of combat stress Understand use of force model Understand tactical position & positions Understand tactical & Combat movement

Self Protect and Defence Strategies and Tactics	16	<p>R.A.P.I.D System Rapid Assault Protection and individual Defence</p> <p>B.E.A.R System Basic Escape & Attack Response</p> <p>R.H.I.N.O System Rapid Hitting & Immediately Neutralize</p>
Specialized Tactics	16	Apply Ground Defence Tactics
	16	Apply Defensive Baton Tactics
	16	Apply Multiple Threat Tactics
	40	Apply Armed and Unarmed Combat Tactics