

<b>Course Summary:</b>	Real world information with real world techniques for safety and survival. Discover and review information that will keep you and your family safe. Explore the mindset of the common criminal, the gang member, the predator and the terrorist. Combine their mindset with what you need to do to protect yourself on a daily basis. Find out the times we are most vulnerable both at work and in private life and set up rituals to keep yourself and your loved ones safe. Gain new insights and new information with proven formulas for students to follow and be introduced to new concepts and tactics in personal physical protection from leading experts on Contact Control and Defense, a proven method based upon gross motor skills.
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<b>Performance Objectives:</b>
A) Review the principles of Awareness and explain them; B) Identify the criminal mind set C) Describe the components of safety and survival D) Describe the Principals of Close Quarters defense & protection

<b>Course Outline</b>				
Day	Time Begin (24 Hour)	Time End (24 Hour)	Subject or Topic	Instructional Methodology
1	0800	1000	Introduction, Principles of Awareness and Criminal Mind Set Assessment of gang member mentality, emotionally disturbed people and the terrorist mentality	Lecture Group Discussion Demonstration Group Exercise
1	1000	1200	Components of safety and survival, improvised protection and principals of close quarters defense and protection	Lecture Group Discussion Demonstration Group Exercise
1	1200	1300	Lunch	
1	1300	1500	sign waivers, review of safety policies and procedures, using the principals and techniques together	Lecture Group Discussion Demonstration Group Exercise Trainee Practice
1	1500	1700	Review stance drills, application of techniques and principles, evaluations	Lecture Group Discussion Demonstration Group Exercise Trainee Practice Evaluation