



## **PERSONAL SAFETY COURSE**

### **9.30am - 12.30pm**

Introductions - Ice-breaker

Why here? Concerns? Discussion

The Law regarding Self Defence and Reasonable Use of Force

Warning signs and Danger signs

Voice Control and Defensive Stance

T-zone on BOB

Café Scenario

Improvised Weapons

Night Walk Scenario

### **12.30pm - 1pm**

Lunch

### **1pm – 4pm Practical self defence including;**

Escape from a Wrist Grab

Escape from a Clothing Grab

Escape from a Front Strangle

Nose Hook x 2

Escape from a Front attack - Rhino

Escape from a Back attack

Escape from a Ground attack - physical assault on the ground and sexual assault / anti-rape techniques if requested