

React to a Physical Attack using Unarmed Self-Defense Techniques within Detainee Operations
CD 260 / Version 2004
11 Jun 2004

SECTION I. ADMINISTRATIVE DATA

All Courses Including This Lesson	<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>
	31E-POI	2004	Detainee Operations
Task(s) Taught(*) or Supported	<u>Task Number</u>	<u>Task Title</u>	
	191-381-1370 (*)	<u>INDIVIDUAL</u> React to an Internee Attack Using Self-Defense Techniques	
Reinforced Task(s)	<u>Task Number</u>	<u>Task Title</u>	
Academic Hours	The academic hours required to teach this lesson are as follows:		
		<u>Mobilization Hours/Methods</u>	
		2 hrs 40 mins / Conference / Discussion	
		8 hrs 25 mins / Demonstration	
		15 mins / Practical Exercise (Performance)	
	Test	0 hrs	
	Test Review	0 hrs	
	Total Hours:	11 hrs 30 mins	
Test Lesson Number		<u>Hours</u>	<u>Lesson No.</u>
	Testing (to include test review)		N/A
Prerequisite Lesson(s)	<u>Lesson Number</u>	<u>Lesson Title</u>	
	CD 228 CD 252	Personal Safety Awareness within Detainee Operations Use of Force within Detainee Operations	
Clearance Access	Security Level: Unclassified Requirements: There are no clearance or access requirements for the lesson.		
Foreign Disclosure Restrictions	FD7. This product/publication has been reviewed by the product developers in coordination with the Fort Leonard Wood, Missouri 65473 foreign disclosure authority. This product is NOT releasable to students from foreign countries.		

References

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
AR 190-14	Carrying of Firearms and Use of Force for Law Enforcement and Security Duties.	12 Mar 1993	
AR 190-47	The Army Corrections System.	05 Apr 2004	
STP 19-95C1-SM	MOS 95C, Corrections Specialist, Skill Level 1, Soldier's Manual	30 Sep 2003	
STP 19-95C24-SM-TG	MOS 95C, Corrections Specialist, Skill Levels 2/3/4, Soldier's Manual and Trainer's Guide		

Student Study Assignments

None.

Instructor Requirements

One primary instructor and four assistant instructors.

Additional Support Personnel Requirements

<u>Name</u>	<u>Stu Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
None			

Equipment Required for Instruction

<u>Id Name</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
None					

* Before Id indicates a TADSS

Materials Required

Instructor Materials:
NOTE: Based on available qualified instructors, facilities and equipment, the instructor may use computer-assisted powerpoints with projection screen or VGTs (Vu-graphs) with overhead projector.

Suggested for training:
 1 Floor Mat 12X12 or wrestling mats per every 2 students
 1 Strike Pads (Foam) per every 2 students
 1 Mock Knife per every 2 students

Suggested facility:
 Gym or suitable training area

Student Materials: None

Classroom, Training Area, and Range Requirements

Ammunition Requirements

<u>Id</u>	<u>Name</u>	<u>Exp</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt Qty</u>
None					

Instructional

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this

Guidance

lesson and identified reference material.

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material. All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

NOTE: All Detainees are to be treated humanely, with dignity and respect, at all times.

**Proponent
Lesson Plan
Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
[REDACTED]	(S)G-2	SR Corrections Technical Advisor	11 Jun 2004

SECTION II. INTRODUCTION

Method of Instruction: <u>Conference / Discussion</u>
Instructor to Student Ratio is: _____
Time of Instruction: <u>10 mins</u>
Media: <u>-None-</u>

Motivator

The concepts relating to self-defense have a long history and originated from the far east. Some of the self-defense tactics include jujitsu, judo, tae kwon do, aikido, etc.

A majority of the techniques taught in this lesson are derived from Aikido, which was founded in Japan in 1925 as an adaptation of jujitsu. Japanese warriors primarily used Aikido for a method self defense. Pressure points, throwing, and joint locking (holds) are its principle techniques.

Morihei Ueshiba (1883-1969) was history's greatest martial artist. Even as an old man of eighty, he could disarm any foe, down any number of attackers, and pin an opponent with a single finger. Although invincible as a warrior, he was above all a man of peace who detested fighting, war, and any kind of violence. His way was Aikido, which can be translated as "The Art of Peace." Morihei Ueshiba is referred to by the practitioners of Aikido as O Sensei, "The Great Teacher".

Morihei Ueshiba developed these defensive techniques because as he got older he found that when he would hit or kick an opponent he would feel pain as well. He designed Aikido as a means of using the attackers strength and energy against them just by redirecting their energy. This program was designed for old people woman and children.

You must be aware of your surroundings while working within a detention facility because whenever men or women are housed in a tightly controlled environment, tensions and stress levels increase. As a result there may be times as a staff member that you may find yourself being required to use force to defend yourself. When force is used to quell a disturbance or to defend ourselves we must use the minimum amount of force all times. Knowing that the propensity for danger exists we must be alert for potential violent attack, as well as being aware of our avenues of possible escape.

It is important to understand that no matter how much training we may have to perform our duties, it is just as important to understand that no single defensive technique is 100% effective on all attackers. For this reason we must train and become proficient with multiple techniques and practice these techniques "Perfectly" because "perfect practice makes perfect". This means that unless we practice each technique as it is taught then when we may find ourselves in a situation that may require us to defend ourselves and we may not be able to effectively employ them when needed. It is said that if we practice something the same way 2000 to 3000 times later it becomes second nature. An example of this is being able to tie our shoes. As children when learning to tie our shoes it is difficult at first but as we continue to grow learn that we can tie our shoes without even looking.

Terminal Learning Objective

NOTE: Inform the students of the following Terminal Learning Objective requirements.
At the completion of this lesson, you [the student] will:

Action:	React to a physical attack using self-defense techniques.
Conditions:	Given a situation that requires you to use physical force against an aggressive assailant who is attacking you and all lower levels of force have been ineffective.
Standards:	React to a physical attack by selecting the appropriate defense technique and perform all the necessary steps to defend yourself against a physical attack as demonstrated by successfully completing the performance evaluation.

Safety Requirements

There will be a lot of hands on training during this program of instruction. This is a controlled environment and the following safety precautions must be enforced by all instructors and students during this lesson:

1. All participants will only practice those techniques explained by the primary instructor. ALL students MUST relax and be flexible during each technique applied to reduce injury to limbs and joints.
2. There will be no horseplay or other types of disturbances during the class.
3. Instruct students when they feel pain or discomfort while (role playing) as the attacker during **ANY** technique to pat themselves or pat the ground with a free hand, or say "**CODE BLUE**" this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of "**STOP**", or "**CODE RED**" or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.
4. All watches, rings, glasses and necklaces etc...must be removed prior to the beginning of class and stored in a safe location away from the training area.
5. All participants must warm up major muscle groups prior to training to help prevent muscular injuries.
6. Additional instructors will be tasked to assist the Primary Instructor to help control and supervise the training as well as assist and critique students as necessary.
7. All techniques will be conducted step by step the first time using a talk through demonstration method of instruction a minimum of two times prior to allowing students an opportunity to conduct any practical exercises.
8. The techniques taught in this lesson will NEVER be conducted by any student at combat speed during this lesson.

Risk Assessment Level

Low

Environmental Considerations

NOTE: It is the responsibility of all soldiers and DA civilians to protect the environment from damage.

Caring for the environment begins with the Army's vision of environmental responsibility. The following vision statement describes what the Army expects of all Soldiers and leaders:

Vision Statement: *"The Army will integrate environmental values into its mission in order to sustain readiness, improve the Soldier's quality of life, strengthen community relationships, and provide sound stewardship of resources."*

Taking care of the environment protects health, safety, and natural resources. For example, when fuel spills on the ground, it soaks into the soil, poisons plants, and eventually enters streams and lakes that supply drinking water. (See FM 3-100.4 for more information.)

Caring for the environment also supports the Army mission. Costly environmental cleanups detract from Army readiness. During war, many wise tactical, medical, or operations-security (OPSEC) practices are also good environmental practices. Handling fuels safely, maintaining vehicles, disposing of solid waste/hazardous waste (HW), and managing and turning in ammunition properly are sound environmental and tactical considerations that carry over from training into combat operations.

Many practices that damage the environment waste time and do not lead to success in combat. One example occurred during the Gulf War when Iraqi Soldiers set fire to Kuwaiti oil fields and poured millions of gallons of crude oil into the Persian Gulf. The Iraqi Army deliberately damaged environmental resources and wasted valuable time and effort on activities that did not stop the allies' advance. Remember, environmental stewardship does not prevent the Army from fighting and winning wars—it supports the Army mission.

Training will be conducted in the proper designated areas only. This ensures natural and environmental resources are maintained properly for continued training realism. All spills of hazardous property and POL products will be reported to the appropriate environmental office. The activity responsible for the spill will contain the spill to reduce further environmental and training area degradation. Equipment will be operated to conform to environmental operating permits. Live foliage will not be used as camouflage material. Improper disposal of trash and refuse, inadequate cleanup of training areas pollutes ground water resources, and may result in a potential health or safety hazard.

References: Field Manual 3-100.4/MCRP 4-11B, Environmental Considerations in Military Operations, dated 15 June 2000; w/change #1 dated 11 May 2001.

Training Circular 3-34.489, The Soldier and the Environment, dated 8 May 2000; with change number 1, dated 26 October 2001.

Evaluation

This material will be tested utilizing a competency-based hands on performance evaluation upon completion of the training.

Instructional Lead-In

The United States Army has high standards to training and Defensive Tactics is one of those high priority-training programs that requires you to participate in and understand the policies on what type of techniques you will be authorized to use to defend yourself when the time arises. In any potentially dangerous situation humans have one of two reactions that they will take known as fight or flight. No one says you have to stay and fight. But if you do stay you should at least posses

the basic knowledge and skills to defend yourself, get away from an attacker and avoid confrontation whenever possible. The techniques you will learn in this lesson will give you the basic knowledge to do just that.

You must be aware of your surroundings while in a detention facility and be alert for potential assaults from any violent attacker, as well as being aware of your avenues of escape. It is important that as a staff member working inside of a detention facility that if you must use force to defend yourself that you must use the lowest level of force necessary to defend yourself in any situation. This means that you will not only use physical force to defend yourself but verbal persuasion as well.

During this lesson you will be instructed how to deescalate a physical confrontation and get away in order to sound an alarm to alert other staff within the facility to assist you in successfully quelling the situation. You must understand that this lesson is NOT intended to teach any fighting or offensive techniques it is intended to provide you the skills needed to successfully defend yourself if the situation arises. These techniques are focused on being able to use the attackers strength and energy against them by redirecting their energy and responding to their attack in an unexpected response. Being able to successfully employ these techniques will allow you to not only create and maintain distance but also build confidence in yourself as a staff member working in a detention facility.

SECTION III. PRESENTATION

1. Learning Step / Activity 1. Introduction to Natural Weapons of the Body.

Method of Instruction: Demonstration
Time of Instruction: 10 mins
Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

- **NATURAL WEAPONS OF THE BODY**

We all have areas of our body that we may employ as natural weapon when defending ourselves, the following is a list of these areas.

- a. **Finger.**
- b. **Knuckles.**
- c. **Edge of hand.**
- d. **Heel of hand.**
- e. **Head.**
- f. **Knee.**
- g. **Shin.**
- h. **Heel.**
- i. **Finger poke.**
- j. **Grab.**
- k. **Elbow.**

NOTE: Conduct a check on learning and summarize the learning activity.

2. Learning Step / Activity 2. Perform Proper Stances/Falls.

Method of Instruction: Conference / Discussion
Time of Instruction: 30 mins
Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

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All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

a. Interview-stance.

(1) This stance allows complete relaxation yet at the same time allows you a quicker reaction time.

(2) The upper body is erect and centered over the hips. The weight is distributed evenly between the left and right foot. The strong foot to the rear approximate shoulder width apart at a forty-five degree angle. The hands are placed around waist level in front of the body in a non-aggressive manner.

b. Defensive-stance.

(1) This is a preferred stance for defending yourself, because you are not braced, but are in a relaxed comfortable, balanced position from which you may be able to effectively defend yourself.

(2) The upper body is erect and centered over the hips. The head should be carried vertically with the point of the chin toward the attacker. The knees should be slightly bent and weight evenly distributed. The rear elbow is held down and in front of the ribs. The open palm of the lead hand faces the attacker and is positioned in front between the shoulders.

NOTE: After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

c. Movement Techniques

(1) Step and Drag Step –

(a) Forward - From the Defensive Stance, Step forward with your lead foot and drag your rear foot returning to a comfortable defensive stance.

(b) Backwards – From the defensive stance, step backwards with your rear foot first then drag your lead foot returning to a comfortable defensive stance.

(c) Left and Right movements – Depending on which direction your moving in the foot closest to that direction moves first then dragging the trail foot returning to a comfortable defensive stance.

d. Falling Techniques

(1) Back fall – cross your arms in front of your chest, squat to a crouch position, roll onto your buttocks and back keeping your chin tucked in, and slap the mat with both hands palms down.

(2) Side fall – is a rolling fall. Roll 45-degrees over your shoulder striking the mat and rolling to one side of your body, arm will extend out and slapping the mat palms down.

NOTE: Conduct a check on learning and summarize the learning activity.

3. Learning Step / Activity 3. Apply Pressure Points.

Method of Instruction: Conference / Discussion

Time of Instruction: 1 hr

Media: -None-

NOTE: Inform students that nothing is 100%; meaning that not every technique will cause the same reaction to every attacker and being able to identify more than one pressure point of the body will aid the defender in applying more than one technique if confronted by an attacker.

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

**CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION-
CAUTION- CAUTION**

_____Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say **“CODE BLUE”** this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of **“STOP”**, or **“CODE RED”** or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

APPLY PRESSURE POINTS:

a. By applying pressure to certain areas of an attacker’s body, you may be able to disarm him, escape or control the attack. Vital areas (Pressure Points) are those areas that are vulnerable to pressure applied by the hand, foot, or knee and may cause pain. Pressure points are sensitive to various types of applications, whether by hand, finger, knee, foot, or any available defensive tool. Proper application of pressure to a vulnerable area will either impede or incapacitate a violent attacker. You be aware that people have different tolerances for pain and some pressure points may not be as effective. When applying one technique and it does not appear to give you desired effect immediately move to another pressure point. These techniques can also be used when conducting force cell moves.

b. Pressure points include:

(1) **Infra-orbital nerve (nose)** – Secure the head by reaching around with weak hand and grasping the chin. Ensure to keep your fingers away from the mouth. The head should be secured into the pocket of the around armpit area. With your strong hand (knife hand) apply pressure to nose by pushing in then up. Once assailant complies release the pressure not the hold.

(2) **Mandibular angle nerve (ear)** – Secure the head by reaching around with weak hand and grasping the chin. Ensure to keep your fingers away from the mouth. The head should be secured into the pocket of the around armpit area. Hyper extend the head to the opposite side where pressure is going to be applied. Slide your thumb downward from the top of the ear to bottom. You will feel a pocket towards the bottom of the ear – this is where you will push your thumb inward towards the opposite ear. Once assailant complies release the pressure not the hold.

(3) **Hypoglossal nerve (under jaw)** – With one or both of your hands grasp the attacker under the jaw line applying pressure under the jaw by pushing in and up.

(4) **Suprascapular (traps)** – With an open or closed hand make contact in a downward motion to the muscle area on top of the trapezoid muscles.

(5) **Brachial plexus origin** – With an open or closed hand make contact with a ridge hand or forearm across the brachial nerve on the side of the neck.

(6) **Clavicle nerve** – With one or more fingers apply pressure in a downward motion along the clavicle/collar bone.

(7) **Jugular notch nerve** – with one or more fingers place your finger or fingers directly into the Jugular notch and apply pressure in a downward motion.

(8) **Brachial plexus tie in-** With an open or closed hand make contact with lower portion of your palm to the area below the clavicle bone and just above the meaty portion of the pectoral muscle.

(9) **Radial nerve (Forearm)** – With an open or closed hand apply pressure or impact directly on top of the forearm.

(10) **Median nerve (Forearm)** – With an open or closed hand apply pressure to or impact directly under the forearm.

(11) **Parainal nerve (leg)** – With your knee apply pressure or impact just above the back of the attackers knee to the outside of the leg (thigh muscle area).

NOTE: Conduct a check on learning and summarize the learning activity.

4. Learning Step / Activity 4. Create and Maintain Distance.

Method of Instruction: Conference / Discussion

Time of Instruction: 30 mins

Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION- CAUTION- CAUTION

___Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say “**CODE BLUE**” this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the

defenders commands. On the command of “**STOP**”, or “**CODE RED**” or at the **sound of a whistle** **ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

a. ONE-HAND CHECK:

(1) One-hand check – While informing the individual to stop you will forcefully extend your lead hand, hands open, lower portion of palm forward at the assailant at the same time he/she is making an attack.

(2) Use the palm of your lead hand, direct the strike to the brachial plexus tie-in and immediately re-track turn towards your nearest avenue of escape. (This should disturb your attacker’s rhythm, thus giving you ample time to vacate the area.)

(3) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

b. TWO-HANDED CHECK:

(1) Two-handed check – this technique is applied in the same manner as the one-hand check with the following exceptions: use both palms and direct the strike to both sides of the brachial plexus tie-in.

(2) Once contact is made with the attacker look for your nearest avenue of escape. (This should disturb your attacker’s rhythm, thus giving you ample time to vacate the area).

(3) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

c. THREE-POINT CHECK:

(1) Three-point check – If a situation arises where time and space does not permit you to escape from a rushing attacker, use the wall behind you as a support and simultaneously lift the lead knee and direct strikes (palms) to the brachial plexus tie-in.

(2) Once contact is made with the attacker, look for your nearest avenue of escape. (This should disturb your attacker’s rhythm, thus giving you ample time to vacate the area).

(3) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

d. TWO or MORE ASSAILANTS:

(1) Two or more assailants- Never attempt to run or move between assailants. Assess the situation look for the nearest avenue of escape, and move toward the outer most portion of the attackers.

(2) You will always attempt to keep one attacker between you and the rest or push that attacker into the rest of the attackers while you use your avenue of escape. (This should disturb your attacker's rhythm, thus giving you ample time to vacate the area).

(3) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: Conduct a check on learning and summarize the learning activity.

5. Learning Step / Activity 5. Conduct a practical exercise.

Method of Instruction: Practical Exercise (Performance)

Time of Instruction: 15 mins

Media: -None-

Conduct Practical Exercise.

NOTE: Conduct a check on learning and summarize the learning activity.

6. Learning Step / Activity 6. Defend Against Lapel Grabs.

Method of Instruction: Demonstration

Time of Instruction: 1 hr 45 mins

Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION- CAUTION

___Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand,

or say “**CODE BLUE**” this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of “**STOP**”, or “**CODE RED**” or at the **sound of a whistle** ALL students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

INSTRUCTOR NOTE: Prior to employing any technique the students must understand the FIVE phases of AIKIDO. Furthermore, everyone must understand the importance of employing all five phases every time someone attempts to harm him or her and if they employ the techniques properly they will be able to successfully defend themselves.

FIRST PHASE: “Mind Direction” This is a distraction technique you must employ to temporarily redirect your attackers mind for a split second from the area or point on your attackers body that you intend on grabbing. (Simply slapping your attackers face lightly or kicking your attacker in the shin lightly may accomplish this).

INSTRUCTOR NOTE: Bring a demonstrator to the front of the class and have him place his arm straight out to the side. Demonstrate the distraction technique by initially attempting to push his hand straight down while exerting a lot of energy and not being able to move the hand down. Once you have the students attention attempt to push it down once again but also move your free hand towards the demonstrators groin area illustrating the use of distracting his attention for a split second and the hand that was pushing the demonstrators hand down will be able to effectively accomplish this task (reinforcing your teaching of the distracting technique.

SECOND PHASE: “Energy Direction” This is a technique you must employ to temporarily redirect your attackers strength and energy. This is accomplished in conjunction with first phase, by slight moving your attackers energy in the opposite direction (2-4 inches) for a split second causing him to exert more energy in the opposite direction in which you intend to move in order to effectively employ any given technique. (an example of this is when your attacker is pulling your arm in a direction and your entire body moves that way over exaggerating your movement this will cause him to push the opposite direction with more energy than you, allowing you to employ your defensive technique more effectively with little or no force on your part).

THIRD PHASE: “Proper Grip and Technique” This is utilized simultaneously with phase 1 & 2 and is where you must employ your intended defensive technique properly. These techniques will be explained as we advance through the lesson).

FOURTH PHASE: “Pain Compliance” This is where you must effectively apply a technique in a manner that causes the attacker to no longer present a threat to you. This is accomplished by applying only enough pressure to a specific area of the body (ie: wrist/foot or pressure point) to keep the attacker on the threshold of pain, care must be given to ensure that you do not keep steady pressure on any area for too long or the attacker will become oblivious to the pain and resist your technique and attack you more aggressively.

FIFTH PHASE: “Proper Release” This is where you must effectively position your attacker in a manner that he will not be able to re-attack you upon your release of him. This is accomplished by utilizing the fourth phase in conjunction with your communication skills to direct him into a compliant position facing away from your

escape route, allowing you to release him and subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilizing your body alarm, radio or whistle, seeking assistance as you are using your avenue of escape.

NOTE: When applying wrist hold techniques, proper grip is of utmost importance. If you have a proper grip, your attacker will not be able to get out of the hold easily thus defeating his efforts and placing you in a safe controlling position. Using the wrist holds enables you to assist the attacker to the ground giving you the ability to gain even more time and space as well as to create and maintain distance. Be aware that it only takes 2 to 5 lbs. of pressure to break the wrist, 6 to 8 for the elbow, 8 to 10 for the shoulder, and this can be accomplished with two fingers if a person resists the hold. When an attacker grabs you and you apply one of the wrist holds properly you will not break your attackers joints. The attacker will fracture his own joints if he resists the hold. Again always ensure to give orders to the attacker, so that he knows what you want him to do i.e. "STOP", "GET DOWN ON THE FLOOR" etc...

NOTE: Inform the students: An attacker will grab you in one of three ways. We will discuss these three as Palms Up, Palms Down and Palms Facing In.

a. The first lapel grab we will discuss and demonstrate will be if an attacker grabs you with his **Palms Up**.

NOTE: The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

Palms Up defense using "Wrist Hold #1":

Role Playing (Attacker): Reach and grab the shirt of the defender with both hands **Palms Up**.

Defender: Utilizing the first phase (Mind Direction) kick the shin of your attacker, while simultaneously employing the second phase (Energy Direction) leaning and pulling your upper body slightly to the rear 2-4 inches. This will distract the attacker and cause him to respond by pulling you forward. As you are employing phase 1 & 2 simultaneously utilize the third phase (Proper Grip) by grabbing the left hand of your attacker in the following manor using the "Wrist Hold #1" defensive technique.

Wrist hold #1. (Proper Technique)

(1) Reach and grab the meaty part of the little finger of the attackers left hand with your left hand and simultaneously grab the meaty part of his right thumb with your right hand and place your thumbs together on the center of the back of the attackers hand just below the knuckles.

(2) Bend the attackers wrist straight back to his elbow, causing him to drop to his knees.

(3) With both of your hands twist the attackers left hand to the right causing him to lie on his back.

(4) While maintaining control of the attackers hand with both of your hands ensure that you maintain your balance (the general rule of thumb is that your

feet are always wider than your knees and your knees are always wider than your shoulders).

(5) Next, hyper extend his left arm and slide your left hand down the attackers arm and grasp his arm just before the elbow.

(6) Simultaneously, twist the attackers left hand to the right with your right hand and pull his arm to the left with your left hand, while walking around his head (using the step-drag-step) technique learned previously in this lesson causing him to lie flat on his stomach.

NOTE: Do not cross your feet while walking around the attackers head or you will be pulled off balance.

(7) Once the attacker is flat on his stomach, slide your left hand back up to the attackers hand and re-grab his hand using wrist hold #1 as you did in step a above.

(8) Execute the fourth phase (Pain Compliance) by slightly bending the attackers hand straight back to his elbow while keeping his arm straight and moving it along his torso towards his head. While applying pain compliance verbally direct your attacker to look away from you place his free hand under his groin and cross his legs.

NOTE: (CAUTION) Only apply enough pressure to the attacker until he is compliant to your commands, but do NOT release your grip until you are ready to move away from him. Remain cognizant that it only takes 2 to 5 lbs of pressure to break the wrist, 6 to 8 lbs of pressure to break the elbow and 8 to 10 lbs of pressure for the shoulder to break. The attacker will fracture his own joints if he resists the hold. Again always ensure to give verbal instructions to the attacker, so that he knows what you want him to do.

(9) The fifth phase (Proper Release) can now be executed by you releasing his left hand subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilizing your body alarm, radio or whistle, seeking assistance as you are using your avenue of escape.

NOTE: Following the demonstration of this technique at least two times have students pair off into lines with half facing the front and the other half facing the rear of the training area so that you can begin the step by step method of instruction. Inform the students that those that are facing the front of the class will be the defender first and once each step is explained and practiced the students will change rolls and you will repeat the steps.

NOTE: Direct the students to “simulate” grabbing one another when (role playing) as the attacker, by placing their left hand, fingers extended and joined palm facing their own face directly in front of their face. This will facilitate proper grip as well as prevent unnecessary injury to wrists.

To help the students be able to practice the technique on themselves direct the students to perform the following: Place your left hand in the center of your chest, palm up, and bend your fingers upward, so that your pinky finger is against the breastbone. With your right hand grasp the meaty part of your thumb with your fingers. Place your right thumb tip between the index finger and middle finger below the knuckles. Bend the wrist straight back to the elbow until they feel pressure. This is the proper grip and technique.

b. The second lapel grab we will discuss and demonstrate will be if an attacker grabs you with his **Palms Down**.

NOTE: The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

Palms down defense using "Wrist Hold #2":

Role Playing (Attacker): Reach and grab the shirt of the defender with both hands **Palms Down**.

Defender: Utilizing the first phase (Mind Direction) lift your right hand and slap the left side of the attackers face, while simultaneously employing the second phase (Energy Direction) leaning and pulling your upper body slightly to your left 2-4 inches. This will distract the attacker and cause him to respond by pulling you to the right. As you are employing phase 1 & 2 simultaneously utilize the third phase (Proper Grip) by grabbing the top of your attackers right hand (meaty part of the little finger) in the following manor using the "Wrist Hold #2" defensive technique.

Wrist hold #2. (Proper Technique)

(1) Reach and grab the meaty part of the little finger of the attackers right hand with your right hand, while placing your right thumb in the webbing of his forefinger and thumb.

(2) With your right hand quickly twist the attackers right hand to your right in a clockwise circular fashion.

(3) Simultaneously reach up with your left hand and place the webbing of your forefinger and thumb just above the attackers right elbow and continue to twist your attackers hand to the right causing your attacker to bend at the waist.

(4) You will utilize both phase 4 & 5 in this next step. With both of your hands continue to twist the attackers right hand in a clockwise circular motion to the right as he is moving to your right, you must step back to your right with your right foot (maintaining your balance) and quickly release your attacker causing him to hit the floor.

(5) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilizing your body alarm, radio or whistle, seeking assistance as you are using your avenue of escape.

NOTE: (CAUTION) Only apply enough pressure to the attacker until he is compliant to your commands, but do NOT release your grip until you are ready to move away from him. Remain cognizant that it only takes 2 to 5 lbs of pressure to break the wrist, 6 to 8 lbs of pressure to break the elbow and 8 to 10 lbs of pressure for the shoulder to break. The attacker will fracture his own joints if he resists the hold. Again always ensure to give verbal instructions to the attacker, so that he knows what you want him to do.

NOTE: Following the demonstration of this technique at least two times have students pair off into lines with half facing the front and the other half facing

the rear of the training area so that you can begin the step by step method of instruction. Inform the students that those that are facing the front of the class will be the defender first and once each step is explained and practiced the students will change rolls and you will repeat the steps.

NOTE: Direct the students to “simulate” grabbing one another when (role playing) as the attacker, by placing their right hand, fingers extended and joined palm facing their down towards the defender. This will facilitate proper grip as well as prevent unnecessary injury to wrists.

To help the students be able to practice the technique on themselves direct the students to perform the following: Place your left hand across the center of your chest, palm down, your fingers are extended, joined and parallel to the ground. With your right hand reach across the top of your left hand and grasp the meaty part of your little finger with your fingers. Place your right thumb tip in the webbing of the forefinger and thumb. Twist and bend the left wrist outward until you feel pressure. This is the proper grip and technique.

c. The third lapel grab we will discuss and demonstrate will be if an attacker grabs you with his
Palms Facing In.

NOTE: The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

Palms facing in defense using “Wrist Hold #3”:

Role Playing (Attacker): Reach and grab the shirt of the defender with both hands
Palms Facing In.

Defender: Utilizing the first phase (Mind Direction) kick the shin of your attacker, while simultaneously employing the second phase (Energy Direction) leaning and pulling your upper body slightly to your left 2-4 inches. This will distract the attacker and cause him to respond by pulling you to your right. As you are employing phase 1 & 2 simultaneously utilize the third phase (Proper Grip) by grabbing the left hand of your attacker in the following manor using the “Wrist Hold #3” defensive technique.

Wrist hold #3. (Proper Technique)

(1) Reach and grab the meaty part of the thumb of the attackers left hand with your right hand and place your thumb on the back of the attackers hand just below the knuckles of the ring finger and little finger, while simultaneously placing the palm of your left hand on top of your right thumb (keeping your thumb in place) causing your attacker to bend backward and to his left at the waist.

(2) You will utilize both phase 4 & 5 in this next step. With both of your hands continue to quickly twist the attackers left wrist to your right and forward bending his wrist back to his elbow and outward over his shoulder at an approx angle of 45 degrees, you must step backward slightly to your right with your right foot (maintaining your balance) and quickly release your attacker causing him to hit the floor.

(3) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Utilizing your body alarm, radio or whistle, seeking assistance as you are using your avenue of escape.

NOTE: (CAUTION) Only apply enough pressure to the attacker until he is compliant to your commands, but do NOT release your grip until you are ready to move away from him. Remain cognizant that it only takes 2 to 5 lbs of pressure to break the wrist, 6 to 8 lbs of pressure to break the elbow and 8 to 10 lbs of pressure for the shoulder to break. The attacker will fracture his own joints if he resists the hold. Again always ensure to give verbal instructions to the attacker, so that he knows what you want him to do.

NOTE: Following the demonstration of this technique at least two times have students pair off into lines with half facing the front and the other half facing the rear of the training area so that you can begin the step by step method of instruction. Inform the students that those that are facing the front of the class will be the defender first and once each step is explained and practiced the students will change rolls and you will repeat the steps.

NOTE: Direct the students to “simulate” grabbing one another when (role playing) as the attacker, by placing their left hand, fingers extended and joined palm facing their own face directly in front of their face. This will facilitate proper grip as well as prevent unnecessary injury to wrists.

To help the students be able to practice the technique on themselves direct the students to perform the following: Place your left hand in the center of your chest, palm up, keeping your fingers extended and joined and place your pinky finger is against your breastbone. With you right hand grasp the meaty part of your thumb with your fingers. Place your right thumb tip between the ring finger and little finger on the back of your left hand below the knuckles. Turn your wrist outward away from your body until you feel pressure. This is the proper grip and technique.

NOTE: Conduct a check on learning and summarize the learning activity.

7. Learning Step / Activity 7. Defend Against Wrist Grabs.

Method of Instruction: Demonstration
Time of Instruction: 30 mins
Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

**CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION-
CAUTION- CAUTION**

Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say **“CODE BLUE”** this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of **“STOP”, or “CODE RED”** or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

a. **WRIST GRABS.**

(1) Attacker grabs you by one of your wrists with one of his hands. (Weak Thumb Principle)

- (a) Spread your fingers on the hand of the wrist that is grabbed.
- (b) Twist that hand and pull against the opening of the attackers forefinger and thumb.
- (c) Attacker will release his grip.
- (d) Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

(2) Attacker grabs you by one of your wrists with two of his hands. (Weak Thumb Principle)

- (a) Spread your fingers on the hand of which wrist is grabbed.
- (b) Twist that hand and pull against the opening of the attackers forefingers and thumbs.
- (c) If he does not release his grip, use your free hand to grab your other hand and pull against the opening of the attackers forefingers and thumbs.
- (d) Attacker will release his grip.
- (e) Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

(3) Attacker grabs one of your wrists across your body and none of the above works.

- (a) The attacker is facing you and reaches across your body to grab your right wrist with his right hand.
- (b) You must slightly pull your right arm to the right approx 2-4 inches to redirect his energy causing your attacker to pull your right arm to his right.
- (c) Continue to move your right arm to his right using his energy until the palm of your right hand is parallel to the ground above his wrist, then

- immediately rotate your right hand in a clockwise circular motion to the right in order to grasp the back of the attackers right wrist.
- (d) Immediately cover the top of the attackers fingers on his right hand with your left hand palm down.
 - (e) With both of your hands apply pressure against the attacker's wrist in a downward fashion.
 - (f) At this point, you will cause the attacker to drop to his knees. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: These techniques can be utilized whether either the left or right hand is grabbed across the body.

(4) Attacker grabs one of your wrists using the opposite hand and none of the above works.

- (a) The attacker is facing you and grabs your right wrist with his left hand.
- (d) First, you must slightly pull your right arm to your left approx 2-4 inches to redirect his energy causing your attacker to pull your right arm to his left.
- (a) Continue to move your right arm to his left using his energy until the palm of your right hand is parallel to the ground above his wrist, then immediately rotate your right hand in a counterclockwise circular motion to the right in order to grasp the back of the attackers left wrist.
- (d) Immediately cover the top of the attackers fingers on his left hand with your left hand palm down.
- (e) With both of your hands apply pressure against the attacker's wrist in a downward fashion.
- (f) At this point, you will cause the attacker to drop to his knees. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: These techniques can be utilized whether either the left or right hand is grabbed.

(5) Attacker grabs both of your wrists simultaneously.

- (a) The attacker is facing you and grabs both your right and left wrists simultaneously.
- (b) First, you must simultaneously slightly pull both your right and left arms outward to the side approx 2-4 inches to redirect his energy causing your attacker to pull your arms inward.
- (c) Continue to move your right arm to his left using his energy until the palm of your right hand is parallel to the ground facing upward under his right wrist.
- (b) Immediately grab the meaty part of the thumb of his right hand your right hand and pull downward to his right in a counterclockwise circular motion.
- (e) As he lets go of his grip, immediately cover the top your right thumb with your left hand palm down.
- (f) Apply pressure against the attacker's wrist in a downward fashion.
- (g) At this point, you will cause the attacker to fall backward rapidly. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: Conduct a check on learning and summarize the learning activity.

8. Learning Step / Activity 8. Defend against a Bear Hug, Head Lock, Choke Hold, and Full Nelson.

Method of Instruction: Demonstration
Time of Instruction: 2 hrs
Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION- CAUTION

Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say **"CODE BLUE"** this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of **"STOP"**, or **"CODE RED"** or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

Bear Hug Defense:

a. **Attempted Bear Hug from the Front (Pinning the Arms)**

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from your front around your torso you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) (if your arms are pinned) make a fist with your strong hand placing it on your chest with the knuckles facing outward, you must slide your hand up or down your chest until it is directly in-front of your attackers sternum. As he applies pressure to you he will feel pain to his sternum causing him to release his grip on you.

(4) Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

b. Attempted Bear Hug from the Front (Not Pinning the Arms)

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from your front around your torso you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) (if your arms are not pinned) with your strong hand use one of your natural weapons of your body the edge of your hand and apply one of the pressure points as learned earlier in this lesson by applying pressure to the (Infra-orbital nerve).

(4) As you apply pressure to his nose area he will feel pain causing him to release his grip on you. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

c. Attempted Bear Hug from the Rear (Pinning the Arms)

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from the rear around your torso you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) (if your arms are pinned) lower your center of gravity by spreading your feet as wide as you can and step to your strong side maintaining your balance.

(4) Make a fist with your weak hand and reach back as hard and as fast as you can to strike your attacker in the groin area. As he will feel pain to his groin he will release his grip on you.

(5) Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

d. Attempted Bear Hug from the Rear (Not Pinning the Arms)

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner

with the intent to grab you from the rear around your torso you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) (if your arms are not pinned) lower your center of gravity by spreading your feet as wide as you can and step to your strong side maintaining your balance.

(4) Make a fist with your strong hand and strike the back of the attackers hand with your knuckles until he releases one of his fingers.

(5) As he releases a finger, you must grab the free finger with your hand that is on that side and rotate it outward causing his hand to become inverted. This pain will cause him to release his grip on you.

(6) Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

e. Head Lock Defense:

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from your front around your head you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) Immediately turn your head inward towards your attackers stomach, reducing injury from your attacker punching your face.

(4) With your hand that is to the rear of your attacker reach up his back to his throat and apply one of the pressure points learned previously in this lesson either (Hypoglossal nerve under the jaw or Mandibular angle nerve under the ear).

(5) While applying pressure to one of these areas simultaneously utilize the hand that is to the front by reaching under the attackers leg and pinch a tiny area near the femoral nerve. This technique will cause your attacker extreme pain and he will release his grip on you.

(6) Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

f. Choke Defense from the Front:

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from your front around your neck you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) Immediately bring your strong hand up, over and under your attackers wrists close to your throat.

(4) Bring your weak hand against your strong hand and apply pressure against your attackers wrists twisting to your strong side.

(5) This technique will cause your attacker to release his grip on you utilizing the weak thumb principle as learned previous in this lesson. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

g. Choke Defense from the Rear:

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from the rear around your neck you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) Upon the attacker bringing his arm around your throat immediately lower your center of gravity by spreading your feet as wide as you can and step to either your strong or weak side maintaining your balance while simultaneously tucking your chin into his elbow.

(4) Reach up with both of your hands and grab your attackers elbow and pull down.

(5) Pull your attackers elbow to either your weak or strong side (depending on which side his elbow is) (if he grabs you with his right arm you will step back with your left foot and vise versa) and step back with either your weak or strong foot throwing your attacker to the ground over your hip.

NOTE: Do NOT attempt to throw your attacker over your shoulder or you will cause yourself unnecessary pain and suffering.

(6) This technique will cause your attacker to release his grip on you subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle, to seek assistance as you are using your avenue of escape.

h. Full Nelson Defense (Prevention):

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from the rear in an attempt to place you in a full nelson you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) Being aware of your surroundings will assist greatly in prevention from being placed in a full nelson. As soon as you feel anyone touching your mid

section from the rear lock your arms and clinch your arms against your sides pinning anyone that may be attempting to do you harm.

(4) Immediately lower your center of gravity by spreading your feet as wide as you can and step to your strong side maintaining your balance.

(5) With either your strong or weak hand grab a free finger of your attacker and rotate it outward causing his hand to become inverted. This pain will cause him to release his grip on you. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

i. **Full Nelson Defense:**

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that has his arms out in a threatening manner with the intent to grab you from the rear in an attempt to place you in a full nelson you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) Upon being placed in a full nelson immediately lower your center of gravity by spreading your feet as wide as you can and step to your strong side maintaining your balance, simultaneously, use the knuckles of your fists to strike the back of the hands of your attacker causing him to release a finger.

(4) As he releases a finger, you must grab the free finger with the hand that is on that side and rotate it outward causing his hand to become inverted. This pain will cause him to release his grip on you. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: Conduct a check on learning and summarize the learning activity.

9. Learning Step / Activity 9. Defend against a Knife Attack.

Method of Instruction: Demonstration
Time of Instruction: 2 hrs
Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION- CAUTION- CAUTION

Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say **“CODE BLUE”** this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of **“STOP”, or “CODE RED”** or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

NOTE: When confronted by an attacker with any potentially sharp object or stabbing weapon you must be mentally prepared to defend yourself and not go into shock if you get cut during the physical altercation. Most of the time the act of getting cut causes people to go into shock and die, so we must tell ourselves the following every time we are confronted with a sharp object or stabbing weapon: **“I am going to get cut but I am not going to die”** this will help us be more effective when utilizing the following defensive techniques.

a. Knife Attack with the Attacker (Standing) with a knife in front of your Face or Throat

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker carrying a knife or potentially sharp stabbing weapon you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker places the knife close to your face/throat area, raise your hands slowly as if you are surrendering.

(4) Keep your hands close to your body and when you get your hands parallel to the height of his wrist, (with both of your hands palms open) simultaneously strike the inside of his wrist and the center of the back of his hand as hard as you can.

(5) This will cause the attackers hand to open up and drop the knife, subsequently allowing you to grab the back of his hand and employ wrist hold # 3 as described previously in this lesson to disarm your attacker. Subsequently, create and maintain distance using any of the previous techniques. Utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

b. Knife Attack Thrusting down to your Chest

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker carrying a knife or potentially sharp stabbing weapon you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to slash or stab you in a downward manner you must redirect his energy by pivoting on the ball of your outside foot (opening an avenue of approach of the attacker) simultaneously, reaching up with both hands in a circular motion touching the forearm of the attacker redirecting his blow in towards him.

(4) Keep your hands close together in a circular fashion when you make contact with him causing the attacker stab himself with the knife.

(5) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle, to seek assistance as you are using your avenue of escape.

c. Knife Attack Straight Thrust to Stomach

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker carrying a knife or potentially sharp stabbing weapon you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to stab you in a thrusting straight forward manner you must redirect his energy by pivoting on the ball of your outside foot (opening an avenue of approach of the attacker) simultaneously, reaching across the top of his hand and grab the back of his hand and employ wrist hold # 3 as described previously in this lesson to disarm your attacker.

(4) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

d. Knife Attack Thrusting upward to your Abdomen.

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker carrying a knife or potentially sharp stabbing weapon you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to stab you in an upward manner at your abdomen you must redirect his energy by pivoting on the ball of your outside foot (opening an avenue of approach of the attacker) simultaneously, using your outside forearm to strike the attackers elbow area redirecting the weapon away from your body.

(4) Next, step forward with your outside leg and utilize your inside forearm to strike the attackers Brachial nerve in a stunning manner.

(5) This will cause your attacker to hit the ground rapidly subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

e. Knife Attack Slashing side to side at your Stomach

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker carrying a knife or potentially sharp stabbing weapon you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to slash you in a side-to-side manner at your abdomen you must do the unexpected and move forward as he is swinging his arm side-to-side and assumes a natural pause on his upswing.

(4) Care must be taken to time your forward movement to allow you an opportunity to secure his slashing arm against his stomach with your weak arm simultaneously, using your forearm to strike the attackers Brachial nerve in a stunning manner.

(5) This will cause your attacker to hit the ground rapidly subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle, to seek assistance as you are using your avenue of escape.

NOTE: Conduct a check on learning and summarize the learning activity.

10. Learning Step / Activity 10. Defend against a Punch to the Face.

Method of Instruction: Demonstration
Time of Instruction: 30 mins
Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

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All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION- CAUTION- CAUTION

Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say “**CODE BLUE**” this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of “**STOP**”, or “**CODE RED**” or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

a. Straight Punch Defense:

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker with his hands in the form of a fist you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to punch you with a straight punch to the jaw, you must redirect his energy by pivoting on the ball of your outside foot (opening an avenue of approach of the attacker) simultaneously, reaching up with both hands touching both the elbow and wrist of the attacker in the following manner.

(4) Simultaneously using open hands push forward with your outside hand while pulling towards yourself with your inside hand making contact with the attackers elbow with the outside hand and the inside of the wrist with the inside hand.

(5) When your hands make contact with his arm and hand you will redirect his energy causing him to move by you and to the floor this will subsequently, allow you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle, to seek assistance as you are using your avenue of escape.

b. Roundhouse Punch Defense:

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker with his hands in the form of a fist you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to punch you with a roundhouse punch to the side of your head, you must do the unexpected by moving closer to him

to redirect his energy by pivoting on the ball of your inside foot (opening an avenue of approach of the attacker) simultaneously, reaching up with your weak hand blocking the inside of his wrist while simultaneously moving the forearm of your other hand up to the side of his neck to initiate a Brachial stun.

(4) You must simultaneously step inside of the attacker with your strong foot.

(5) Next, pivot on the ball of your strong foot and step backward with your weak foot in a counterclockwise circular fashion.

(6) As the attackers momentum is moving forward you will redirect his energy and throw him to the ground.

(7) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: Conduct a check on learning and summarize the learning activity.

11. Learning Step / Activity 11. Defend against a Kick.

Method of Instruction: Demonstration
Time of Instruction: 30 mins
Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION- CAUTION- CAUTION

Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say **"CODE BLUE"** this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to

execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of “**STOP**”, or “**CODE RED**” or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

a. **Kick to the Groin Defense.**

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker that will potentially kick you, you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to kick you in a upward manner at your groin area you must redirect his energy by pivoting on the ball of your outside foot (opening an avenue of approach of the attacker) simultaneously, using your outside forearm to strike the under side of the attackers leg redirecting the kick away from your body.

(4) This will cause your attacker to hit the ground rapidly subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: Conduct a check on learning and summarize the learning activity.

12. Learning Step / Activity 12. Defend against Club Attack.

Method of Instruction: Demonstration

Time of Instruction: 30 mins

Media: -None-

INSTRUCTOR NOTES: The primary instructor will ensure all assistant instructors are positioned through out the training area to ensure students can see each demonstration.

Predesignated assistant instructors will demonstrate each technique, as the primary instructor explains them.

During demonstrations one predesignated assistant instructor will role-play as an attacker, while the other demonstrates each technique.

The following techniques will be conducted initially by the instructors at a moderate pace in order to demonstrate the effectiveness of each technique before it is demonstrated step-by-step using the demonstration method of instruction.

All instructors must conduct rehearsals prior to presenting this lesson in front of students to ensure each step is mastered and can be demonstrated effectively.

After each step has been demonstrated, have the students perform these steps. Assist and critique students as necessary.

**CAUTION-CAUTION- CAUTION- CAUTION-CAUTION- CAUTION- CAUTION-
CAUTION- CAUTION**

Remind students when they feel pain or discomfort while (role playing) as the attacker during ANY technique to pat themselves or pat the ground with a free hand, or say **"CODE BLUE"** this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of **"STOP", or "CODE RED"** or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.

a. Club Attack down at your head

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker carrying a club or other club type weapon you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to swing at you in a downward manner you must do the unexpected by moving forward under his arms and place your strong foot between his feet.

(4) Next, pivot on the ball of your strong foot and step backward with your weak foot in a counterclockwise circular fashion while simultaneously reaching up and grabbing the club with both of your hands.

(5) As the attackers momentum is moving forward you will redirect his energy and throw him over your strong hip to the ground disarming him.

(6) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle, to seek assistance as you are using your avenue of escape.

NOTE: Do NOT attempt to throw your attacker over your shoulder or you will cause yourself unnecessary pain and suffering.

b. Club Attack Slashing side to side at your Stomach

(1) As a defender you must assume a good natural interview-stance. Upon being approached by an attacker carrying a club or other club type weapon you must immediately assume a defensive stance as explained previously in this lesson.

(2) Your reaction will be unexpected by your attacker and a last minute response by standing your ground.

(3) As soon as the attacker attempts to swing at you in a side to side manner you must do the unexpected by moving forward to inside his chest area as he is on the up swing and place your strong foot between his feet.

(4) Next you must pivot on the ball of your strong foot and step backward with your weak foot in a circular fashion while simultaneously reaching up and grabbing the club with both of your hands.

(5) As the attackers momentum is moving forward you will redirect his energy and throw him over your strong hip to the ground disarming him.

(6) Subsequently, allowing you to create and maintain distance using any of the previous techniques. Allowing you the opportunity to utilize your body alarm, radio or whistle to seek assistance as you are using your avenue of escape.

NOTE: Do NOT attempt to throw your attacker over your shoulder or you will cause yourself unnecessary pain and suffering.

NOTE: Conduct a check on learning and summarize the learning activity.

SECTION IV. SUMMARY

Method of Instruction: <u>Conference / Discussion</u>
Instructor to Student Ratio is: _____
Time of Instruction: <u>20 mins</u>
Media: <u>-None-</u>

Check on Learning

Determine if the students have learned the material presented by soliciting student questions and explanations. Ask the students questions and correct misunderstandings.

Review / Summarize Lesson

SECTION V. STUDENT EVALUATION

**Testing
Requirements**

None

**Feedback
Requirements**

NOTE: Feedback is essential to effective learning. Schedule and provide feedback on the evaluation and any information to help answer students' questions. Provide remedial training as needed.

Appendix A - Viewgraph Masters (N/A)

Appendix B - Test(s) and Test Solution(s) (N/A)

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 1: CD 260 version 2004

PRACTICAL EXERCISE SHEET 1

Title React to a Physical Attack using Unarmed Self-Defense Techniques

Lesson Number / Title CD 260 version 2004 / React to a Physical Attack using Unarmed Self-Defense Techniques within Detainment Operations

Introduction

Motivator

Terminal Learning Objective **NOTE:** The instructor should inform the students of the following Terminal Learning Objective covered by this practical exercise.

At the completion of this lesson, you [the student] will:

Action:	React to a physical attack using self-defense techniques.
Conditions:	Given a situation that requires you to use physical force against an aggressive assailant who is attacking you and all lower levels of force have been ineffective.
Standards:	React to a physical attack by selecting the appropriate defense technique and perform all the necessary steps to defend yourself against a physical attack as demonstrated by successfully completing the performance evaluation.

Safety Requirements

There will be a lot of hands on training during this program of instruction. This is a controlled environment and the following safety precautions must be enforced by all instructors and students during this lesson:

1. All participants will only practice those techniques explained by the primary instructor. ALL students MUST relax and be flexible during each technique applied to reduce injury to limbs and joints.
2. There will be no horseplay or other types of disturbances during the class.
3. Instruct students when they feel pain or discomfort while (role playing) as the attacker during **ANY** technique to pat themselves or pat the ground with a free hand, or say "**CODE BLUE**" this will inform the student applying the technique to release the pressure in that area. However, the student applying the technique may continue to execute the technique slowly until the (role playing) attacker complies with the defenders commands. On the command of "**STOP**", or "**CODE RED**" or at the **sound of a whistle ALL** students applying any technique will release the hold on the attacker and stop the technique being applied in order to minimize injury to one another.
4. All watches, rings, glasses and necklaces etc...must be removed prior to the beginning of class and stored in a safe location away from the training area.
5. All participants must warm up major muscle groups prior to training to help prevent muscular injuries.
6. Additional instructors will be tasked to assist the Primary Instructor to help

control and supervise the training as well as assist and critique students as necessary.

7. All techniques will be conducted step by step the first time using a talk through demonstration method of instruction a minimum of two times prior to allowing students an opportunity to conduct any practical exercises.

8. The techniques taught in this lesson will NEVER be conducted by any student at combat speed during this lesson.

Risk Assessment Low

Environmental Considerations

Evaluation N/A

Instructional Lead-In

Resource Requirements

Instructor Materials:

NOTE: Based on available qualified instructors, facilities and equipment, the instructor may use computer-assisted powerpoints with projection screen or VGTs (Vu-graphs) with overhead projector.

Suggested for training:

1 Floor Mat 12X12 or wrestling mats per every 2 students

1 Strike Pad (Foam) per every 2 students

1 Mock Knife per every 2 students

Suggested facility:

Gym or suitable training area

Student Materials:

Special Instructions

Safety will be stressed throughout this PE.

Procedures

React to a Physical Attack using Unarmed Self-Defense Techniques

PERFORMANCE EXAM

The following is a competency-based performance evaluation. All students must be able to effectively execute each task to standard.

1. Demonstrate the Interview-stance & Defensive-stance.
2. Explain what the 5-Phases Are:

GO NO GO

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- a. M _____
 - b. E _____
 - c. P _____
 - d. P _____
 - e. P _____
3. Demonstrate the Proper Wrist Hold # 1 Technique.
 4. Demonstrate the Proper Wrist Hold # 2 Technique.
 5. Demonstrate the Proper Wrist Hold # 3 Technique.
 6. Defend yourself against a Single Wrist Grab.
 7. Defend yourself against Double Wrist Grab.
 8. Defend yourself against a Bear Hug from the Front Pinning your Arms.
 9. Defend yourself against a Bear Hug from the Front Not Pinning your Arms.
 10. Defend yourself against a Bear Hug from the Rear Pinning your Arms.
 11. Defend yourself against a Bear Hug from the Rear Not Pinning your Arms.
 12. Defend yourself against a Head Lock.
 13. Defend yourself against a Choke Hold from the Front.
 14. Defend yourself against a Choke Hold from the Rear.
 15. Defend yourself against Full Nelson.
 16. Prevent a Full Nelson from Being Applied.
 17. Defend yourself against a Club Attack.
 18. Defend yourself against a Straight Punch.
 19. Defend yourself against a Round House Punch.
 20. Defend yourself against a Kick.
 21. Defend yourself against a Knife Attack.
 - a. Standing
 - b. Slashing Down
 - c. Slashing Up
 - d. Slashing side to side
 - e. Straight Jab

**Feedback
Requirements**
