



SELF DEFENCE AND STREET WISE TRAINING

EMPOWERING YOU TO TAKE CONTROL



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**Over 30 years of experience delivering
successful personal safety training**



COURSE OVERVIEW

This course is designed to equip people with the skills necessary to defend themselves from a physical assault.

It is a practical course presented in an informal manner so that delegates can relax and enjoy the learning experience.

SUMMARY OF OUTCOMES

What we cover:

- Showing that self-defence techniques are only used when all other options have failed but are legally justified.
- A brief overview of the Law – useful to know how it protects you if you need to use the techniques.
- Teaching you techniques to defend yourselves from a variety of wrist & body grabs whilst standing, seated and in a street situation, and whilst in a car.
- A look at how to use your car for added safety to stay safe and enable a quick escape.
- Advice on staying safe when out alone in quiet or unsafe places.
- Showing you how to safely escape from strangles, even against ligatures.
- Teaching how to use an effective stance to deal with head butts, punches, kicks, & kneeing to the groin.
- Looking at how to use the environment around you.
- Discussing how distraction techniques can disable for short periods to help escape.



**All Trainers are Members of the National
Federation of Personal Safety (NFPS)**



SAMPLE PROGRAM

- Relevant legislation dealing with violence & aggression—criminal law.
- Understand how the Law can work to your benefit by understanding the language you use in reporting.
- Escape from wrist grabs, body grabs, hair & clothing grabs.
- Breakaway from strangulations including attacker using ligatures.
- Dealing with punches, head butts, kicks, & groin attacks.
- How to deal with assaults whilst on the floor.
- Dealing with more than one assailant and positioning for safe outcome.
- Dealing with an armed assailant with blunt or sharp weapon, and use of your surroundings.
- Use of defensive body positioning & personal space.
- Aspects of good communication skills.
- The “what if’s”.

Please Note: This course is delivered with you partnering and going through the techniques and the techniques have been designed over the years to use as little strength as possible to disable the assailant and was designed for use for female staff originally. The system has been developed around Tai-Chi which done correctly is devastating to the assailant.



ESSENTIAL INFORMATION

Essential Info	
Who should attend?	<ul style="list-style-type: none"> • Anyone who feels that the environment they find themselves in, places them at risk of assault from members of the public or gangs whilst while going about their daily duties. • Anyone because of their beliefs, gender etc feel threatened of being put at risk of assault. • Anyone from an ethnic background who has faced abuse and assaults because of this.
Teaching methods	<ul style="list-style-type: none"> • Presentation on The Law and how to understand how to report incidents if assaulted. • Group Discussions • Demonstration & Practice Under Observation
Duration of course	<ul style="list-style-type: none"> • One day with 2 to 4 trainers delivering the course depending on number
Number of delegate places	<ul style="list-style-type: none"> • Minimum 15 • Maximum 50
Trainers Qualifications	<ul style="list-style-type: none"> • Trainers are ENB A74 Qualified & have Professional Membership of NFPS • The physical aspects of the training have been risk assessed, and this goes in line with what the department of health recommends. We also have BTEC industry recognized qualifications. • BRS Ltd courses are Aligned to Skills for Health Core Skills Training Framework and follow the All-Wales Passport • NFPS (National Federation for Personal Safety) Level 3 Diploma in the Prevention & Management of Violence & Aggression • CPD (20 Hours) Attended Eric Baskind & the Law in Relationship to The Use Of Force Awarded on behalf of NFPS (National Federation for Personal Safety). • CPD (8 Hours) Attended the Online breakaway and Disengagement Training Awarded on behalf of NFPS (National Federation for Personal Safety). • CPD (10 Hours) Attended Knives and Edged Weapons Awareness Training Awarded on behalf of NFPS (National Federation for Personal Safety). • CPD (20 Hours) Attended the Online Positional Asphyxia Course Awarded on behalf of NFPS (National Federation for Personal Safety).



SCHEDULE & COSTS

Course	Length	Cost	Dates & Location
Self Defense & Street Wise	One Day Course	£52 per delegate	Contact us as we have dates running throughout the year

- The price is inclusive of VAT, and certificates
- 4 Instructors on courses up to 50 delegates
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