

Title: Response to Aggression for Female 1st Responders



Training Objectives: At the end of this block of instruction the participant will be able to achieve the following objectives in accordance with the information received during the instructional period:

1. Demonstrate an understanding of the ten defensive techniques by performing the core movements correctly at least two times in a row.
2. Demonstrate the "Chop the Tree" principle in a simulated attack to effectively defend against an aggressor.
3. Contrast between "All In" and "All Out" principles regarding an aggressive attacker.
4. In your own words define and explain the term "fatigue threshold" and how it relates to the use of force.
5. Apply the "Feet or Me" concept in a simulated attack to create distance between yourself and an aggressor.

Hours: 16

Instructional Methods: Physical Training/Practical Exercises

Classroom Environment: Mat Room

Materials Required: Student Outline/Exercise/Fitness Attire/Soft Sole Shoes

Training Aids: Whiteboard or Flipchart (optional)

Day 1

0800-0900 Class paperwork / Introduction / Classroom Rules

0900-1000 All In or Out Principle / Techniques 1 -2

1000-1130 Sea Food Principle / T-Rex / Technique 3

1130-1230 Lunch

1230-1400 Table Principle / Techniques 4-6

1400-1430 Review of Sea Food, T-Rex, & Table Principle

1430-1600 Review & Application / Practical Exercises Techniques 1-6

1600-1700 Fatigue Threshold / Class Demo

Day 2

0800-0900 Recap of Day 1 / Discuss Principles

0900-1000 Practical Exercises Techniques 1-6

1000-1130 Feet B4 Me Principle / Techniques 7-9

1130-1230 Lunch

1230-1330 Chop the Tree Principle / Technique 10

1330-1500 Review Techniques 7-10

1500-1700 Application of all Techniques / Blind Drills / Fight Duration Simulation

Sources

1. 360 Policing, LLC: <https://www.youtube.com/@360policing/videos> & <https://www.360policing.com/resources>.
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3. "Gracie Combatives – Lesson 1 Slice 1 (1-6)." Gracie Academy, 2011. [Online]. Available at <https://www.youtube.com/watch?v=NkUO9Gw5S1s&t=5s>.
4. "Gracie Combatives – Lesson 1 Slice 2 (2-6)." Gracie Academy, 2011. [Online]. Available at <https://www.youtube.com/watch?v=IliV8tf2PUY>.
5. "Gracie Combatives – Lesson 1 Slice 3 (3-6)." Gracie Academy, 2011. [Online]. Available at <https://www.youtube.com/watch?v=2Hbtfwu6Uhc&list=PL780EE52177E0B383&index=3>.
6. "Gracie Combatives – Lesson 1 Slice 4 (4-6)." Gracie Academy, 2011. [Online]. Available at <https://www.youtube.com/watch?v=c1lcEopzOml&list=PL780EE52177E0B383&index=4>.
7. "Gracie Combatives – Lesson 1 Reflex Development Drill 5 (5-6)." Gracie Academy, 2011. [Online]. Available at <https://www.youtube.com/watch?v=25EiFfLqTFo&index=5&list=PL780EE52177E0B383>.
8. Kahn, David. (2011). "Mastering Krav Maga Volume 1." [DVD].
9. Levine, Darren & John Whitman (2007). *Complete Krav Maga*. CA: Ulysses Press.
10. Thalken, Jason Ph.D. (2015). *Fight Like a Physicist*. NH: YMAA Publication Center Inc.
11. "The Brazilian Jiu-Jitsu Guard Adapted for Self Defense & MMA." Grappearts.com, 2009. [Online]. Available at <https://www.youtube.com/watch?v=4NM7qggkxs0>. [September 2017].
12. "Weapon Retention from Mount (Gracie Breakdown)." 5.11 Tactical, 2016. [Online]. Available at <https://www.youtube.com/watch?v=Mtom4cB-upk&list=PL-WLOy5pvN87VNshaXizE1-sJEkNITVYI&index=1>.
13. "Weapon Retention from Guard (Gracie Breakdown)." 5.11 Tactical, 2016. [Online]. Available at <https://www.youtube.com/watch?v=o7JYOT9Q0vU&list=PL-WLOy5pvN87VNshaXizE1-sJEkNITVYI&index=3>.