

## Sample Outline

### Weapon Disarming Training Course

This course is designed to equip those who may have to deal with an armed assailant.

#### Topics & Course Structure:

- Realise that self-defence/disarming techniques are used when all other options have failed, it is a last resort
- Understand the different UK laws that cover you in defence of yourself
- Your best options when faced with a weapon is to run away if possible.
- Remember your first duty of care is to yourself
- If possible, remove yourself safely from the situation, only try to disarm the assailant when all other options have failed
- How to deal with certain assaults against a person
- Learn how to effectively disarm and remove the weapon from static holds
- Learn how to effectively disarm and remove the weapon from assailants lunging movements
- Know the quickest & safest escape from strangles / dealing with blunt & sharp weapons
- How to apply an effective stance, in order to deal with head butts, punches and kicks
- Assess and use your environment, thus working out the quickest possible escape route to minimize confrontation
- Remember in self defence you can get hurt, where a weapon is used it can be your life!!

**The 2 day course** is a basic introduction to *basic* techniques.

#### Note:

This is a sample course outline, we always customise to your organisation and the situational challenges that your staff may face. We look forward to working with you.

#### More:

To discuss this course for you or your organisation, **Contact John Davies or Nick Attard today on 01446 740 411**

Or email: [info@basistraining.co.uk](mailto:info@basistraining.co.uk)