

Self Defense Class is offered for free but donations are encouraged. A percentage of funds will be donated to support NICA. Please donate at Swampmtbclub.com/donate. Note in the memo section that the donation is for the self defense clinic

Please register for the class as attendance is limited

Friday 3:00-5:00

BLOCK TITLE: CROOMFEST SELF DEFENSE		BLOCK CODE
COURSE LEVEL	SUBJECT: SAFETY ISSUES	HOURS 2
PREPARED BY: Retired JSO Sergeant B. J. Weber		DATE PREPARED: 06-13-2024
PRIMARY INSTRUCTORS: B. J. Weber		
<p><u>LEARNING GOALS:</u></p> <p>Students will learn how to decrease the opportunity they give criminals to take advantage of them by changing unsafe habits.</p> <p>Students will learn how awareness of their surroundings will help open their eyes to criminal's intents.</p> <p>Students will learn how to become safer in their environment through seeing where unsafe areas are.</p> <p>Students will learn what things they can use as a weapon in their environments and what can be used against them.</p> <p>Students will be advised of FSS 776.013</p> <p>Students will learn simple common sense techniques to use for self defense by practicing hands on training with other students.</p>		
<p><u>TRAINING OBJECTIVES:</u></p> <p>To give participants a peace of mind knowing they are learning skill to help keep them safe.</p>		
<p><u>INSTRUCTOR REFERENCES</u></p> <p>F.S.S. 776.013 Psychology of Safety</p>		<p><u>TRAINING AIDES</u></p> <p>Printed sheets for reminders of training information</p>

LESSON PLAN

<p>BLOCK TITLE:</p> <p style="text-align: center;">CIVILIAN SELF DEFENSE</p>	<p>BLOCK CODE</p>
<p>COURSE</p> <p style="text-align: center;">SECURITY ISSUES</p>	<p>INSTRUCTOR NOTES</p>
<p>I. Opportunity</p> <p>A. A favorable or advantageous combination of circumstances.</p> <p>B. Suitable occasion or time.</p> <p>C. A chance for progress or advancement.</p> <p>II. Complacency</p> <p>A. We become complacent about our personal safety by repeated exposure to threatening situations without consequences.</p> <p>B. The solution to complacency is to Establish Safety Habits in the ABSENCE of perceived danger.</p> <p>III. Awareness</p> <p>A. Develop awareness skills.</p> <ol style="list-style-type: none"> 1. Be aware of your surroundings 2. Look for suspicious things 3. Don't think "It will never happen to me." 4. Learn how to read people & situations and anticipate. <p>B. The predator is looking for unaware, preoccupied and easy to ambush victims.</p> <p>IV. Self Defense Techniques</p> <ol style="list-style-type: none"> A. Shin Kick B. Elbow Strikes C. Jugular Notch D. Knee Spikes (Common Peroneal) E. Heel Stomp F. Front Thrust Kick G. Escapes 	<p>Discuss with the students how we give the opportunity to the criminals.</p> <p>Use the example of camping at Santos when we saw the guy driving through the campground several times and looking for things.</p> <p>Allow for others to add to this list and let them describe how it would be un-safe</p>