

Start	End	Content	Duration (mins)	Who	Location	Equipment
		Introduction to PSSD	5			Boxing Gloves & Inners
		4C Theory: Personal Safety & Self Defense Skit	7			Laminated 4 C Models
		Warm Up	3			
		Introduce DEFOF & Safety Protocol	5			
		DEFOF - complete reality based PS&SD system - typical stages of a violent encounter				
		Teach technique first, No sudden, jerky movements, Recap submission				
		The Law & Reasonable Force				
		Practical Training	30			Boxing Gloves & Inners
		Recap DEFOF as you progress - stress importance of finish. Recap submission				
		2 Distance - explain stranger, friend, intimate				
		5 Footwork - Introduce stance (left foot forward and side body position)Practice forward,backward,side to side				
		5 Fence - Introduce stance and hands Practice forward,backward,side to side. Review learning points. Use of voice				
		Engage - hands on stage of encounter - or verbal engagement				
		8 Guard - Introduce shock absorbance position - show everyone the difference by hitting own heads . Practice in a circle				
		6 Floor - Most attacks end up on the floor - either purposefully or accidentally. Recap submission. Demonstrate move				
		Ongoing - encounter can last seconds or years - psychology and physicality changes both of attacker and victim. Don't give up.				
		2 Time is on your side. Attacker doesn't want to get hurt or caught.				
		2 Finish - importance of finishing strong - explain pressure point of eye				
		Bio-mechanics	10			
		Some quick and easy solutions for common grabs/pushes - use of physics to disrupt force which is critical if attacker is stronger than victim - use of levers and fulcrums.				
		Recap safety protocol & submission				
		Resist being grabbed -Single handed wrist release -Double handed wrist release				
		Resist being pushed				

		Resist being lifted					
		Resist being pulled					
		Resist being Choked - always in context of law & 2nd instructor present					
		Transition to Pressure Tests	2				
		Introduce concept, combining what we have learned into more realistic scenario					
		Recap submission					
		Recap ground rules (no jerky movements)					
		Invite first group to pressure test - other group to watch and be ready for debrief					
		Pressure Test 1: Line Pressure Test	6				Boxing Gloves & Inners
		One group walks the length of the gym, random attacks.					
		Debrief					
		Select victim for next pressure test and brief them					
		Pressure Test 2: Group Attack	6				Boxing Gloves & Inners, Fake Knives
		One victim multiple attackers					
		Debrief					
		Cool Down & Close...including health & safety (referral pathways)	6				
		Total Time For Lesson Block	80	80			