



"I'm concerned that I cannot protect myself when I'm alone."

BTEC Level 2 Intermediate Award in Breakaway and Self-Defence (1 day).

Training Progression:



Overview: The BTEC Level 2 Intermediate Award in Breakaway and Self-Defence is for anyone at risk of physical assault whilst at work (ideal for lone workers).

The Course: The BTEC Level 2 Intermediate Award in Breakaway and Self-Defence is for anyone working with the general public who may be exposed to the risk of physical violence and need to safely get away. Delegates will learn the legal framework and physical skills necessary to enable them to provide an effective defence against a physical assault whilst at work. This is a nationally recognised vocational qualification.

The BTEC Level 2 Intermediate Award in Breakaway and Self-Defence is a one day duration course and on completion all delegates receive a BTEC Level 2 Intermediate Award in Breakaway and Self-Defence Certification by GoodSense Training.

Course objectives:

To successfully achieve the award delegates will be required to:

- > Understand the Law in relation to the use of physical force for personal defence of self and others.
- > Demonstrate the appropriate and effective physical skills for the purpose of breaking away and defending against a violent assault.



Further information:***Pre-Registration requirements:***

Candidates who register for the BTEC Level 2 Intermediate Award in Breakaway and Self-Defence must have:

- The physical capability to be able to undertake physical skills training.
- The personal ability to undertake classroom training and sit written exam papers.

Suitability:

All employees who may be at risk of physical assault whilst undertaking their employment duties.