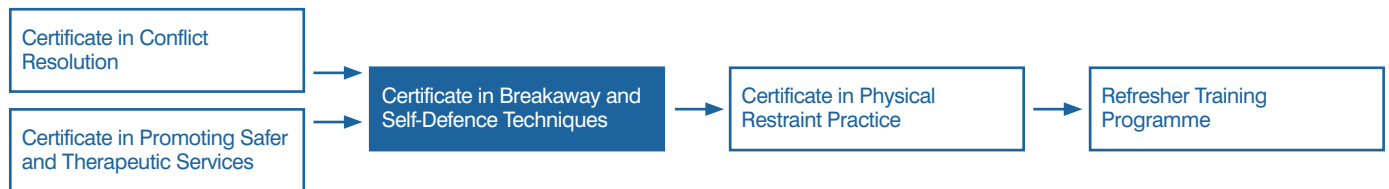


"I'd like to learn how to breakaway when someone's violent towards me."

Certificate in Breakaway and Self-Defence Techniques (1 day).

Training Progression:



Overview: This Certificate in Breakaway and Self-Defence is designed to equip anyone working with the general public with the skills and techniques to break-away and protect themselves in aggressive situations where they have been threatened or physically assaulted.

The Course: The Certificate in Breakaway and Self-Defence Techniques is a one day duration course and on completion all delegates receive a Certificate in Breakaway and Self-Defence Techniques Certification by GoodSense Training.

Course objectives:

By the end of the course, delegates will be able to:

- > Realise that breakaway and self-defence techniques are only used when all other options have failed.
- > Understand how Health and Safety legislation is there for your benefit.
- > Apply the correct and safest way to defend from a variety of grabs whilst standing, seated behind a desk, in a bed situation, and whilst in a car for those in the community.
- > Assess, and use your environment, thus working out the quickest possible escape route, to minimise confrontation.
- > Remember to use the minimum amount of force, thus minimising any possible injury to yourself, & the assailant, & to continually remember your responsibility towards therapeutic input at all times.

Further information:

This Certificate can be customised to match your requirements. To find out more about our courses or to discuss a bespoke course please call us on **0113 258 0035** or email **info@good-sense.co.uk**

Suitability:

All employees who work within an environment that places them at risk of assault from members of the public whilst in the course of doing their duty, for example, those who work alone in the community or with high-risk patient/client groups.