

MOAB[®] Two Day - Basic Course Outline

Day one of the 2 Day MOAB Basic Course is a class room session where you will learn how to prevent, manage and diffuse aggressive behavior by recognizing gestures, postures and facial expressions. You will also learn to recognize the stages of conflict and aggression management techniques. The One Day Basic course involves interactive exercises which increase the retention and skills of the participant.

Day two of the 2 Day MOAB Basis course is all hands-on. You will learn Strategies to Control and Restrain Aggressive Behavior (take-down and escort techniques) and Strategies for Managing Physical Confrontations (self-defense techniques).

All participants receive a workbook, certificate and a two (2) year certification.

On-site training Cost: - 5,280.00 + expenses

Introduction

What is Management of Aggressive Behavior (MOAB[®])?

MOAB[®] Objectives

Statistics

Violence in Society

Strategies for Preventing and Diffusing Aggressive Behavior

Behavior and Intervention

Plan, Identify and Act

Mental Conditioning

Purpose

Rehearsal

Exercise

Methods of Communication

Non-Verbal Communications

Three Categories of Non-Verbal Communications

Personal Space

Personal Space Chart

Personal Space Factors

The Reactionary Distance

Eye Communications

Observing Eye Communications

Proper Use of Eye Communications

Interpreting Eye Communications

Gestures, Postures and Facial Expressions

Signals To Look for and Understand

Stages of Conflict & Management

Conflict

Stage 1 - Anxiety

Recognizing Anxiety

Anxiety Triggers

Managing the Individuals Anxiety

Listening

Five Levels of Listening

Empathic Listening

Eliminating External and Internal Distractions

Supportive Verbal Communications

Supportive Verbal Communication Skills

Understanding Your Fear and Panic

Fear and Panic Create Dysfunction

Mind and Body Stress Feedback Loop

How to Break the Stress Feedback Loop

Stage II - Verbal Aggression

Recognizing Verbal Aggression

Managing Verbal Aggression

Stage III - Physical Aggression

Recognizing Physical Aggression

Managing Physical Aggression

Diversions/Distractions

Diversions/Distractions that Can be Used

Signals of Regaining Control

Redirected Anger

Approaching

Cornering

Three Options

Five Common Mistakes

Multiple Individuals

Positioning

Review

Mental Conditioning

Non Verbal Communications

Stage One - Anxiety

Stage Two - Verbal Aggression

Stage Three - Physical Aggression

Signals of Regaining Control

Cornering

Multiple Individuals

Day 2 Course Outline

Strategies for Controlling and Restraining Aggressive Individuals

Introduction to Physical Control Skills

What You Will Gain From This Course

Safety Rules

Wearing of Jewelry, Pat Out, Practice, etc.

Principles of Balance

Proper Positioning of Your Body

Principle of Movement

Forward Shuffle

Rear Shuffle

Lateral Shuffle

Principle of Center

Strength of Your Center Line

The De-sensitizing Touch

Applying the De-sensitizing Touch

Entering the Personal Zone

Passive Individuals

The Basic Escort

From the De-sensitizing Touch

Resistive Escort

Defense from Escort Position or the De-sensitizing Touch

Escape from Escort Position or the De-sensitizing Touch

Resistive Individuals

Direct to Prone Skills

Straight Arm Technique

Bent Elbow Technique

Lateral Thigh Technique

Prone Position Control Skills

Horizontal Straight Arm Control

Vertical Straight Arm Control

Disengaging from Prone Control Skills

How to Disengage

Approaching and Separating Two Aggressors

Verbal Aggression

Physical or Violent Aggression

Special Situations

From Escort Position

From Chair Position

From Prone Position

Strategies for Managing Physical Confrontations

Introduction to Personal Defense and Safety Skills

Two Basic Types of Assaults on People

Two Methods of Assaults

Use of Force in Self Defense

Two Categories of Physical Force

Types of Assaults

Most Common Types

Other Common Types

Personal Defense Weapons

Head, Thumbs, Palms, Heal of Hand, etc.

Vulnerable Areas of the Body

Defense from Holds

Front Choke Response Options

Rear Choke Response Options

Bear Hold Response Options

Wrist Grab Release Options

Arm Twist Response Options

Bite Response Options

Hair Pull Response Options

Defense from Stationary (Static) Strikes

Punch (Head) Response Options

Kick (Groin) Response Options

Armed Threat Response Options

Rear Weapon Hostage Response Options

Edged Weapon Response Options

Thrown Objects Response Options

Defense from Moving (Dynamic) Attacks

Response Options

Levels of Control

Personnel/Aggressor Factors

Acceleration Through the Levels Control Management

Clinical Predictions of Dangers

Important Considerations

Levels of Resistance and Control Management Diagram

Please call us today to schedule MOAB® Management of Aggressive Behavior training for your organization.

Toll Free: 1.866.773.7763 or info@personalsafetytraining.com