

# AVADE<sup>®</sup>

WORKPLACE VIOLENCE PREVENTION



## SELF-DEFENSE TACTICS & TECHNIQUES

| 1-DAY COURSE OUTLINE |

**Education, Prevention, and Mitigation** for *Violence in the Workplace*

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The **AVADE<sup>®</sup> Workplace Violence Prevention** Training program is designed to **educate, prevent, and mitigate** the risk of *violence in the workplace*.

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In this 1-Day (8-Hour) **AVADE<sup>®</sup> WPV Self-Defense** course (with WPV Prevention, De-Escalation, & Self-Defense), participants will learn how to effectively create, develop, and enhance their personal safety with skills, habits, and actions. Participants will learn strategies and techniques to avoid and prevent violence in the workplace.

This course involves group interaction, discussion, lecture, and practice exercises (skills/drills). The **AVADE<sup>®</sup> WPV Self-Defense** Training is modular-based and can be adapted into a variety of scheduling and training dynamics.

- All Participants Will Receive the **AVADE<sup>®</sup> WPV Prevention** Advanced Student Guide and Certificate of Completion.
- **AVADE<sup>®</sup> WPV Self-Defense** Training is Nationally Recognized and Court Defensible
- **AVADE<sup>®</sup> WPV Self-Defense** Training 1-Day Certification Cost – \$2,997.00 per course.  
(For Up to 20 Participants)

## ▶ Introduction

- What is **AVADE<sup>®</sup>** Training?
- What is Workplace Violence?
- Workplace Violence Defined
- The Myth of Workplace Violence
- Crime & Violence in the Workplace
- The **AVADE<sup>®</sup>** Principles
- **AVADE<sup>®</sup>** Modules & Objectives

## ➤ Awareness

- Awareness
- Worker Risk Factors to WPV
- Levels of Awareness
- Self-Awareness
- Emotional Awareness
- Situational Awareness
- Environmental Awareness
- Mental Movies & Impressing the Unconscious Mind
- The Amazing Mind
- Developing & Increasing Awareness

## ➤ Vigilance

- Vigilance
- Hypervigilance
- The Five Senses
- Trust Your Intuition
- Using Your Intuition
- Messages of Intuition
- Developing Intuition

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## ➤ Avoidance

- Who Commits Violence?
- Characteristics of Individuals Who Commit Violence
- Stranger Violence
- What is a Predator?
- Predator-Prey & Adaptation
- Predator Characteristics
- Prey Paradigms
- Prey Characteristics
- Hard Target vs. Easy Target
- Guest | Client Violence | Patient Violence
- Lateral Violence
- Domestic Violence

## › Interpersonal Communication Skills

- Interpersonal Communication Skills
- Interpersonal Communication Involves
- Developing Your Communication Skills
- The Power of Influence
- The Three I's of Eye Communication
- Body Language
- Posture & Gestures
- Hands | Watch the Hands
- The "Right" Angle
- Components of the Assault Cycle
- Signs & Symptoms of Stress
- Stress De-Escalation
- Signs & Symptoms of Anger
- Anger De-Escalation
- Signs & Symptoms of Intoxication
- Intoxication De-Escalation
- Signs & Symptoms of Combat
- Strategies to Avoid Physical Harm
- Signs & Symptoms of Submission

## › Defense of Self & Others

- What is Self-Defense?
- The Attitude of Self-Defense
- Post-Incident Response
- Post-Incident Documentation

## ➤ Stress Management

- What is Stress?
- Types of Stress
- Fear
- Fight | Flight | Freeze
- Putting the Brakes on the Fight | Flight | Freeze

## ➤ Time & Distance

- Time or Distance = Safety
- OODA Loop
- Weapons & Time | Distance
- Dangerous Weapons in YOUR Workplace

## ➤ Escape Planning

- Escape Planning
- Improper Positioning
- Own the Door

## ➤ Emergency Codes & Procedures

- Active Shooter
- Surviving an Active Shooter

## ➤ Safety Rules

- Self-Defense Awareness

## › Fundamentals of Defensive Tactics

- Stance | Balance | Stability
- Defensive Movements
- Robot Exercise
- Core Energy Principle
- Defensive Verbalization
- Distraction Techniques
- Escape Strategies
- Reactionary Gap
- Hand Positions

## › Defensive Blocking

- Deflective Blocks
- Shoulder Block
- Elbow Block
- Turtle Block
- High Block
- Middle Block
- Outside Blocks
- Low Block

## ▶ Personal Defensive Weapons

- Palm Heel Defense
- Shoulder Block
- Fist Defense
- Hammer Fist Defense
- Forearm Defense
- Elbow Defense
- Knee Defense
- Kick Defense
- Vulnerable Areas of the Body

## ▶ Self-Defense Techniques

- One Hand Wrist Grab Defense
- Two Hand Wrist Grab Defense
- Bite Defense
- Hair Pull Defense
- Front Choke Defense
- Front Choke Defense | Special Situation
- Rear Airway Choke Defense
- Rear Carotid Defense
- Rear Bear Hold Defense
- Ground Defenses
- Gun Threat Response Defense
- Knife Threat Response Defense

## ▶ Elements of Reporting Self-Defense or Force

- Report & Documentation | Post Responses
- Civilian Levels of Defense



## ▶ AVADE<sup>®</sup> WPV Prevention Student Training Requirements

- **AVADE<sup>®</sup> WPV Self-Defense** 1-Day Training Course Certification.
- Student Must Pass the Ten Question Written Exam With an 70% or Better.
- One Retest is Allowed. If Student Fails Re-Test, Course Must Be Taken Over Again.
- Student Must Pass the Proficiency Skills Test With an Acceptable Rating.
- Recertification for Healthcare is Required Annually.
- Recertification for Corporate Required Every Other Year. (No Time Requirement for Recert)  
*\*Yearly Training is Recommended.*
- Recertification Qualification = Pass Written Test & Skills Test Again.