

Personal Safety

Course Outline

- I. Introduction and Course Objectives
 - Body Language
 - Situational Awareness
 - Personal Safety/Defense

- II. Housekeeping
 - Roster
 - Introductions

- III. Course Objectives
 - Define “Body Language”
 - Define “Situational Awareness”
 - Learn Techniques to help with Personal Safety

- IV. What is body language
 - The True Universal Language
 - The process of communicating nonverbally through conscious or unconscious gestures and movements
 - Examples of common Body Language
 - Facial Expressions
 - Hand Positioning
 - Posture

- V.** Why reading body language is important
- Determine if a person is a threat
 - “Window” to person’s emotions
 - Instinct as a warning device or even a defense mechanism
- VI.** Understanding Facial Expressions
- Most expressive part of our body
 - Pupil Dilation
 - Mouth Positions
 - Jaw Clinching
 - Pulse
 - Sweating
- VII.** Understanding Arm/Hand positioning
- Balled up fist
 - Crossed Arms/Hands
 - Touching without permission
 - Finger pointing
- VIII.** Understanding Posture
- Movement
 - Shoulders
 - Stance
- IX.** What is Situational Awareness?
- The perception of environmental elements and events with respect to time or space, the comprehension of their meaning, and the projection of their future status

X. Victim vs. Witness

- Electronic Distractions
- Peripheral Vision
- Scan
- Exits
- Protect Your Back
- Reflective Surfaces
- Stop and Pretend
- Become a Hard Target
- Personal Space
- Visualize
- Intuition
- Senses
- Speak Up

XI. OODA LOOP

- Observe
- Orient
- Decide
- Act

XII. “Kim’s game”

- Played by Boy Scouts, Girl Scouts, and Girl Guides, Military
- Develops a person’s capacity to observe and remember details

XIII. Krav Maga Demo

- Combatives
- Palm Strikes
- Elbow Strikes
- Hammer Fist
- Knee Strikes
- Groin Kicks
- Wrist Releases
- Bear Hugs
- Chokes from front or back
- Hand Over Mouth