

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: - \$5995 + expenses (airfares, accommodation and meals if required)

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 Australia-wide 1300 656 735 or our manager direct on mobile 0417 189341 or email the manager@trainingschool.com.au to discuss a training course to meet your requirements, either as an individual or a group/company. MOAB courses are conducted by the Australian School of Security and Investigations - <http://trainingschool.com.au>