

# MOAB® 8-Hour Course with Controlling and Restraining

In the *first 4-hours* of this course will learn strategies to avoid physical harm and learn how to recognize and reduce aggressive behavior with state-of-the-art principles and techniques. The 4-hour introduction session involves interactive exercises which increase the retention and skills of the participant.

In the *second 4-hours* of the course you will how to safely approach, separate, escort, decentralize, direct to prone, and control individuals. Techniques taught in this course are practical, use reasonable force, are court defensible, and are easy for most people to grasp. We address the least assertive defenses first and the more assertive defenses as a last resort.

All participants receive a workbook, certificate and a two (2) year certification.  
**On-site training Cost: - \$2995 + 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

# **Methods of Communication**

Five Methods of Communication

Non-Verbal Communications

Three Categories of Non-Verbal Communications

Personal Space

Personal Space Chart

Personal Space Factors

The Reactionary Distance

The Reactionary Time

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

Understanding Your Fear and Panic

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

Redirect Anger

Approaching

## **Multiple Individuals**

Positioning

2nd Half of 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

Please call us Australia-wide 1300 656 735 or our manager direct on mobile 0417 189341 or email the [manager@trainingschool.com.au](mailto: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>