

# MOAB® 8-Hour Course with Managing Physical Confrontations

In the *first 4-hours* of this course you 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 learn how to manage physical confrontations (chokes, strikes, grabs and weapon threats). 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

2<sup>nd</sup> Half of Course Outline

## **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, Heel 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](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>