

# Outline for a Five Class WAAP Training Program

## Lesson 1

### *Introduction*

Explain the violence timeline of situation, approach, grabbing, actual assault and afterwards. Discuss what are appropriate responses and considerations for each stage of the violence time line. Consider where phases of prevention, evasion, escape or help in either preventing or dealing with a violence situation.

Prevention: The common sense of self-defense. What we can do to prevent situations from happening.

Approach: Avoiding the approach altogether.

Grabbing: Discuss how to get away if an assault should be developing.

Assault: How to fight the assault if that is your choice.

Afterward: The need to get to safety and what to expect from the violent encounter.

### *Physical Training*

Introduce the basic techniques that we use for self-defense knee kick, palm heel, hand-slap (forward and backward), elbow strike and fingers stabs to eyes.

### *Verbal Defense and Boundary Setting*

Introduce the basics of verbal self-defense and boundary setting. Show how we create natural boundaries and why it is their choice who they let into their personal space. Describe low level (orange), medium level (yellow) and high level (red) situations. Explain the difference between passive, aggressive and assertive response to a situation and how it is necessary to respond slightly higher than the potential predator. Use low level orange wolfing scenarios to practice boundary setting skills.

## Lesson 2

### *Review*

Review the concepts of prevention, evasion, escape, attack and afterwards.

### *Physical Training*

Review the 5 physical skills we use, perhaps letting them strike a bag or other striking object.

### *Verbal Defense and Boundary Setting*

Review the three levels of confrontation and work on orange level scenarios perhaps first repeating a yellow level scenario.

## Lesson 3

### *Review*

Review the concepts of prevention, evasion, escape, attack and afterwards.

## ***Physical Training***

Review the 5 physical skills we use, perhaps letting them strike a bag or other striking object.

## ***Weapons***

- a) Discuss the pros and cons of the use of weapons. What constitutes a weapon? Discuss the need to continually keep training in whatever weapon you choose current to increase the odds of being able to use it when the time occurs.
- b) Use of Mace. What situations might mace be helpful to use – such as warding off pit bulls that attack your dog while jogging, not just a personal attack.
- c) Discuss what to do when confronted with a weapon. Is the weapon to use or threaten? If you need to fight off the weapon, show what to do.
- d) Use scenarios where the individual has to fight off the weapon.

## ***ALICE Training***

Explain what ALICE training is and practice using it.

## **Lesson 4**

### ***Physical Training***

Review the 5 physical skills we use, perhaps letting them strike a bag or other striking object.

### ***Ground Fighting***

Introduce the concept of ground fighting and introduce the 3 ways to fight on the ground

- a) From being held from behind while on all fours.
- b) From being mounted from the front.
- c) What to do when you are in the mount position.

## **Lesson 5**

### ***Review***

Briefly review all previous concepts. Reinforce the concept of orange, yellow, and red appropriate response.

### ***Scenarios***

Start out with a orange level scenario, escalate to a yellow level scenario, then let them be grabbed from behind and let them fight an attacker. Finally, escalate to red level scenarios and let them fight off the predator\*.

\*Predators: Contact us and we can provide trained predators in armor for the red level scenarios. There is a fee for this service.