



## Security Self Defense Skills & Methods

### Course Objective

At the end of this course, participants will be able to:

- Correct methods of self-defense
- When and where to use self-defense
- Need for self defense
- Examples and videos of self-defense.

### Course Outline

- Introduction
- Dangers that threaten the safety of the security man
- Training security personnel to protect themselves
- Existence of systems and procedures to protect security personnel
- Sense of security and awareness of security risks
- Communication skills and dealing with the public and co-workers
- Crowd management and its role in controlling violence
- General rules to maintain the safety of security personnel
- Indicators of violence
- Acting when exposed to situations of violence
- Gradual use of force when necessary
- Prepare for emergencies