

**Course Overview:**

Preventive methods that guarantee the defense of the health and well-being of the security personnel from harm. The use of the right of self-defense as a legal justification for the use of force in time of danger and the protection of the facility is of a legitimate nature in many jurisdictions

**Course Objective:**

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

- Correct methods of self-defense
- When and where to use self-defense
- The need for self-defense
- Self-defense examples and videos.

**Course Outline:**

Course includes but is not limited to:

- Tactical Communications (sometimes known as verbal judo), Situational Awareness.
- Tactical Handcuffing.
- Effective Defensive Tactics taught by expert martial arts instructors from specialized military and law enforcement units.

**Who Should Attend:**

All Security Levels

**Training Language:**

EN / AR

**Training Methodology:**

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation