

# SELF-DEFENCE for the PERSONAL PROTECTION SPECIALIST (bodyguard)

SELF-DEFENSE FOR THE PERSONAL PROTECTION SPECIALIST (P.P.S.) is a most unusual discipline in that it requires just that “unusual discipline”. A P.P.S. is professionally required to place him/herself in harms way to protect others...FIRST; then they can resort to defending themselves. At times the P.P.S. will have to defend themselves first due to their assignment i.e., guarding a hallway or elevator/ stairwell from which an attack can develop. The outer “rings” of a protective detail are vulnerable to attack in order to reach the inner ring protecting the principle.

The techniques employed by the P.P.S. to protect the principal are also unique in that the objective during a threat or attack is the BLOCK, DEFLECT, SMOTHER, and TAKEDOWN the assailant, Just what you don't want to do in a normal self defense situation. The last place you want to be is on the ground. Nonetheless, this takedown philosophy is essential for the successful protection of the principal.

SELF-DEFENSE FOR THE PERSONAL PROTECTION SPECIALIST covers topics such as:

- ◆ **AWARENESS/ AVOIDANCE**
- ◆ **PRESSURE POINTS/ NERVE CENTERS**
- ◆ **COMPLIANCE TECHNIQUES (ARM BARS/ FINGER LOCKS)**
- ◆ **BLOCKING/ DEFLECTING/ SMOTHERING AND TAKEDOWN TECHNIQUES**
- ◆ **ARMED/ UNARMED ASSAULTS**
- ◆ **RAPID ASSAULT TACTICS (R.A.T.)**
- ◆ **DOING WHATEVER WORKS (THEORY)**

Course instructed by a certified Personal Protection Specialist and N.L.A member.

Course duration is approximately 4-6 hours.