Self Defense training for Industrial Security

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Energy Milestones Corporation

Advancing Professionals to the next level

Energy Milestones is proud to be accredited, partner and associated with the following association bodies:

Self-defence training for Industrial Security

Overview

As an industrial security guard, you may encounter situations where you need to defend yourself to remove a belligerent visitor, detain a suspect, or prevent theft or vandalism. This self-defence training workshop will enhance your self-defence techniques and skills, contributing to physical and personal security, and ensuring workplace safety and the preservation and protection of life.

Course Objectives

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

- Define and understand the importance of self-defence
- Identify and familiarise themselves with the use of each self-defence technique.
- Recognise all the self-defence methods
- know when and where to use self-defence
- Practice and apply the Correct methods of self-defence

Course Content

- Self & Security Sense
- Basic Self-Defense
- Tactical Communications (sometimes known as verbal judo), Situational Awareness.
- De-Escalation Techniques
- Self-defence Practices, examples, and videos
- Tactical Handcuffing.
- Effective practical Defensive Tactics taught by an expert martial arts instructor.

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Course Methodology

This training course will be conducted as a highly interactive workshop session. A variety of training methodologies and facilitation techniques will be employed before and during the course, as applicable. These methods are aimed at enhancing individual and group interaction while maximising learning.

Some of these methods are:

- Online Pre-post Test
- Colourful Visual Aids
- Gamification
- Self-Assessment Instruments
- Simulations
- Case Studies
- Videos
- Group Exercises & Discussions
- Role plays
- Indoor & Outdoor games