

WEAPONLESS DEFENSE COURSE
4 HOURS
EXPANDED COURSE OUTLINE

- I. Introduction and Overview
 - A. Welcome and Introduction
 - 1. Introduce Instructors
 - 2. Program Goals and Objectives
 - B. Administrative Details
 - 1. Seminar schedule
 - 2. Facilities
 - 3. Logistics (rosters, vouchers)

- II. Stretches
 - A. Jumping jacks
 - B. Neck Movements
 - 1. Side to side turn
 - 2. Tilting side to side
 - 3. Chin to chest
 - 4. To back
 - 5. All around
 - C. Arm rotations
 - D. Trunk rotations
 - 1. Elbows and forearms parallel to ground
 - 2. Rotate one way, then same way all the way
 - E. Cross one foot over the other
 - F. Groin stretch (Standing)
 - G. Groin stretch (sitting butterfly)
 - H. Back and groin stretch (butterfly)
 - I. Hand and forearm rotation
 - J. Leg stretch (hamstring, calf, quad)
 - K. Quadriceps Stretch
 - L. Back and Hamstring stretch
 - M. Leg Pulls (lower back, stomach)
 - N. Leg thrusts (abdominal, hip joints)
 - O. Kneeling Stretch
 - P. Stomach/Back stretch

- III. Footwork
 - A. Position of Interview
 - B. Forward Shuffle
 - C. Rear Shuffle
 - D. Shuffle Left
 - E. Shuffle Right
 - F. Normal Pivot
 - G. Normal Pivot with Step Back

- H. Progressive Pivot
 - I. Progressive Pivot with a Step Back
 - J. Shuffle Pivot with 90 and 180
 - K. Down Fighting Position (Kicking with movement)
 - L. Down up drill
 - M. Forward Roll
 - N. Rear Roll
 - O. Forward Roll to a break fall
- IV. Wristlocks
- A. Front to rear wristlock
 - B. Front to elongated
 - C. Bar arms wristlocks
 - 1. Front/Rear Entry
 - 2. Bar Arm Circle Takedown
- V. Twistlocks
- A. Bottom Hand
 - B. Finger Whip
- VI. Reverse Wrist Takedown
- A. Reverse Wrist
- VII. Diffusers/Take Downs
- A. Hair Pull
 - B. Rear Cross-Face Takedown
- VIII. Cuffing
- A. Quick
- IX. Skills Demonstration
- A. Redman Situations
- X. Course Conclusion
- A. Course Critique
 - B. Concluding remarks
 - C. Certificates and dismissal