

Women's Self Defense Course 2018

Day 1

Introductions

Color Code Awareness

Use of force continuum & the

Justification for use of forces

Fighting stance

Weapon grips (knife, pistol, rifle)

Covering Drills

Ace in the Hole (Eye Gouges)

Palm strikes & 7 elbows

Krav Maga 360

Shoulder break choke defense

Side clench

Side clench takedown demos

Variations (1or2 hands, against wall)

Compliance

Horse bites

Shin poppers

Ground fighting

Shrimp & Partial Upa

Upa & scissor sweep demos

Noon - Lunch

Knife Fighting

Stance, grip, motion

5 Basic techniques

Improvised Weapons

Blunt, penetrating, flexible, shield, missile,
and combo

Familiarization

Flashlight manipulation

Airsoft Pistol

Load & unload

Draw (open) & Lateral move

Dry practice (Marksmanship)

Mag exchange

Response Drills

Draw from concealment
After action Drills
Kneeling & prone
Shooting on the move

Day 2 Live Fire Pistol

Safety Brief
Stance, grip, dry practice
Draw from open
1 hole drill
5 dot drill
Fox & hound

Draw with lateral movement
Mag exchange
Response Drills
After action drills

Draw and holster with concealment
Gunfighter drills

Kneeling
Decision making drills

Noon - Lunch

Marksmanship coaching

Malfunctions
Ball & dummy drills
Malfunction junction

Use of cover
Team movement

Pistol feature familiar fire
Rifle fam fire
Closing comments