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## **Course Outline**

### **BREAKAWAY TECHNIQUES**

Course length: 6-7 hrs

Qualification: Attendance certificate

Syllabus:

- Hair pulls.
- From front single and two handed.
- Ear grabs same and opposite sides.
- Collar grabs from rear.
- Strangles.
- From front and rear trapezium grip
- Against a wall or in a corner
- On the floor astride and from the side.
- Close proximity techniques. (CPT'S)
- Wrist grabs.
- Single hand same and opposite side, thumbs on top.
- Two hands to one hand, thumbs on top.
- Both hands, thumbs on top.
- Single hand same and opposite side, thumbs underneath.
- Two hands to one hand, thumbs underneath.
- Both hands, thumbs underneath.
- Straight arm lapel grab.
- Bent arm lapel grab.



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- Wrist grabs same and opposite side, taking aggressor to the floor.
- Bear hugs under arms. (three types of grip)
- Bear hugs around arms.

## Extras

- Hair pull from top and behind.
- Neck locks.
- Breast/tie grab.
- Bites.
- Key grabs. (If applicable)

## Objectives

- To teach the candidate how to deal with an aggressor
- To practically demonstrate the techniques to break free from an aggressor using as safe a method as possible

Cost: £60 per person + VAT on open courses

£60 per person (min charge of £480) + VAT for in-house courses



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