

A black and white photograph of two clenched fists, one on the left and one on the right, set against a dark background. The fists are positioned as if ready for action, with the knuckles facing forward.

TIM ROCHFORD

# EMPOWER SELF DEFENSE

Phases 1 & 2



**Get Smart, Be Safe**



# **Empower Self Defense Instructor Training Manual**

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## PHASE 1 OVERVIEW

Proactive Personal Security (PPS) is the name of the self defense training program branch of Empower Training Systems, Inc. The program consists of both workshops and home study courses for both instructor training and client training (ranging from custom-designed programs for individuals, corporations, organizations and/or training for any interested group of people. For details check out the Empower web sites.

Live workshops are always the preferable mode of learning because:

- Questions can be asked and answered immediately
- Technique and movement form can be observed, evaluated and corrected by an experienced instructor, immediately
- The student experiences attacks in as realistic of an environment as possible (without getting into a real fight), providing the chance to feel the “adrenaline rush” and to perform full force strikes against a padded instructor.

For those who are unable to attend live workshops, the distance learning format provides the next best type of learning experience. It is important to actively participate while completing the home study course – just as you would at a live workshop. Practice makes perfect - or at least it makes you better! So, don't just read and watch the videos – get up and do it!

This section includes and teaches basic evasion movements, blocks/re-direction techniques and a few of the most basic, but effective striking techniques. You will not learn dozens of different strikes and blocks. The training includes only a few of the most realistic, practical and effective blocks, strikes and evasion movements. It is more effective and better to learn, practice and perfect a few very simple, but effective techniques than it is to work on several dozen and/or very complex physical movement patterns and technique combinations. The goal of this program is to provide simple to learn and easy to master tools that deliver the greatest possible benefit in your (and your client's) quest for enhanced personal safety.

While completing this program, you learn to execute and teach each strike, block and movement in the quickest, most powerful manner – based on your individual strengths and weaknesses. You also learn to recognize the improper way to execute each strike, block and movement so that you are able to correct and improve the skills of your clients. You learn how to modify the skills and techniques to the specific needs (strengths, weaknesses and capabilities) of each client or student you work with.

Subsequent Phases of this program teach additional self defense skills and knowledge that are necessary to develop a complete system of personal safety training. Phase 2 (the next section of this course) teaches techniques for loosening and escaping from various types of holds, grabs and attacks. Phase 3 teaches self defense against weapons (gun, bladed weapon, club/stick-type). Phase 4 is the final stage of the foundational training program – it includes specific training skills for ground fighting, multiple attackers, etc. It also provides information on how to design self defense

# PPS

## PROACTIVE PERSONAL SECURITY SELF DEFENSE TRAINING

### Introduction

Personal security or personal safety was not always a high priority concern in our society. As children, some of us played in our neighborhoods during all hours of the day and into the evening. Our parents were never worried about who might be lurking around, ready to snatch us away from our safe and secure lives. Homes were left unlocked, travel was never a concern, and speaking to a stranger was considered polite. The slightest thought that our well-being could be threatened rarely entered our minds. Since September 11, 2001, the word 'terrorism' has become almost an everyday subject in the media. Society has been told to not let this threat influence how we live our lives, but we are asked to become more aware of what is going on around us. Things have definitely changed – haven't they?.

That is a question that seems to spark some differences of opinion? Does it seem as though conflict and violence have increased over the years? Is American society less respectful, less disciplined and more violent than it was 20, 30, 50, 100 years ago? Or, have things actually remained the same. Has the increased awareness of and instant notification of violent acts made it seem as though it has increased? Has modern technology and the obvious increase in tolerance and indifference to violence just made it seem as if there is more conflict in daily life.

**Communication technology** (cell phones, TV, radio, internet, etc) has improved so much that we have a greater capability to quickly find out about events from all over the world. Word travels faster and to a wider audience. So, today, we are able to hear about violent acts more frequently and much more quickly than in the past.

Has the daily media bombardment de-sensitized all of us to behavior and acts that, at one time in society, used to be shocking and **unacceptable**? How often do you hear, in the news (TV, paper, radio) about some crime being committed? What are the normal headline stories? How much violence are we exposed to from TV shows, movies and video games? What kinds of violence do we see at some sporting events or after a team wins a championship? Have we become so accustomed to violent acts that the shock that was once felt has evolved into a simple "shrug of the shoulders and go on with your own business" type of response?

Whether or not violence is really more prevalent than in the past doesn't matter. Violence is a reality. The events of 9/11/2001 have impressed that fact upon even the most apathetic individual. There is constant concern about the safety of our children in school, at play, and at home. It has become potentially risky for simple travel to the store or to work. We can no longer leave the safe sanctuary of our homes without some concern for what might be encountered.