



## **Breakaway Training**

Sometimes within the working environment we are placed into potential physical confrontational situations or subjected to random outburst of attacks through health, environmental issues, or anger and frustration.

Therefore as employers we owe it to our staff to teach them a system using non-pain releasing techniques.

It can be taught on its own or as part of the conflict management course.

It is designed to give you a quick and effective method to be able to create space from the attacker, identify exit strategies thus allowing you to regain control and risk-assess the situation.

This course is designed for

### **Companies within the security industry**

**Retail**

**Health Organisations**

**Education Sector**

**Members of the public**

This course can accommodate a maximum of 12 students

- **Body hold (bear hug)**
- **Clothes Grab**
- **Front Attack (double hands)**
- **Front Attack (single hand)**
- **Front Hair Lock**
- **Front Strangle Hold Against a Wall**
- **Front Strangle Holds**
- **Rear Attack (double hands)**
- **Relevant Legal Issues**
- **Side Hair Lock**
- **Side Head Lock**
- **The Use of Distraction Techniques**

**FOR MORE INFORMATION OR TO REQUEST A QUOTATION**

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