



## SYLLABUS SITUATIONAL AWARENESS AND SELF DEFENSE

### **Course Description:**

This course is an introduction to the field of situational awareness and self defense. Based on skills and principles taken from both the ancient and modern military and security fields, this eye-opening course drives you through a "zooming-in" analysis of your daily life routine. The potentially dangerous situations are analyzed and you will learn the tactics and strategies to avoid them or minimize their effect if encountered. This course will give you the mindset you need to survive. All this while remaining calm and in control.

### **Course Goals:**

In this course you will learn the tactics and strategies of situational awareness - the ability to know what areas and situations to avoid, what course of action can be used to protect yourself should a dangerous situation arise, and how to utilize readily available common items (like ballpoint pens, magazines, combs, books, umbrellas, bags, etc.) for protection.

### **Topic Outline:**

- Theory
  - Definitions
  - Managing Daily Risks
  - The “Bad Guy” – Psychology and Modus Operandi
  - Preparing for the “Unexpected”: Performance Under Stress
- Practical
  - Mental Preparation – The Power of Breath
  - Intro to Tactical Mind
  - “Hand to Hand” basic instruction
  - Improvised Weapons / “Non-threatening” Weapons

Texts and Videos – (suggested, not mandatory)

- Book: [“Let Every Breath”](#), Vladimir Vasiliev
- Video: [“An Explanation to the System of Strategy”](#), James Williams