

ShivWorks
Practical Unarmed Combat
Core Concepts Module

The ShivWorks Practical Unarmed Combat core concepts module is a 4 hour fundamental block of instruction that introduces the student to the parameters and context of criminal assault. The student will learn how criminals actually assault citizens in the real world and will initially focus on strategies and tactics for challenging and preempting the potential assailant. The instruction will then shift to immediate action procedures for spontaneous assault and how to regain initiative with non-stylized basic tools.

Curriculum and topics covered

- *Parameters and objectives of criminal assault*
- *Awareness and task fixation*
- *Kinesic and verbal challenge strategies for the potential assailant*
- *Recognizing pre-assault cues*
- *Hard focus scan procedures*
- *Preemptive striking*
- *Default position*
- *Basic blows and regaining initiative*

Equipment required for the class is a cup and mouthpiece. Students are encouraged to bring their own focus mitts or Thai pads. Course cost is \$100.00