



# **GOLDEN EAGLE TRAINING & SAFETY**

## **PPCT Spontaneous Knife Defense Instructor School**

### **Course Description:**

The GETS PPCT Spontaneous Knife Defense System is designed to meet the needs of students who are confronted by a spontaneous knife assault and unable to retrieve a weapon. It is based upon a realistic, yet highly aggressive, check-and-stun philosophy that employs gross motor skills that are compatible with the affects of survival stress. It reviews the fundamentals of basic knife systems; reviews the common grips, types of strokes, and lines of attack; and reviews defense strategies for both stalking assaults and spontaneous assaults inside the reactionary gap.

### **Course Goals:**

1. To examine survival learning research and design methods for spontaneous knife defense systems.
2. To identify the primary and secondary methods of offensive knife strategies.
3. To teach the PPCT Spontaneous Knife Defense System and training methodology.
4. To refine student technique to the instructor level.
5. To teach instructional methods designed to enhance a student's ability to learn survival techniques, increase his/her confidence level, and assist in the successful application of physical techniques.

### **Course Topics:**

#### ***Use of Force Human Factors***

This section examines survival stress research and provides students with information that will enhance their survivability in combative situations and recommendations regarding issues related to critical incident management.

#### ***Instructor Development and Training Protocols***

This chapter reviews instructional methods designed to enhance a student's ability to learn survival techniques, increase his/her confidence level, and assist in the successful application of physical techniques. Topics covered include the psychology of survival training, motivational factors for learning survival skills, the neural basis of learning, and the stimulus response training principle. This chapter also introduces PPCT training protocols, including certification procedures, course protocols and registration requirements, and classroom safety concerns.

#### ***PPCT Control Principles***

This section introduces the basic training principles that form the foundation on which all PPCT training systems are based. Topics discussed include components of acceptability, the PPCT Resistance/Control Continuum, common types of resistance, principles of controlling resistive behavior, survival reaction time, the reactionary gap, and tactical positioning.

#### ***Principles of Edged Weapon Assaults***

This section examines various philosophies regarding the tactical use of a knife as a lethal weapon. It explores the historical perspectives of the evolution of combat knife systems, including the influence of the Sykes/Fairbairn World War I system, the influence of Filipino knife training, and the current view of military special operations units.

### ***Vital Edged Weapon Targets***

This section discusses facts about human incapacitation resulting from a knife attack, and examines the difference between fatal cuts and cuts that will immediately immobilize a subject. This section also provides a foundation for the design methodology of the PPCT Spontaneous Knife Defense System.

### ***Fundamentals of Knife Martial Arts***

The effectiveness of any knife defense system is based on the student's knowledge of how a knife can be used offensively. This section reviews the fundamentals of basic knife systems and includes an overview of common grips, types of strokes, and lines of attack.

### ***PPCT Spontaneous Knife Defense System***

This section introduces the PPCT Spontaneous Knife Defense System, based on a check, stun, and control principle that allows the student the option to disengage to cover or to follow-up for restraint and control. Defense strategies for both stalking assaults and spontaneous assaults inside the reactionary gap are presented.

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