



GOLDEN EAGLE TRAINING & SAFETY

Sexual Harassment and Rape Prevention (SHARP) Instructor School

Course Description:

The GETS PPCT Sexual Harassment and Rape Prevention (SHARP) course has been specifically designed to meet the needs of women when control methods and assault prevention methods are required. Principles and strategies for effectively reducing the likelihood of assault through actual techniques of countering an attack are stressed in this program. Utilizing efficient and effective methods of subject control that do not rely on size and strength, PPCT has developed a training system that can be used by just about everyone who is interested in personal safety.

Course Goals:

1. To examine survival-learning research in an effort to enhance survivability in combat situations.
2. To instruct a subject control system that is compatible with the effects of survival stress and allows women to easily and effectively control situations that arise.
3. To teach a subject control system based upon techniques that do not rely on size and strength and that can be easily learned and retained.
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:

Effects of Survival Stress on Performance

This chapter 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.

Prevention Psychology

This chapter examines the many variables associated with prevention psychology and explores the concept of the assailant as predator and the victim as prey. It reviews a variety of different personality types and identifies which type is more likely to become a victim. Other topics discussed include predatory actions of the assailant, developing a prevention mindset, and personal security steps that may prevent the student from becoming a victim.

Principles of Avoidance

This chapter is designed to help students learn to predict and avoid pending aggression by becoming aware of certain threat cues and reading potentially aggressive body language. It focuses on the three "Principles of Avoidance" (know your limitations, control the environment, and control your fear) and examines how awareness and distance control survival stress/fear.

Passive Releases and Escapes

This chapter examines a form of assaults referred to as “Passive Assaults”, which can be very frustrating and potentially dangerous if not managed quickly and correctly. It analyzes the three most common forms of passive assaults (passive intimidation, flirtatious contact, and wrist grabs) and three techniques designed to control/manage them.

Defensive Counterstrikes

This chapter presents a system of defensive counterstrikes, composed of two blocks, two stunning techniques delivered with the back of the hand and the inside of the wrist, and two kicks targeting the lower leg, all designed to temporarily stun or disable an aggressor for 30 seconds or more and allow the student time to escape.

Disarming

This chapter gives students the skills and knowledge necessary to disarm an aggressor when all other survival strategies have failed. It examines the issues a student needs to consider in preparing mentally and physically to disarm an assailant and presents the three basic steps in both the PPCT weapon disarming system: waiting for the subject to be distracted; developing a predetermined survival response; and maintaining psychological control of the assailant and the environment.

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