

MOAB® Part Two Basic Course

In this hands-on session, you will learn strategies to avoid physical harm and learn how to control aggressive behavior through state-of-the-art principals and techniques, as well as learning escort options.

Course Outline

- Introduction
- What is Management of Aggressive Behavior - MOAB®?
- MOAB® Objectives
- Statistics
 - Violence in Society, Healthcare Facilities, Law Enforcement, and Security

- **Strategies for Preventing and Diffusing Aggressive Behavior**
 - Behavior and Intervention
 - Plan Identify and Act
- Mental Conditioning
 - Purpose
 - Rehearsal
 - Exercise
- Methods of Communication
 - Nonverbal Communications
 - Three Categories of Nonverbal Communications
 - Personal Space Chart
 - Personal Space Factors
 - Reactionary Distance
 - Eye Communications
 - Observing Eye Communications
 - Proper Use of Eye Communications
 - Interpreting Eye Communications
 - Gestures, Postures and Facial Expressions
 - Signals To Look For and Understand

- **Stages of Conflict and Management**
 - Stage I - Anxiety
 - Recognizing Anxiety
 - Anxiety Triggers
 - Managing the Aggressor's Anxiety
 - Listening
 - Five Levels of Listening
 - Empathic Listening
 - Eliminating External and Internal Distractions

- Supportive Verbal Communication Skills
- Understanding Your Fear and Panic
- Fear and Panic Create Dysfunction
- Mind and Body Stress Feedback Loop
- How to Break the Stress Feedback Loop
- Stage II - Verbal Aggression
 - Recognizing Verbal Aggression
 - Managing Verbal Aggression
- Stage III - Physical Aggression
 - Recognizing Physical Aggression
 - Managing Physical Aggression
- Diversions
 - Diversions That Can Be Used
 - Submission
 - Redirect Activity
 - Approaching
- Cornering
 - Three Options
 - Five Common Mistakes
- Multiple Aggressors
 - Positioning
- Review

Strategies for Controlling and Restraining Aggressive Individuals

- Introduction to Physical Control Skills
 - What You Will Gain From This Course
- Safety Rules
 - Wearing of Jewelry, Pat Out, Practice, etc.
- Principles of Balance
 - Proper Positioning of Your Body
- Principle of Movement
 - Forward Shuffle
 - Rear Shuffle
 - Lateral Shuffle
- Principle of Center
 - Strength of Your Center Line
- The Blanket Hold
 - Applying the Blanket Hold
- Entering the Personal Zone
 - Passive Individuals
- The Basic Escort
 - From the Blanket Hold
- Resistive Escort
 - Defense from Escort Position or Blanket Hold
 - Escape from Escort Position or Blanket Hold
 - Resistive Individuals

- Direct to Prone Skills
 - Straight Arm Technique
 - Bent Elbow Technique
 - Lateral Thigh Technique
- Prone Position Control Skills
 - Horizontal Straight Arm Control
 - Vertical Straight Arm Control
- Disengaging from Prone Control Skills
 - How to Disengage
- Approaching and Separating Two Aggressors
 - Verbal Aggression
 - Physical or Violent Aggression
- Special Situations
 - From Escort Position
 - From the Chair Position
 - From Prone Position

Strategies for Managing Physical Confrontations

- Introduction to Personal Defense and Safety Skills
 - Two Basic Types of Assaults on People
 - Two Methods of Assaults
- Use of Force in Self Defense
 - Two Categories of Physical Force
- Types of Assaults
 - Most Common Types
 - Other Common Types
- Personal Defense Weapons
 - Head, Thumbs, Palms, Heal of Hand, etc.
 - Vulnerable Areas of the Body
- Defense from Holds
 - Front Choke Response Options
 - Rear Choke Response Options
 - Bear Hold Response Options
 - Wrist Grab Release Options
 - Arm Twist Response Options
 - Bite Response Options
 - Hair Pull Response Options
- Defense from Stationary (Static) Strikes
 - Punch (Head) Response Options
 - Kick (Groin) Response Options
 - Armed Threat Response Options
 - Rear Weapon Hostage Response Options
 - Edged Weapon Response Options
 - Thrown Objects Response Options
- Defense from Moving (Dynamic) Attacks
 - Response Options

- Levels of Force
 - Personnel/Aggressor Factors
- Acceleration Through the Levels of Force
 - Clinical Predictions of Dangers
 - Important Considerations
- Levels of Force Diagram