

Hereford Self-Defense Syllabus

Spring 2019

Instructor	Email	Office Location
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Description

Students will learn to defend themselves, and others, from bodily harm against hostile actions. They will learn the use of reasonable force, avoiding injury, and how to quickly overcome their assailant(s).

The course incorporates specialized training methods used to challenge students both physically and mentally. This style of training strengthens the spirit and develops the ability to deal with confrontations under stressful conditions.

Most importantly, students will gain the knowledge, and mindset, needed to avoid being victimized; the fight you always win, is the one you were never in.

Course Schedule

Week	Knowledge Domains	Defensive Tactics	Self-Defense
Phase 1 01/14 - 01/28	Principles of Self-Defense Assault Time Line	Reflexive Cover Footwork	Choke from the Front Choke from the Rear
Phase 2 02/01 - 02/11	Prevent Vulnerability Levels of Awareness	Inside Defense 360 Outside Defense	Choke from the Side Choke from Mount
Phase 3 02/22 - 03/08	Reactions to an Attack	Head Movement Head Control	Front Bear Hug Arms Trapped / Free
Phase 4 03/18 - 03/29	Reactions to an Attack Possibility of Injury	Reflexive Cover Footwork	Rear Bear Hug Arms Trapped / Free
Phase 5 04/01 - 04/12	Survival Mindset Use of Force	Inside Defense 360 Outside Defense	Lapel / Shirt Grab Side Headlock
Phase 6 04/15 - 04/26	Facing Multiple Attackers Improvised Weapons	Head Movement Head Control	Front Headlock Rear Headlock

Exam Schedule

Date	Subject
February 18	Knowledge Domains: Level One
March 29	Knowledge Domains: Level Two
April 26	Knowledge Domains: Level Three
April 29	Rank Testing