

Seminar Programme

Seminar-Nr. 23 | 50

Serve and Protect – Female Police Officers Defensive Tactics Instructors Course

21.08. – 25.08.2023



Das IBZ Schloss Gimborn ist Mitglied der

Content

Imagine if you will, a system of police defensive tactics that does not rely upon perfect technique or constant training, doesn't require you to be skilful, powerful or fit and suits women and men alike. It is easily taught, easily mastered, easily remembered, easy to use under stress, effective and is lawfully justifiable. Unlike martial arts, this system of defensive tactics has been designed by police officers, for police officers. It works because it relies upon natural body actions and gross motor skills that target vulnerable parts of the body. It is tested in reality based policing scenarios that provide context that allows the officer to pressure test themselves. This in turn provides confidence in themselves and the techniques. It is also of immense fun, an aspect often missed in training. We want to get more women more involved in the conversation of defensive tactics; therefore, we have put this course together to train a cadre of female instructors because we believe the best way to inspire women is for women to lead the way.

The course is mainly practical and will seek to teach the delegates the self-defence system as well as inform them of the theories of combat.

Seminar Chair & Trainer: Robert Stenhouse, Police Sergeant, ret., Greater Manchester Police

Trainer: Slavo Gozdzik, Police Officer, Sweden

Fees: 490 € | IPA Members 360 €

For further information regarding the seminar, and the terms and conditions please visit our website: www.ibz-gimborn.de

Monday

until 10:30	Arrival	
10:45 - 11:30	Welcome by the conference centre management to Gimborn, introduction of the seminar chair, and seminar agenda incorporating the opportunities to organize discussions and exchanges outside of the official seminar programme. General housekeeping comments	IBZ Team
11:30 - 12:15	Introduction: sharing of personal interest in seminar, experiences and expectations, agree aims and objectives of the seminar	seminar chairpersons
12:15 - 13:30	Lunch	
13:30 - 16:45	Topic: Perceptual distortion and the effects on the human body during high stress situations - A theory and practical presentation on the study of survival stress and how it impacts on the performance of law enforcement officers and the influence of the sympathetic nervous system on perceptual processing, cognitive processing, motor performance and memory. Critical for understanding how the explosive self-defensive system works. This is information that every officer should be taught as essential basic policing knowledge.	Training Team
16:45 - 19:00	<i>Free time: sports activities, discussions</i>	
19:00 - 19:45	Evening meal	

Tuesday

08:00 - 08:45	Breakfast	
09:00 – 12:15	<p>Topic</p> <p>OODA Loop – In this presentation there is an explanation of how the mind works when assessing a threat, it stands for Observation, Orientation, Decision, Action. Knowing about it will allow for effective planning and preparation for combat as well as how to use it as a tool against the offender</p>	
12:15 - 13:30	Lunch	
13:30 - 16:45	<p>Topics</p> <p>Arrest and restraint, survive and prevail - the differences between them, the mindset, the task, the responsibility, the justification and the duty of a police officer</p> <p>Explosive Self Defence System (ESDS) - The signature techniques of the IPA-DTG and consist of open hand techniques. You will use natural instinctive body reactions that make you more effective. Safer option for officers because it reduces injuries to the hands whilst complying with a reasonable use of force and the public perception. If you have never tried these methods before then bring an open mind and be prepared to be convinced.</p>	
16:45 - 19:00	<i>Free time: sports activities, discussions</i>	
19:00 - 19:45	Evening meal	

Wednesday

08:00 - 08:45	Breakfast	
09:00 – 12.15	<p>Topic Method from a spontaneous knife attack and drills This short course has been designed to meet the needs of LEA's. The focus of this training is to raise awareness to the simplicity which a person can fall victim to an individual armed with a knife. The training will focus on raising your awareness of the use of knives in urban combat situations combined with realistic, simple and effective knife defence techniques. This system has evolved to the simplest form where all of skills are gross motor skills that are compatible to the affects of survival stress. This simplicity in design allows for quicker learning and retention under the stress of a knife assault.</p>	
12:15 - 13:30	Lunch	
13:30 – 16:45	<p>Topic Effective arrest and restraint techniques Unlike a striking attack when grabbed you are immediately being manipulated. Under the law and use of reasonable force you may not be able to justify a high level of force at this stage. None the less this can be an extremely dangerous situation for us. However, with training and skill we can utilise the grabs to our advantage to dominate the attacker and apply the correct use of force appropriate to the situation. This session will introduce the use of techniques from simple to complex, grading the response to the attack.</p>	
16:45 - 19:00	<i>Free time</i>	
19:00	Evening meal	

Thursday

08:00 - 08:45	Breakfast	
09:00 – 12:15	<p>Topic Defence on the Ground The saying goes that you should never choose to go to the ground, but that's where most fights end up. Any fighting system that ignores this fact is not a complete system and police personal safety is no different. However, fighting in the dojo is NOT fighting in the street. EVERY incident will have no mats and potentially multiple attackers, you will be wearing restrictive clothing including patrol equipment, body armour AND you may be dazed, injured, exhausted and shocked. Oh, and finally, you're unlikely to have stretched out beforehand. The aim must be to get back to your feet as soon as possible and effect the arrest from there. We will show you how to do it.</p>	
12:15 - 13:30	Lunch	
13:30 - 16:45	<p>Topic Stop the Bleed In a terrorist incident the number one most preventable cause of death is bleeding out, it is therefore essential training for all first responders. Whether it is a victim or dealing with your own wounds, it may be a traffic collision, a knife victim, a spree killer incident or any number of other scenarios you should know how to deal effectively with the wound. This course is designed to bring the topic to life and delivered in a way that will you will remember what to do under pressure. Even if you're trained, you will benefit from this immersive session.</p>	
16:45 - 19:00	<i>Free time: sports activities, discussions</i>	
19:00 - 19:45	Evening meal	

Friday

08:00 - 08:45	Breakfast and Check-Out	
09:00 – 11.30	<p>Topic</p> <p>Scenarios – ‘The body can’t go where the mind have never been’. These are a set of scenarios set up to test how you will actually react when faced with realistic situations. All designed to practice the skills taught during the weeks training. Although they are serious topics and designed to be immersive you will find them to be very revealing about your own performance under pressure whilst being immensely enjoyable.</p>	
11.30 – 12:15	<p>Distribution of feedback forms</p> <p>Feedback on the seminar</p>	<p>IBZ Team</p> <p>seminar chair</p>
13:00	Lunch/ Departure	