



# DEFENCE 4™

# Edged Weapons

## Awareness/Principles

## Defending/Practical

### For Police/Security

### or Civilian/Martial Arts

# Surviving Edged Weapons Attacks

## Why train with us?

- **Short Courses**  
Just 3 hours for Principles or 6 hours for Principles & Practical (plus e-learning).
- **Specific Principles**  
The principles of your defence will be based on your job role and experience.
- **Easy to learn**  
The techniques are simple to learn, as they work with your natural reactions.
- **Accredited Courses**  
Certificated through our Registered ICM Quality Awards Centre.



**icm**  
The Institute of  
Conflict Management



## What your course will cover!

- **Awareness of UK Knife Crime**  
UK Knife crime statistics, types of Edged Weapons, the Law on Self Defence and Knives.
- **Avoiding Knife Crime**  
Personal safety awareness, detecting knives (knife concealment) and defusing conflict.
- **Surviving Edged Weapons**  
Fairbairn's original 'Timetable of death' and updates, types of bleed and First Aid treatment for bleeding.
- **Introduction to Knife Defence**  
Stances and postures of attackers, types of knife grips, cutting angles and types edged weapon attack.
- **Defensive Postures**  
How to protect vulnerable areas, traditional defensive stances, D4 ready stance & D4 defensive stance.
- **Counter Striking Areas**  
Target areas, your bodies natural weapons and priorities of target areas on an attacker.
- **Practical Knife Defence Skills**  
Continuum based on your role, techniques & concept elements for; defensive, striking, breakaway, locking/restraint, training & practice.



# DEFENCE 4™



# About Defence4, Affiniti Training and the Institute of Conflict Management.

## Defence4

Defence4 is our Personal Safety and Defence system which was created by Andy Manwaring. Andy has been a trainer in the Military and Security Sector, a College Lecturer and is an 8th Dan in the martial art of Ju-Jitsu. Andy has helped develop training (Breakaway & Physical Intervention) for the NHS, G4S, Local Government authorities, Police Defence Tactics trainers, as well as Police Close Protection / Armed Response trainers and Special Operations (Counter Terrorist) trainers. Andy has taught Self Defence courses for over 38 years, for a number of organization.

## Affiniti Training

Affiniti Training is our training company, we are registered with the UK Register of Learning Providers (UKRLP) and the Skills Funding Agency (SFA).

We specialising in Safety Training Providing courses on: First Aid, Health and Safety, Personal Safety, Self Defence, Breakaway, Physical Intervention, Fire Safety, Food Safety, and Teaching/Trainers.

We are based in Lancashire, but provide training Nationally.

We provide National qualifications' and Accreditation with Awarding Organisations and Chartered Institutes, one of these being the ICM.

## Background

Andy has extensive experience in Martial Arts and from working as a Door Supervisor. Like most Martial Arts Instructors, Andy has attended many Knife and Edged weapons defence courses over the years, but none really seemed to deliver what was needed. Years of research has enabled us to develop Defence4, what we believe to be one of the most comprehensive personal safety & defensive systems available, for both unarmed and armed assailants. Andy has previously worked with the Lancashire Police trainers, but it was around 2000 he delivered a defence from Edged Weapons course for them. Merseyside Police also tested our first Marking Blades for training. More recently Andy has delivered elements for the Edged Weapons concepts to Close Protection & SOB trainers of other UK Police Forces.

## The ICM

The Institute of Conflict Management (ICM) is a not for profit, independent organisation incorporated to develop strategies and standards to help reduce, and where possible eliminate, the risk associated with incidents of challenging, aggressive and violent behaviours. The ICM works across all sectors and at all levels to achieve this aim.

Affiniti Training is registered as a ICM Quality Award Centre (ICM-QAC). The ICM-QAC is designed to provide recognition for those organisations and individuals who demonstrate robust and auditable systems of operation and quality assurance. Much like any awarding body approval it requires the ICM-QAC to meet approval criteria and maintain quality standards.

Andy is a Registered Trainer Member of the ICM (TMICM), as well as achieving the ICM-Physical Skills Tutor Award (ICM-PSTA).

He is currently on the Board of Directors for the ICM and on the development panels for both the Security and Social Care / Education.

Recently Andy has had an input into the ICMs Handcuffing and Advanced/ Restrictive restraint techniques for the security sector.

## Pre-Course

The pre-learning theory element is required to be covered prior to attending the training day. This can be done by completing the online e-learning or by reading through a workbook. A theory assessment must also be completed prior to attending the practical course. This enables you to take the theory in at your own pace, as well as providing you with a good foundation for what will be covered during the practical sessions.

As mentioned earlier, the principles and concepts are based around your role (i.e. If you are Police or Security) or civilian and act as a bolt on to any pre existing training and preferences.

## Our Aim; to have the most comprehensive Defence from Edged Weapons course available!

- Provides both theory & practical defence
- That utilizes the bodies natural reactions
- Achievable in situations of high conflict
- Nullifies the attacker as soon as possible
- Fits the roles of Police/ Security & Civilian/MA.
- Utilizes prior training & preferences

**DETER**

**DETECT**

**DEFUSE**

**DEFEND**



The Institute of Conflict Management

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[www.AffinitiPro.co.uk](http://www.AffinitiPro.co.uk)

