



**Over 55s
Children
Women
Men**

Personal Safety & Defence System

Why train with us?

- **Short Courses**
Just 6 hours (plus pre course e-learning), delivered in one day or over a few weeks.
- **Specific Courses**
The course content is based on the most common attacks for each group type.
- **Easy to learn**
The techniques are simple to learn, as they work with your natural reactions.
- **Accredited Courses**
All techniques and courses meet the ICM standards.



What your course will cover!

- **Personal Safety Awareness**
Contributing factors to violence, colour codes, personal space, conflict zones, & defensive stances.
- **Violence in the Workplace**
Definitions, the law, controls, types of aggression, social skills, fight or flight & the 'Assault Cycle'.
- **Resolving Conflict**
Barriers to communication, managing aggression, signs of escalation, de-escalation tools & post incident.
- **Personal Safety in the Community**
When out walking, public transport, taxis, cars, cash machines, nights out & security at home .
- **Self Defence and the Law**
UK Self-Defence Law, definitions, use of force, Human Rights Law, pre-emptive strikes & use of weapons.
- **Self Defence Theory**
The body's natural weapons, target areas, common attacks, common injuries, & national statistics.
- **Break Away/Self Defence skills**
Dealing with punches, strikes & kicks, releases from holds, plus many more based on your needs.



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



DETER
DETECT
DEFUSE
DEFEND

A lot of what we teach is about raising your awareness, avoiding situations and improving your confidence!

“Safety is something that happens between your ears, not something you hold in your hands.”

- Colonel Jeff Cooper

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 in Health & Social care and currently holds an 8th Dan in the martial art of Ju-Jitsu. Andy has helped develop models of techniques (Breakaway, and Physical Intervention) for the NHS, a number of Local Government authorities, G4S, Police Defence Tactics trainers, Police Close Protection / Armed Response trainers and Special Operations (Counter Terrorist) trainers.

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' with a number of Awarding Organisations and Chartered Institutes, one of these being the ICM.

Background

Although Andy, the founder of Defence4, has years of experience in Martial Arts, it was while working as a Door Supervisor he actually gained a lot of his experience in dealing with violence and some of the situations ended up with him questioning why some things worked and some did not. Years of research and training has ended up in the development of Defence4, what we believe to be one of the most comprehensive personal safety & defensive systems available.

A lot of theory on personal safety is included in our training, which is normally only taught to Police and security personnel.

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 could demonstrate robust and auditable systems of operation and quality improvement. Much like any awarding body approval it requires the ICM-QAC to meet approval criteria and maintain quality standards.

Andy Manwaring has also achieved the ICM-Physical Skills Tutor Award (ICM-PSTA).

This robust and prestigious award requires the practitioner to meet strict performance criteria by which they are assessed by a qualified panel. This award has lead to the development of The National Minimum Standards for Physical Skills Tuition (NMS-PST).

The NMS-PST allow regulatory bodies; commissioner of training; and training practitioners to demand or demonstrate that the training meets a benchmark in good practice.

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 course.

As mentioned earlier, each course is based on the most common attacks and tailored to the needs of the group; male, female, children and over 55s.

We also deliver training for specific sectors/workplace such as; education, care, security, retail and leisure.