

## Part 1

Our personal protection day will begin with a two-hour seminar on the topics of situational awareness, pre-attack indicators, and the laws on the use of force in the protection of self and others.

- Situational Awareness
  - We “self- defense experts” love to use the term “situational awareness”. It is simply just a fancy way of saying “PAY ATTENTION!” We break down the levels of awareness along with the psychological and physiological aspects behind our natural reactions to a dangerous situation.
- Pre-Attack Indicators
  - From a young age, we are told two conflicting things, “never judge a book by its cover” and “trust your gut”. We here so many stories that, at one point or another, have something akin to “something just felt off with\_\_\_” in them. We are so worried about offending others or seeming weird, that we often overlook or dismiss red flags that our subconscious is screaming at us to RUN until it’s too late.
- Legal Use of Force
  - “If you do \_\_\_ you’ll go to jail!”, “There is no such thing as ‘self-defense’ in Maryland”, “If they break into your front door, you’d better run out the back door”. We hear things like this every day, and it doesn’t help when you see people being arrested and charged for things every time you turn on the news. We have good news and bad news. First, no it’s not as bad as everyone says. Second, yes it can be very easy to get yourself in trouble in a self-defense situation. As a certified instructor for the Maryland Wear and Carry permit training course, Chris will lay out the facts on when, how, and what level of force you can use to protect yourself and give you advice on what to do before, during, and after, to give you the best chances of having a favorable legal outcome.

## Part 2

After we break for lunch, we get to the fun stuff. We will have 3 stations set up to introduce you to some practical aspects of protecting yourself in a dangerous situation.

- The Tueller Drill
  - The Tueller Drill, also known as the 21ft rule is one of the many myths that have been treated as fact over the years. We bring back the original intention of the exercise, which is to show the importance of situational awareness and empty-handed skills, but doing so in a safe environment.
- The Shoot Room
  - Using cover effectively is not as easy as most people think. Movies and TV shows provide poor, and all too often dangerous, examples of how to properly engage a threat. We will introduce you to the concepts of “pieing your corners” and talk about key details that will keep you safe and empower you with the knowledge of what to do when you need to.
- Too Close for Comfort!
  - The bad guys have control over the “When, the Where and the How of an attack”, we have control over the “What we do about it”. People often buy pepper spray, fancy keychain accessories, or even firearms and think “if someone wants to hurt me, I’ll just\_\_\_” but never actually practice doing any of the things they say they’ll do until it’s too late. While there is no way to plan for *EVERY* situation you could ever be in, it has been shown that by being exposed to even a few scenarios can help you in the event that something happens, even if it’s not the exact situation that you planned and practiced for.