



www.gcwpersonalsafety.co.uk

Guardian Conflict Workshops are specialist providers of personal safety training, conflict management and control and restraint training. We have been providing training for 8 years for many different organisations. We are associate members of the Institute of Conflict Management.

All successful candidates receive a certificate of attendance from GCW Personal Training or, for an additional charge, candidates can be registered with the British Judo Association, who will insure them for the course, and they will receive a British Judo Association certificate of attendance.

We have a great deal of expertise in personal safety; our trainers are highly qualified to Home Office approved standards.

The trainers are black belts or trainers and coaches in various martial arts, including:

- Judo
- Karate
- Taiho Jutso
- Street fighting
- Unarmed defensive tactics

Many of the trainers have other qualifications including:

- Diplomas in Sports Psychology
- Diplomas in Sports Coaching
- Judo Club Coaching certificates
- Bodyguard training courses
- Diplomas in Life Coaching

They also have proven practical experience in dealing with violence and aggression and some have successfully competed in judo at international level.

British Judo Association Personal Safety Advisors

All the trainers have attended the British Judo Association Personal Safety Advisors course. In order to maintain the qualifications the trainers are required to re-qualify annually.

The British Judo Association has been promoting personal safety in the public arena for many years. The basic courses do not involve any judo techniques; these are only practised at a judo club. The main focus on the courses is awareness, avoidance and escape from violent confrontations.

Training

We can provide training to whatever level is required, ranging from presentations on conflict management, awareness and avoidance of dangerous situations, including simple escapes from grips and strangles, to more in depth techniques involving control and restraint training. We can also provide women trainers.

ONE-DAY AWARENESS COURSES

We always provide two trainers to demonstrate techniques. The course comprises of a presentation and a practical session of escape techniques. The course is designed to significantly increase awareness of personal safety, focusing on avoidance and escape.

Presentation – approximately 4-hours

We provide a presentation, using PowerPoint, TV and video and some practical exercises with audience participation. The customer usually provides the PowerPoint data projector, TV and video.

The presentation covers:

- The Bill of Rights.
- Self-defence and the law

There are often many misconceptions regarding what you are able to do in order to defend yourself from attack. This can often lead to the person under attack freezing and doing nothing whatsoever. The input we provide is designed to clarify the law relating to self-defence.
- The danger triangle – the basic ingredients for an assault to occur and how to avoid it.
- Avoidance and escape from dangerous situations.
- Identifying potential problems before they occur.
- Communication and adopting the correct attitude.
- Conflict resolution and effective listening skills.
- Ego and over estimating your own abilities.
- The effects of fear in confrontational situations. How fear can reduce our ability to function effectively.
- Tactical positioning – how to keep your distance from aggressive persons.
- Proxemics and personal space.
- Body language – how to interpret it and use our own body language to defuse situations.
- How to reduce the potential to become a victim of street crime.

- Warning signs and danger signs to look for in persons that indicate they are likely to become violent.
- The assault cycle – identifying what may trigger an assault and how to reduce the likelihood of this occurring.
- Factors that may affect your response to an attack.
- Planning – it is very important to plan effectively in order to minimise the likelihood of an assault. It is also important to plan an escape route and how to get support should an attack occur.
- Car security, planning of car parking etc, in the work and non-work environment.
- Abduction – how to avoid it and what to do in the unlikely event it should happen.

The presentation uses many local examples of actual incidents to illustrate the above points.

Practical training – duration approximately 2 hours

There is a full safety briefing given beforehand. Staff with any injuries or medical conditions that may be affected by this training should not participate and are asked to declare any such condition prior to the session.

These sessions are great fun and do not require a high level of fitness or skill. The techniques are all based on gross motor skills that we all possess.

Normal clothing can be worn but a tracksuit or casual clothing is ideal to wear for these training, flat-soled shoes or trainers are ideal footwear.

- Tactical positioning.
- Passive non-threatening posture.
- Positive use of body language.
- How to maintain a balanced posture.
- Defensive positioning.
- Mental stunning by use of voice commands (when under attack).
- Escapes from wrist grabs.
- Escapes from a front strangle.
- Escapes from a rear strangle.
- Escapes from a rear strangle using a finger lock.
- Escape from a side headlock.
- Escape from a bear hug.
- Ground defence from being kicked.
- Ground defence from strangles.
- Basic strike techniques.

Advanced Courses

We have a 2-day, advanced course where, for a small fee, we hire a local judo club. The club has excellent facilities for training, including a fully matted area with crash mats.

This follows on from the basic course and provides training to a much higher practical skill level. It re-visits the above techniques and introduces additional ones:

- Control and restraint techniques.
- Blocks from punches.
- Takedowns.
- Arm locks.
- Wrist locks.
- Ground holds
- Strikes (using strike pads).
- Knife defences.
- The dangers of positional asphyxia.
- Excited delirium

Clients

We have been providing training to a wide variety of clients, including:

- Lundbeck Pharmaceuticals
- Bill Croft Associates
- Critical Response Emergency Training
- The South East Derbyshire College
- The New College Nottingham
- The People's College, Nottingham
- Nottingham City Transport
- Rock City, Nottingham
- Charter Consultancy
- The Erewash Crime Reduction Strategy Group
- Mansfield Primary Care Trust
- Ashfield Primary Care Trust
- Newark & Sherwood Primary Care Trust
- Deeside College
- Mike Page Training
- Sovereign Security
- Nottingham Forest Football and Rushden and Diamonds Club Stewards
- The University of Nottingham
- Securicor Justice Services

- The National College for School Leadership, Nottingham

We also provide to NVQ level through the South East Derbyshire College, where we conduct Door Supervisor and Events Stewards courses. All our staff are accredited with the Security Industry Authority to deliver conflict resolution training for Door Supervisors and Events Stewards.

We always ask candidates to complete feedback sheets at the end of the course and have a comprehensive database of completed sheets, which provide positive feedback.

The training is usually provided at the client's own training venue, unless specialist training requiring mats is required.

Charges

All local work is charged at £550 per day for two trainers.

If you wish to discuss this further please contact me on 01623 431071 or 07974 965010.

Yours sincerely,

A handwritten signature in cursive script that reads "I. Worthington". The signature is written in black ink on a white background.

Ian Worthington