

Course Agenda Timings



Twilight Evening course

Week 1

18:00 Course Admin

18:15 Introductions

18:30 Statistics

18:45 The Law - Use of Force

19:30 Grabs, Kicks & Punches

20:20 Summary & Course Wrap up



Week 2

18:00 Response to behaviour

18:30 Non-Verbal & Verbal Abuse

19:00 Holds, Roll & Roll

20:20 Summary & Course Wrap up

