



Självförsvar

# Security Personnel Advanced Training

*Protecting your  
people on the job*

Forsman Self Defense analyses with you the needs of your team members and designs ongoing training programs for their professional development in the area of peace keeping and the management of human conflict.

# We make a difference to your Security Personnel

*Rising crime statistics now demand that the industry has trained professional and multi-skilled people to handle jobs that call for private security handling. Our training is concerned specifically in the area of maintaining peace and the management of human conflict. Keeping head, emotions and body in check and ready for action is critical for personnel who are involved in this area of security, therefore, all aspects of our training attend to the whole person to ensure that they are amongst the best in their field.*

*Our methodology is grounded. Your people will work only with specialists in their field and instructors who have had real life peace keeping and combat experience. We tailor a training program for your company, its culture and for the different levels of acumen to increase the capability of your security personnel to be ready to act and deliver results in a timely and professional manner.*

*We consider every aspect of your employees to improve their overall performance, providing skill upgrades in the physical application of self defense and hand to hand combat techniques, wilderness challenges of survival to improve leadership capability, and a framework for individuals to improve in areas of emotional intelligence competencies and mental mindset so they improve their chances of handling the pressure when it is on.*

**Building Leadership & Survival Competencies in Security Personnel Training, including Self Awareness, Initiative, Social Awareness & Conflict Management**



# Key Benefits and Outcomes For Your Security Business



## Techniques Designed to Save Lives

We improve the self-defense skills of your people, teaching techniques that settle threatening situations with speed - training them correctly in hand-to-hand combat and tactics of disarmament in the safe removal of knives and guns.



## Reality Based Training

We design and produce a personal, reality based training schedule that will test the potential of your team and provide them with a philosophy and regime to develop and further consolidate learnt skills.



## Higher Levels of Self Awareness

We provide a self-analysis and evaluation process so your people also emerge with a greater understanding of personal limitations, mentally, emotionally and physically - and empowered to work on their limitations.



## Improved Leadership Ability

We facilitate with individuals a course of development, which can include a wilderness survival experience to turn their weaknesses into strengths, to improve leadership & survival competencies to confidently use the power of new skills to handle and diffuse situations, avert attackers, or if necessary, explode into action to protect themselves or others from harm.



## Increased Capability Reading Human Behaviour

We provide your people with detailed knowledge and scenario driven experiential learning in the area of reading body and voice language to understand the motives behind criminal behaviour - to improve their analysis of aberrant behaviour and underlying criminal intentions.



## Real World Specialists

We provide instructors who are experts in their field, especially experienced in real world threatening situations and who have been trained to act quickly in dangerous situations and deal correctly with physical threat.

The moment of truth  
will be what you have  
trained, or not trained  
to do.



Security Personnel Training  
Specialising in the Area of  
Maintaining Peace and the  
Management of Human  
Conflict.

## Program Leader - Stefan Forsman

Stefan Forsman was born and raised in a rural area of Dalarna, a province in the heart of central Sweden. He has travelled the globe, has lived in outback Australia, America, Canada and Norway, has run his own businesses in Florida, Montana as well as Norway and Sweden - and he has conducted many educational courses, including in animal behavioural development, wilderness survival and of course self defense - a discipline he began investigating during his teenage years when he started training and competing as a boxer, dabbling also for a while in the martial arts. However, he soon realised that boxing and martial arts were not really designed for the violence, chaos and unpredictability of real life attacks, thus he began a life of intensive research to find the best of the best in self defense tools and hand-to-hand combat training. He joined the Swedish Army Rangers when he was 18 years old and during his first year of commando training, specialising in arctic warfare, defending deep behind enemy lines, his first hand-to-hand combat teacher was the renowned European specialist - Tamas Weber.



Security personnel now play a vital and critical role in helping to manage the escalating tide of terrorism as well as acts of civilian crime and violent behaviour. A wide range of skills are required to meet the new challenges. In the US alone:

*"175,000 new security jobs expected before 2016. In recent years, due to elevated threats of terrorism, most security officers are required to have bomb-threat training and/or emergency crisis training, especially those located in soft target areas such as shopping malls, schools, and any other area where the general public congregate."*

*"Bureau of Labor Statistics Occupational Outlook Handbook, 2008-09 Edition". Bls.gov. 2009-12-17. Retrieved 2010-03-25.*



## A GLOBAL CASE FOR Reality Based Training



**Our training is  
about action,  
...not reaction**

# No Nonsense Self Defense Training

As a commando, Stefan Forsman served in war zones for the Swedish Army, twice on exchange programs for the Canadian Army and also on missions for the United Nations peace keeping corps. As a result of his experience, he strongly adheres to a system of self-defense that has a proven track record of success. Real life attacks, he says, demands a training regime that prepares your mind and body for the unpredictable. A real conflict is not rehearsed. You have to train for non-specific outcomes. This requires the capability to scan and identify aberrant behaviour, to know how to diffuse conflict or, if all else fails, how to neutralise a threat and save the life of yourself and others. This requires a level of training that goes beyond the skills taught and learnt in sporting codes like boxing and the martial arts. "In a real life attack, a few simple yet highly effective techniques are all that are needed to remove a threat; no complicated moves.



# Real World Experience

During and since leaving the forces, Stefan Forsman has continued to develop his self-defense and hand to hand combat skills - combining techniques drawn from diverse training with soldiers who have served in regiments with the Israeli, UK, Canadian, American, Norwegian and French Foreign Legion armies. He says: "self defense training for real world conflict is required across the board these days - there's a lot of social breakdown and violence on our streets, and just this factor alone places great responsibilities on professional security personnel and also puts them personally at risk, especially if they have not been trained properly. In my own area of specialisation, this is where I would like to help professionals improve their value." Real world experience combined with reality based training produces better outcomes - statistics prove this. You are better prepared to protect yourself as well as clients. Importantly, you are also stronger within yourself to manage situations wisely and effectively to diffuse dangerous situations - before they get out of hand.



# How you have trained ... is how you will respond in an attack

We design with you a program that will give your people experience of what it is like to be in a very uncomfortable place with a brutal attack raining down on them - a training to prepare them to meet for the unexpected.

We prepare them mentally and emotionally to help them become more self-aware and to identify what they need to develop within themselves to be more effective as security personnel. in protecting clients and also themselves.

Again, this is not training for a sporting event with high kicks and hundreds of complicated moves, or grappling and joint manipulation. These types of techniques do not work when you are fighting for your life.

Reality based training and battle proven systems in self defense and hand to hand combat have been designed for a specific reason. To deal with real world situations. Therefore, our training is not conducted on soft mats with good lighting.



A fight in real life is nothing like a sports competition where there are referees and time out to rethink.

Everything is chaos in a real attack. Adrenaline is rushing through the body and the last thing you want to do is to wait and see how you will be attacked to establish the best technique to defend yourself.

We train your people to develop the right mental attitude so that they believe they are going to win and a set of simple techniques to give them the best possible chance of survival.

We train them how to manage conflict at every stage, from how to diffuse and if all else fails, how to finish a fight as quickly as possible - and emerge safely.



# Providing Emotional Intelligence Competency Tools

*To ensure that the professional development of your staff in our training is wholly addressed, we also provide a grounding introduction to the field and tools of Emotional intelligence (EI). This is included for your staff to enable them personally to understand the competencies that are required of them to train and use optimally the methods and tools that Forsman Self Defense provides.*

*The value of working with emotional intelligence tools and developing a greater self awareness in your people is to help improve their ability to deal with their emotions and those of others in the course of work .*

*The process we use actually puts the tools of Emotional Intelligence in their hands, so their learning in this area is self -driven and self directed. This is important as part of the experiential learning dimension that we create in all of the stages of our self defense training. Research shows that this type of learning is going to have the most effect because participants explore and discover for themselves the answers they need to improve their overall performance as security personnel.*

*Throughout training, EI competencies that include self awareness, social awareness, relationship management and conflict management can be referenced so that course participants with the company can track and manage their progress.*



**Building Leadership & Survival Competencies in Security Personnel Training , including Self Awareness, Initiative, Social Awareness & Conflict Management**

## **BECOMING EMOTIONALLY INTELLIGENT**

**Knowing your emotions, recognising feelings as they happen.**

**Managing your emotions, handling feelings so they are appropriate.**

**Motivating yourself, marshalling emotions to achieve a goal.**

**Recognising emotions in others, demonstrating the ability to read the emotions of others.**

**Handling relationships, skillfully managing the emotions of others.**

# Module Examples for Forsman Self Defense Training

*Building knowledge, fitness, confidence and readiness to act in real world situations*



## Day 1

### **Building the Right Attitude**

Seeing possibilities - not thinking like a victim, personal development, exploring levels of motivation, confidence and self belief required to protect yourself.

## Day 2

### **Staying Fit**

Preparing the body to be aligned with rising levels of confidence and self-belief; developing awareness of first reactions to violence – fight, flight or freeze? Building courage, training to not give up.

## Day 3

### **Building Knowledge**

Studying case studies of real life attacks, exploring body and verbal language of victims and perpetrators; learning how perpetrators think and operate – developing diffusion techniques and self-belief to get out unscathed.

## Day 4

### **Developing Body Response**

For worse case scenarios - realistic simulations, managing paranoia and adrenalin dump, holding onto gross and fine motor skills, practicing how to act and not react – beating them to the punch, building body response and skilling up in first strike techniques.

## Day 5

### **Building the Arsenal of Techniques**

For effective and rapid response, training with sequences to embody different combinations of self defence moves that will bring your attacker down. All it takes is a simple set of highly effective set of techniques.

## Day 6

### **Broadening Combat Skills**

Applying last stop tactics - turning everyday objects into weapons, working against knife attacks; consolidating learning through training manoeuvres and testing self in realistic role plays.

***Wilderness experience training to consolidate skills can also be included within a training program design.***





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