



## *Training to help protect your people while on the job*

Forsman Self Defense develops your staff to be more confident and effective at managing and counteracting aggressive behaviour, or potential physical threats by members of the general public during the course of work.

***Managing conflict with the general public***





## We make a difference to your employees

A notable increase in attacks to public servants during the course of their work is a serious concern. From council workers who deal - face to face - with people who have complaints , to health workers in hospitals or out in the field , to fire officers going into riot zones - all have to deal with potentially life threatening situations. Keeping head, emotions and body in check and ready for action is critical for this breed of personnel who also need to be peacekeepers, able to manage human conflict and protect themselves.

All aspects of our training in self-defense attend to the whole person to build confidence and skills to ensure that they are amongst the best in their field. Our methodology is grounded within a number of disciplines to ensure your people train only with specialists in their field and instructors who have had real life peace keeping experience.

We tailor a training program for your organisation, its culture and for the different levels of acumen to increase the overall capability of your people to be ready to act and deliver results in a timely and professional manner, including skill upgrades in the physical application of self defense and hand to hand combat techniques, wilderness challenges of survival to improve confidence and 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.

**We prepare your people mentally and emotionally to be more effective in crisis situations**



### 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 defense against knives and guns.



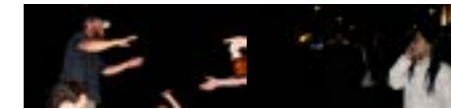
### Improved Leadership Ability

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.



### 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.



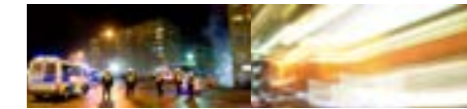
### Increased Capability Reading Human Behaviour

We provide your people with detailed knowledge and scenario driven experiential learning in the area of reading body and voice language - to improve their analysis of aberrant behaviour and underlying intentions and better forecast how best to manage conflict or threat.



### Higher Levels of Self Awareness

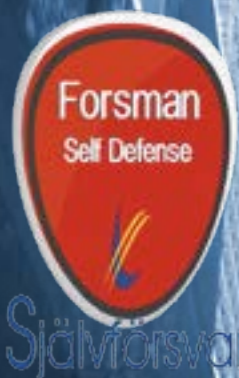
We provide a self-analysis and evaluation process so your people also emerge with a greater understanding of personal limitations, mentally, emotionally and physically - and empowered to work on their limitations.



### 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.

Public Service  
Training To  
Maintain  
Peace and  
Manage  
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, in wilderness survival and self defense - a discipline that he began investigating during his teenage years when he started training and competing as a boxer. He dabbled also for a while in the martial arts. However, he soon realised that boxing and martial arts are not designed for the violence, chaos and unpredictability of real life attacks. At this point, 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 behind enemy lines, his first hand-to-hand combat teacher was the renowned European specialist - Tamas Weber.



## No Nonsense Self Defense Training ... Combined With Real World Experience



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 the unknown. 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.



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, which places great responsibilities on personnel who have to deal with the general public and unpredictable, aggressive behaviour. It puts them personally at risk, and 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.

Violence in hospitals is reported widely - and for a variety of reasons. A 2010 research from Australia suggests that many members of the health profession will not even report incidents with patients or the general public because they feel that workplace violence is just part of the job.

*"Alarmingly, 40 per cent of nurses had been involved in an incident involving a weapon in the past year, with 3 per cent saying weapons were brandished on a weekly basis. Guns (6 per cent of respondents), knives (3 per cent) and hospital equipment (32 per cent) were the weapons most commonly encountered."*

<http://www.watoday.com.au/wa-news/violence-rife-against-joondalup-hospital-nurses-study-20100203-nciy.html>

## A GLOBAL CASE FOR Reality Based Training



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

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

Although Forsman Self Defense covers content that values keeping the peace as a first priority, the company also designs 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 in crisis situations. 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 can happen anywhere and 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.

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, including Self Awareness, Initiative, Social Awareness & Conflict Management



# Module Examples for Forsman Self Defense Training

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

### 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.**

### 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 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.

*Additionally, program design can include wilderness experience training to consolidate skills and building competencies in self-confidence, survival, initiative and leadership.*

### 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 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 techniques.

### Add-ons

### 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 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.



Forsman Self Defense

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