

SELF-DEFENSE COURSE

№	Topics	Educational hours according to the plan							Chair
		Total amount of hours	Including						
			Lectures	Seminars for experience exchange	Round table	Solution of case tasks	Functional and role games	Group exercises	
1.	<i>Initial tests</i>	7	-	-	-	-	-	7*	
1.1.	Physical training	3	-	-	-	-	-	3	Special anti-terrorist unit «Almaz»
1.2.	Strike technique, wrestling sleights	2	-	-	-	-	-	2	Special anti-terrorist unit «Almaz»
1.3.	Health status	2	-	-	-	-	-	2	Special anti-terrorist unit «Almaz»
2.	<i>Medical training</i>	8	4	-	-	-	-	4	
2.1.	Basics of anatomy and physiology of a human being	2	2	-	-	-	-		Special anti-terrorist unit «Almaz»
2.2.	General notion of trauma. Certain types of traumas. Rendering assistance to yourself and others.	3	1	-	-	-	-	2	Special anti-terrorist unit «Almaz»
2.3.	Types off bleedings, first aid in case of bleeding.	3	1	-	-	-	-	2	Special anti-terrorist unit «Almaz»”
3.	<i>Psychological training</i>	1	1	-	-	-	-	-	
3.1.	Techniques of development of <u>endurance and stamina</u>	1	1	-	-	-	-	-	Special anti-terrorist unit «Almaz»
4.	<i>Planning and contents of the training in hand-to-hand fighting.</i>	3	3	-	-	-	-	-	
4.1.	Prevention of traumas during <i>the training in hand-to-hand fighting.</i>	1	1	-	-	-	-	-	Special anti-terrorist unit «Almaz»
4.2.	Training program. Stages of training.	1	1	-	-	-	-	-	Special anti-terrorist unit «Almaz»
4.3.	Types and means of training.	1	1	-	-	-	-	-	Special anti-

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								terrorist unit «Almaz»	
5.	<i>Tactical basics of conducting a wrestle</i>	10	-	-	-	-	-	10	
5.1.	Mastering the tactics of conducting attacks and counterattacks	5	-	-	-	-	-	5	Special anti-terrorist unit «Almaz»
5.2.	Mastering offensive and defensive actions	5	-	-	-	-	-	5	Special anti-terrorist unit «Almaz»
6.	<i>Strike technique</i>	14	-	-	-	-	-	14	
6.1.	Technique of hand blows (straight blows, from beneath, side blows, elbow strokes). Preliminary exercises to acquire stroke technique. Protective sleights from hand blows.	9	-	-	-	-	-	9	Special anti-terrorist unit «Almaz»
6.2.	Kicking technique (straight kick, from beneath, side kick, knee strokes). Protective sleights from kicks.	5	-	-	-	-	-	5	Special anti-terrorist unit «Almaz»
7.	<i>Wrestling</i>	14	-	-	-	-	-	14	
7.1.	Wrestling sleights in a stance: - spotting techniques in case of falling; - thigh blocking turn; - through with catching two legs at the front, back	6	-	-	-	-	-	6	Special anti-terrorist unit «Almaz»
7.2.	Wrestling sleights in a lying position: - various types of holdback; - pain giving and <u>suffocating</u> sleights	4	-	-	-	-	-	4	Special anti-terrorist unit «Almaz»
7.3.	Technique of hugs and holdfast and the sleights to free oneself from them. Sleights of helping each other.	4	-	-	-	-	-	4	Special anti-terrorist unit «Almaz»”
8.	<i>General and special physical training</i>	16	6	-	-	-	-	10	
8.1.	Techniques of developing special physical abilities	5	5	-	-	-	-	-	Special anti-terrorist unit «Almaz»

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8.2.	Techniques of regulating the volume and intensity of physical load	1	1	-	-	-	-	-	Special anti-terrorist unit «Almaz»
8.3.	Development of <u>endurance and stamina</u> (Sotsky exerciser “Bizon 1”)	10	-	-	-	-	-	10	Special anti-terrorist unit «Almaz»”
9.	<i>Special and applied training</i>	38	-	-	-	-	-	38	
9.1.	Sleights of apprehension by force: - techniques of sleights of apprehension by force; - technique of conducting external search, conveying; - tactics of apprehension	11	-	-	-	-	-	11	Special anti-terrorist unit «Almaz»”
9.2.	Sleights of disarmament in case of threat of firearms: - technique of applied acrobatics; - technique of disarmament sleights in case of threat of a pistol (machine-gun) from the side, the front and back; - technique of preventing sleights in case of attempting to produce a weapon from a breast pocket, from a belt, other clothes; - sleights of helping each other	11	-	-	-	-	-	11	Special anti-terrorist unit «Almaz»
9.3.	Sleights of protection against attacks by missile weapons: - technique of applied acrobatics; - technique of protection sleights against stabs from beneath? From above, from the side, backhand - sleights of helping each other	16	-	-	-	-	-	16	Special anti-terrorist unit «Almaz»
	Examination	8	-	-	-	-	-	-	Special anti-terrorist unit «Almaz»
	Total:	119	14	-	-	-	-	97	