



Mona Lisa's Sword® (MLS)

PERSONAL SAFETY ESSENTIALS^{S.M.} (PSE)

SKILLS & KNOWLEDGE CLASS OUTLINE

PERSONAL SAFETY... USE YOUR ABC'S!

A	AWARENESS: ATTENTION + RISK ASSESSMENT
A WARENESS	Common Sense Misinformation Replace Mythology and Alarmism with current, accurate, representative, and age-appropriate information
	Assault Dynamics Components and Approaches
	Risk Groups, Risk Factors, Protective Factors
	The Victim/Abuser Behavior Cycle
	Escalation and Matching
	Assault Triggers and Risk-reduction Factors
	4 Categories: Danger Signals
B	BOUNDARY SKILLS AND VERBAL DEFENSE
B OUNDARIES	Boundary Skills Box Breath; Unbendable Arm; Centering
	Barrier Blocking
	Escape Skills: A) Snake; Umbrella; Cleopatra; B) Choke Escapes
	Resiliency and Efficacy : Overview and Skills
	4 Boundary Controls
	Assertion Strategy Resourcefulness: Expression that is Direct, Honest, Appropriate, and Useful
	Confrontation Conflict Resolution Tactics: NAG! Naming; Accountability; Goal-Orientation
C	PHYSICAL SAFETY SKILLS
B ODY C ONFIDENCE	Biomechanical Overview Instinctive and Inherent Protection Techniques
	Physical Defense Stance and Movement; Defensive Posture; the Head Cover; Windshield Blocking
	Counterstrikes Targets and Vulnerability Hand and Elbow Strikes; Knee and Heel Kicks

Program Date _____

6-Month Review Date: _____ **STAY CURRENT!**