

Self-defense Skills for Life!

Fundamentals 2

The Close Range



'What do you do when you can't create distance from a threat?'

Creating distance isn't always an option in some situations. This could be due to your environment, for instance, when you're traveling on public transport, are on elevators, or when you're in the company of your (small) children. In these circumstances, knowing how to defend yourself at close range is essential. In our training program, Fundamentals 2, you will learn how to handle yourself in these situations: how you're able to close the gap, how you can neutralize a threat, and in which way you can protect yourself when space is limited. Attacks often occur up close, so mastering these skills is crucial for effective self-defense.

This training program instills a thoughtful approach to self-defense. You will find details on our program content and the Fundamentals 2 test criteria in this document. Do you have any questions? Please ask our instructors!

6 months to get the basics down

A minimum of 6 months of training is required to learn the skills and techniques of Fundamentals 2.

Test (not an exam)

As a bonus, you will be able to test yourself on your problem-solving abilities after six months of training.

About Inside Defence

Our dedicated team comprises professionals with over 15 years of experience teaching life-saving self-defense skills. We also teach life-enriching skills, such as coaching and special forces training.

We have trained over 3,000 individuals and successfully collaborated with various satisfied clients, companies, and organizations, including Soho House, the Social and Cultural Planning Office, and the Dutch Association of Hospitals.

We believe that self-defense is essential to self-care, much like acquiring swimming or first aid skills.

We assist people in shifting from a reactive to a proactive approach in their actions, thoughts, feelings, and needs during (violent) conflicts.

Becoming proactive makes you less fearful, empowers you, and enables you to better care for yourself and others. This way, we actively contribute to a safer and more caring world.

Our classes, workshops, and courses are dynamic, enjoyable, and incredibly informative, contributing to the overall well-being of the practitioners.



1. The method

Just like in the Fundamentals 1 program, our training methods remain consistent.

Step 1: Listen to your gut feeling

Step 2: Improve your position

Step 3: Deal with the problem

Step 4: Go to a safe place

Step 5: Check yourself for injuries

Step 6: Call for help

'Dealing with conflict'

**'Follow your plan
and stick to it'**



2. Problem-solving

'DURING THE ENCOUNTER'

Throughout the fundamentals program, participants will gain experience and learn skills to address the following problems:

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Problems (including all problems from Fundamentals 1)

- 3.1** Knife threats (with grab)
- 3.2** Knife attacks (with grab)
- 3.3** Dealing with strikes (non-committed)
- 3.4** Dealing with stone-like objects
- 3.5** Ground fighting (while mounted)
- 3.6** Defending kicks on the ground
- 3.7** Multiple attackers
- 3.8** Headlocks (side and back)
- 3.9** Bear hug (from behind & multiple attackers)
- 3.10** Hair & shirt grabs
- 3.11** Clinch fighting (freeing)
- 3.12** Third party protection
- 3.13** Bag snatch (give up, fight or use)

**The
Close
Range**



3. Skills

'TOOLS DURING THE ENCOUNTER'

The skills that students will learn during the Fundamentals 2 program can be utilized to solve the problems outlined in chapter 2.

3.	<u>Principles</u>	3.1	<u>Strikes</u>	3.2	<u>Kicks</u>	3.3	<u>Defences</u>	3.4	<u>First aid</u>
3.1	Clinch fighting	3.1.1	Elbows (all angles)	3.2.1	Knee strikes (all angles)	3.3.1	360°	3.4.1	Fireman carry
3.2	Head manipulation	3.1.2	Hammer (all angles)	3.2.2	Stomping kick	3.3.2	Cover up	3.4.2	Wound pressure bandage
3.3	Drop step	3.1.3	Finger Strikes		Side-kicks	3.3.3	Body defence		
3.4	Getting up from the ground	3.1.4	Head-butt (all angles)			3.3.4	Dracula		
3.5	Driving					3.3.5	Inside defence		
						3.3.6	Outside defence		
						3.3.7	Wrap (under/over)		
						3.3.8	Bridging		
						3.3.9	Shrimping		



ID 4. Theory

'Before the encounter'

In addition to the physical skills, the theory will be addressed to enrich the learning experience.

2.1 Violence

2.1.1 How to stop an attacker

- move away
- de-escalate
- apply pain
- control the attacker
- do proportional damage (up to lethal levels)

2.1.2 Stones (when thrown): trajectory

2.1.3 Ground

- framework
- weight distribution
- posting

2.1.4 Close range tactics

2.2 Biology

2.2.1 Application of tourniquet and wound pressure bandage

2.2.2 Check yourself (and others) for injuries

2.2.3 Previous theory: Fundamentals 1

**Studying the
cure and the
cause**



6. The test

'Rising up to the challenge'

6.1 About the test

Testing yourself regularly is like keeping up with a workout routine. During a test, you learn how you react under pressure, which skills you have mastered, and which skills you need to improve. This way you stay sharp, motivated, and ready for the challenges that come your way.

Every six months, Inside Defence will host a 2-hour test, where your skills and problem-solving abilities will be assessed by our instructor team. The goal of the test isn't to pass or fail. Instead, it's about experiencing – confidently, effectively and safely – how you handle (violent) conflict situations.

6.2 What does the test look like?

The test is dynamic and unpredictable. Students are given free reign to choose how to tackle the challenges presented. The test incorporates a mix of (violent) problems and sequence drills, offering a realistic, challenging, and fun experience.

You will learn how you respond under stress to (violent) conflict situations, including attacks (with and without weapons). Are your actions effective? Did you solve your problem proportionally? Did you de-escalate, or were you forced to react with violence and escape? Were you wounded, and if so, how did you react? The test is not about being perfect; it's about growing and learning how you can protect yourself.

6.3 When is the test successful?

The test is successful if you have demonstrated the ability to act with confidence and effectiveness in situations requiring self-defense. Upon passing the test, you have earned your Fundamentals 2 certificate.

The certificate symbolizes your capability to act confidently and effectively in situations requiring self-defense at close range, as well as your understanding of the content covered in the Fundamentals 2 curriculum.

'Don't compare yourself to others. Compare yourself to the person you were yesterday.'