

# A GUIDE TO BASIC SELF DEFENSE TIPS



# Self Defense A Basic Course A Basic Course

**Joseph Truncale**



## **Self Defense A Basic Course A Basic Course:**

**Self-defense, a Basic Course** Bruce Tegner, 1979 The techniques are easy to learn and remember Prevention and assault deterrence are emphasized **Pro-Systems: Combatives Volume One** Joseph Truncale, 2015-03-14 This is the first volume of the Pro Systems Combatives PSC system This manual has all the basic techniques principles and essential warm up drills required to learn the entire basic Pro Systems Combatives PSC selfdefense offense system This volume also covers responses to punching attacks kicking attacks wrist arm grab attack counters body grab counters and drills Volume two covers the Pro Systems Combatives PSC self defense responses to chokes head locks knife gun multiple subjects and ground attack counters **United States Marine Corps - The Basic School - Warrant Officer Basic Course Materials** , Over 2 200 total pages WARRANT OFFICER BASIC COURSE WOBC 1 18 INFORMATION Congratulations on your selection as a Warrant Officer of Marines You are about to embark upon a truly remarkable journey as an officer of Marines That journey begins with your successful completion of the Warrant Officer Basic Course WOBC at The Basic School TBS in Quantico Virginia Warrant Officers and Title 10 Warrant Officer WO is an appointed rank vice a commissioned one Chief Warrant Officers Marine Gunners and Recruiting Officers are commissioned All Chief Warrant Officers and Warrant Officers must successfully complete the WOBC in order to retain their appointment or commission Title 10 U S C Section 1165 states THE SECRETARY OF THE NAVY HAS THE AUTHORITY TO TERMINATE THE REGULAR APPOINTMENT OF ANY PERMANENT REGULAR WO AT ANY TIME WITHIN THREE YEARS AFTER THE DATE WHEN THE OFFICER ACCEPTED HIS ORIGINAL PERMANENT APPOINTMENT A MARINE WHOSE APPOINTMENT IS TERMINATED MAY UPON HIS REQUEST AND AT THE DISCRETION OF THE SECRETARY OF THE NAVY BE ENLISTED IN A GRADE NOT LOWER THAN THAT HELD IMMEDIATELY PRIOR TO APPOINTMENT THEREFORE THE FIRST THREE YEARS AS A WO IS A PROBATIONARY PERIOD AND THE APPOINTMENT TO WO WILL BE TERMINATED IF A MARINE DOES NOT COMPLETE THE REQUIREMENTS OF THE WOBC WOBC MISSION STATEMENT Train and educate newly appointed warrant officers in the high standards of professional knowledge esprit de corps and leadership required to transition from enlisted Marine to officer with particular emphasis on the duties responsibilities and warfighting skills required of a provisional rifle platoon commander The Warrant Officer Basic Course The WOBC is an eighteen week course that focuses on the transition from enlisted Marine to Marine officer TBS and the WOBC focus on five horizontal themes that define expectations of all Marine Officers 1 a man woman of exemplary character 2 devoted to leading Marines 24 7 3 able to decide communicate and act in the fog of war 4 a Warfighter who embraces the Corps warrior ethos and 5 mentally strong and physically tough The universal concept that Marine Officers must be able to assess situations weigh the pros and cons of various decisions make a decision develop a plan communicate that plan effectively and supervise its execution is stressed and exercised throughout the course The course will teach the science and art required for service of Marine Officers with an emphasis on decision making throughout

Provisional infantry and planning subjects are together used as the means or vehicle to teach and evaluate this process Since all students are evaluated on leadership as Marine Officers physical mental and emotional stress are incorporated throughout the course in order to evaluate the ability to lead in chaotic and stressful environments Some individuals will be pushed close to their failing point but the WOBC is designed to give students an opportunity to display positive leadership qualities in the face of adversity The WOBC is not a check in the block It is a course designed to provide students with the learning experiences necessary to effectively transition to service as a Marine Officer Students who do not successfully complete the course face a variety of administrative actions including repetition of the course recycle to a six month lieutenant Basic Officer Course revocation of appointment or separation from the service The WOBC curriculum is an academically rigorous provisional infantry and staff planning based program of instruction POI which consists of approximately 935 hours of formal instruction The POI includes classroom instruction field exercises sand table exercises and discussion groups Classroom instruction is designed around the flipped classroom model Training Resources United States. Department of State. Bureau of Diplomatic Security. Training Center,1992 **R.O.T.C. basic course (Infantry); red and white courses, C.M.T.C., and additional matter** James Alfred Moss,1923 Training Opportunities United States. Department of State. Bureau of Diplomatic Security. Training Center,1990 Human Factors Issues in Handgun Safety and Forensics Hal W. Hendrick,Paul Paradis,Richard J. Hornick,2007-11-26 Written by two certified human factors ergonomics professionals and a criminalist and firearms expert all of whom have testified as expert witnesses Human Factors in Handgun Safety and Forensics draws on their formidable collective knowledge and professional experience to present the first scientifically based volume in the field This Project Reports of the National Institute of Law Enforcement and Criminal Justice ,1971

**Taiho-Jutsu** Steven Kaplan,2010-12-27 Steven J Kaplan is the Dean of the Graduate Theological Institute in Margate Florida A State classifi ed Chaplain holding a doctorate in psychology he is additionally an ordained rabbi who has taught both Jewish studies and psychology at the college and university levels Dr Kaplan has been engaged in pastoral psychotherapy for thirty fi ve years **A Dangerous Test** Damon Nomad, The Kim Regime is a threat unstable and unpredictable no sticks or carrots have stopped the development of a nuclear tipped missile capable of striking the United States The intelligence community assures President Larson that Pyongyang is many years away from crossing that red line Larson knows their longest range missile can now reach all the population centers on the West Coast A lone intelligence analyst claims they have a warhead that will work on that missile Larson calls on Michael Case to get to the bottom of the dispute What if they have a nuclear tipped missile on a launch pad What if they launched that missile is it a test or targeted at LA Seattle or San Francisco President Larson would have less than thirty minutes to decide what to do and the technology to shoot it down does not exist A dangerous tipping point that could lead to global nuclear war *Resources in education* ,1988-02 *Federal Prison System* ,1978 **The Marine Corps Gazette** ,1917 **SHOTOKAN KARATE: PRACTICAL**

**COMBAT KARATE FOR THE STREET** Joseph Truncale, 2015-07-05 Shotokan Karate is one of the most effective forms of self defense but it is this area that is most ignored in traditional Shotokan dojos This modest manual is different from most Shotokan Karate texts because it focuses on the self defense application of karate Traditional Shotokan karate concentrates on three primary areas They are basics or Kihon Kata or forms and sparring or kumite The sparring may consist of five times sparring three times sparring one time sparring semi free sparring and free sparring Self defense training is seldom practiced and this manual hopes to fill that gap for students of Shotokan and other traditional styles of Karate This manual covers the basic principles of self defense use of force factors in self defense simple and effective self defense techniques to counter arm grabs body grabs choke attacks punching and kicking attack counters club attacks knife attacks gun attacks ground attacks and multiple attacker self defense techniques

**Register of the University of California** University of California (1868-1952), 1958

**Catalogue of Courses** United States Coast Guard Academy, 1962

**Pro-Systems: Baton Reverse Grip System** Joseph Truncale, 2015-03-14 This baton manual takes a different approach on how to employ the standard straight police baton Whether you carry the expandable type of baton or the standard rigid model this text will provide a different perspective on how to use the baton for control and self defense The Baton Reverse Grip System BRGS was not created to take the place of any other baton system It was designated to increase an officer's options when employing the law enforcement straight baton in arrest and control situations

**Criminology and Criminal Justice Systems of the World** Peter O. Nwankwo, 2011 Professor Peter Nwankwo argues based on this textbook volume I that the world has been turned into a global village and that we have no reason to ignore the awareness of what is going on in other countries of the world This textbook Criminology and criminal Justice System of the world A comparative perspective is a unique text not because of its title but because it contains what will ever be needed for the undergraduate and graduate students in the field of Criminology and Criminal Justice especially those taking a course in Comparative Criminal Justice The text is prodigious and profusely descriptive explored and explained by researching the police the court systems corrections or prisons including Juvenile Justice Systems and Crime Statistics in the following countries United States of America china Saudi Arabia Japan The Netherlands Bulgaria Haiti Botswana Philippines Uganda and Israel It is worthy to note that the United States of America had too much information so it was necessary to split it into two chapters i.e. chapter one and chapter two Additionally The Netherlands was also split into two chapters thus Chapters 6 7 The overall Chapters in this Volume I are thirteen VOLUME II Volume two of this text contains twenty four chapters and over 24 countries were researched and included as follows and will be published in a few in a few months The countries are Nigeria Norway Northern Ireland England and Wales Estonia Ethiopia Egypt South America Mauritania Jamaica Iraq Dominican Republic Turkey South Africa Russia Kenya Romania Congo Germany France Cameroon Ghana and Denmark No matter the adversities of the readers and purchasers I do strongly advice that you order these two volumes together when the later would be

available on the internet or through the publishers      *Federal Drug Enforcement Progress Report* National Drug Enforcement Policy Board (U.S.),1986      Pro-Systems Complete Baton Manual Fernan Vargas,Joseph Truncale,2015-10-03

The straight stick has probably been used as a self defense tool since a human made the first footprints on earth Through the ages variations of the stick and staff have been created to make a better self defense tool The straight stick was turned into spears and swords Understanding the basic use of the straight police baton makes it possible to use numerous other objects for self defense In fact the same techniques taught for using the police baton relate to a host of stick fighting and sword arts such as Hanbo Jutsu Jo Jutsu Wakizashi Jutsu and similar weapon combat systems It is hoped this book will provide a basic overview of the many ways a straight baton can be used for self defense control and takedowns for law enforcement security officers and martial artists studying weapons

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