

## Senshido's Curriculum

Since both time and funding are limited, we have great success offering our material in intensive workshop, covering all facets of Violence Survival, both theoretically as well as practically. The following modules are tailored to ensure optimal training for all Security Personnel:

- Fundamentals of Personal Protection
- The Shredder®
- On the Cutting Edge (*Knife Defense*)
- Tactical Gun Defense (*Pistols and Rifles Defense*)
- Submission Termination (*Defeating grapplers of all kinds*)
- Outnumbered But Not Outgunned (*Dealing with multiple attackers*)
- Strategic Stick Fighting
- Improvised Weapons Use and Defense
- Weapon Retention (*Both for handguns and long guns*)

Each module builds on the one preceding it, with the Fundamentals one being the first in the program. The workshops can be taken at different time periods or in a row, compressed into a boot camp.



Revolutionary Training  
for  
Security Professionals

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## Senshido's Advantages



### Communication Strategies

**Immediately applicable:** Useable instantly after being learned, effectively applicable in any situation, regardless of an individual's physical, medical, or emotional status. Our tactics are "*Simple to learn, Impossible to forget*"

**Designed to work in real-world situations:** Because training is based on Force-on-Force scenarios including emotional involvement (Fear, Anger), handicap drills (injury simulation), shoot/ no-shoot settings, and variable errors, it is closest to the realities of violence than any other system or art

**Time and Cost effective:** Our simplified approach to surviving violence means that Security Personnel can become proficient in days and weeks (within 10 to 20 hours of training)

**Customizable:** Senshido's methodology is transferable from one sector of activity to another (Asset Security, VIP Protection, Bouncing, Reception Work...) with minimal preparation and retraining



### Use Of Force Scenario Training

## Senshido Defined

Senshido - The Way of a Thousand Masters - is a scientific and eclectic method of Personal Protection and Self Defense. Unlike Martial Arts or Combat Sports, we do not teach "techniques" or "moves". Senshido's Personal Protection method is based on thoroughly understanding the Pre-Contact, Contact, and Post-Contact aspects of Violence, and incorporating scientific principles, (Namely police and military science, human physiology, criminology, psychology...), concepts, strategies, and tactics in our training.

On a physical level, our methodology uses the body's instinctive and universal protective reaction to danger (The Startle-to-Flinch Reflex), and utilizes Gross Motor Skills, simple and effective movements optimized under adrenal stress.

Since 1994, our international team has had the honor of training Security Specialists from around the world, in countries such as the United States, the United Kingdom, Canada, Australia, New Zealand, Scandinavia, Mexico, Lebanon, and Belgium, among others.



### Physical Retaliation

## Senshido's Mission

As the World Leaders in Defensive Tactics and Close Quarters Combatives, our primary mission is to empower Security Personnel, from Close Protection Officers, bodyguards, security agents, bouncers, doormen, among others, with simple, efficient, and "street-tested" tools, tactics, and strategies for dealing with violence.

Our program's secondary objective aims at reducing conflict by imparting to Security Specialists with specially designed Communication Strategies, Awareness Training, Counter Ambush Strategies, as well as Threat Interception Procedures via our revolutionary Scenario Replication and Role Playing protocols.

The aim of this brochure is to outline our special unarmed, less-than-lethal, as well as armed training methodology, specifically designed for the Security Officer operating in settings ranging from Low to Moderate to High Risk Environments.