



Self Defense For The People: Breaking Contact with an Active Shooter

Module I: Recognition and Deconstruction Of Primary Event and After Event

- Recognizing an active shooter event
- Explanation of subsequent mobilization to strategic regions of the facility

Module II: Firearm Familiarity

- Examination and understanding of firearms and ammunition with basic ballistic concepts, including:
 - Pistol
 - Rifle
 - Shotgun

Module III: Simulation

- Contextual active shooter simulation in selected work areas, including:
 - Rooms
 - Floors
 - Buildings

Module IV: Trauma Training

- Demonstration and practice of basic medical trauma skills for rapid stabilization until definitive care, including:
 - Bleeding control - Tourniquet use
 - CPR

Module V: Physical Defense Skills

- Drilling of the basic physical defense techniques against firearms