

# Syllabus Report (SYL)

## CorePass® Self-Defence II



7070:2025

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<b>IQF Level</b>	3	<b>IQF Credit</b>	3
<b>Approved References</b>	"Defensive Tactics for Today's Law Enforcement" by Stephen K. Hayes and Joe Niehaus   "Advanced Concepts in Defensive Tactics: A Survival Guide for Law Enforcement" by Chuck Joyner   "Far Beyond Defensive Tactics" by Loren W. Christensen   "Stop Resisting: The Law Enforcement Officer's Guide to Proven Control Tactics, Less Lawsuits, and Building Community Trust Through Martial Arts" by Jeremy Butler   "Defensive Tactics: Street-Proven Arrest and Control Techniques" by Loren W. Christensen   "The Ultimate Guide - Twenty-First-Century Patrol Officers Tactical Field Manual: Skills, Tactics, and Techniques" by Jim Fountain   Security Officer Readiness Training: Instructor's Orientation Manual and Workbook (King & King, 2024)   Security Officer Training Handbook: SIA Licence Training Handbook for Security Guard Training (SIA, 2023)   15 Principles for reducing the risk of restraint-related death (Police Executive Research Forum, 2024)		
<b>Special Notes</b>	For the purposes of IPSQA Assessment (self-defence), the following techniques are prohibited: counter-attack, chokeholds, strangleholds, carotid restraints, hog-tying, hobble restraints. Maximal Restraint Technique (MRT).		

Prerequisites	
1	CorePass® Tactical Communications

<b>Identify situations where physical self-defence is justified and lawful.</b>	707025D01
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**Performance** Identify situations where physical self-defence is justified and lawful.  
**Standards** In accordance with approved references, local laws and organisational doctrine.  
**Conditions**  
**Comments**

<b>Describe the principles of necessity, proportionality, and minimal force in self-defence.</b>	707025D02
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**Performance** Describe the principles of necessity, proportionality, and minimal force in self-defence.  
**Standards** In accordance with approved references, local laws and organisational doctrine.  
**Conditions**  
**Comments**

<b>Recognise pre-incident indicators and escalation risk factors.</b>	707025D03
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**Performance** Recognise pre-incident indicators and escalation risk factors.  
**Standards** In accordance with approved references and organisational doctrine.  
**Conditions**  
**Comments**

<b>Demonstrate awareness and avoidance strategies to reduce risk.</b>	<b>707025D04</b>
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Performance	Demonstrate awareness and avoidance strategies to reduce risk.
Standards	In accordance with approved references and organisational doctrine.
Conditions	
Comments	

<b>Perform breakaway from single and double wrist grabs.</b>	<b>707025D05</b>
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Performance	Perform breakaway from single and double wrist grabs.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	

<b>Perform breakaway from upper and lower arm holds.</b>	<b>707025D06</b>
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Performance	Perform breakaway from upper and lower arm holds.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	

<b>Perform breakaway from clothing and hair grabs.</b>	<b>707025D07</b>
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Performance	Perform breakaway from clothing and hair grabs.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	

<b>Demonstrate escape from throat and neck holds using approved methods.</b>	<b>707025D08</b>
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Performance	Demonstrate escape from throat and neck holds using approved methods.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	

<b>Demonstrate forearm blocks against straight and swinging strikes.</b>	<b>707025D09</b>
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Performance	Demonstrate forearm blocks against straight and swinging strikes.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	

<b>Demonstrate redirection of pushes and open-hand attacks.</b>	<b>707025D10</b>
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Performance	Demonstrate redirection of pushes and open-hand attacks.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	

**Demonstrate movement to create distance and avoid follow-up attacks.** 707025D11

Performance Demonstrate movement to create distance and avoid follow-up attacks.  
Standards In accordance with approved references and organisational doctrine.  
Conditions Given practical scenario.  
Comments

**Demonstrate use of personal protective stance to reduce target area** 707025D12

Performance Demonstrate use of personal protective stance to reduce target area.  
Standards In accordance with approved references and organisational doctrine.  
Conditions Given practical scenario.  
Comments

**Demonstrate effective use of body positioning and movement to maintain personal safety.** 707025D13

Performance Demonstrate effective use of body positioning and movement to maintain personal safety.  
Standards In accordance with approved references and organisational doctrine.  
Conditions Given practical scenario.  
Comments

**Utilise non-confrontational and passive-defensive stances to deter escalation.** 707025D14

Performance Utilise non-confrontational and passive-defensive stances to deter escalation.  
Standards In accordance with approved references and organisational doctrine.  
Conditions Given practical scenario.  
Comments

**Explain the importance of verbal boundary setting and de-escalation skills.** 707025D15

Performance Explain the importance of verbal boundary setting and de-escalation skills.  
Standards In accordance with approved references and organisational doctrine.  
Conditions  
Comments

**Document self-defence incidents accurately in accordance with legal and organisational requirements.** 707025D16

Performance Document self-defence incidents accurately in accordance with legal and organisational requirements.  
Standards In accordance with approved references, local laws and organisational doctrine.  
Conditions  
Comments

**Reflect on personal performance to identify learning points and improve future self-defence responses.** 707025D17

Performance Reflect on personal performance to identify learning points and improve future self-defence responses.  
Standards In accordance with approved references and organisational doctrine.  
Conditions  
Comments

**Recognise prohibited techniques and explain why they are excluded from training and use.** 707025D18

Performance Recognise prohibited techniques and explain why they are excluded from training and use.  
Standards In accordance with approved references and organisational doctrine.  
Conditions  
Comments

**Assess the environment for hazards and escape routes before and during an incident** 707025D19

Performance Assess the environment for hazards and escape routes before and during an incident.  
Standards In accordance with approved references and organisational doctrine.  
Conditions Given practical scenario.  
Comments

**Implement aftercare procedures for self and others following a physical confrontation** 707025D20

Performance Implement aftercare procedures for self and others following a physical confrontation.  
Standards In accordance with approved references and organisational doctrine.  
Conditions Given practical scenario.  
Comments Range: medical assistance, first aid, recovery position, victim support.

**Evaluate the impact of self-defence actions on public perception and professional reputation** 707025D21

Performance Evaluate the impact of self-defence actions on public perception and professional reputation.  
Standards In accordance with approved references and organisational doctrine.  
Conditions  
Comments

**Comply with organisational doctrine and local laws regarding the application of self-defence techniques** 707025D22

Performance Comply with organisational doctrine and local laws regarding the application of self-defence techniques.  
Standards In accordance with approved references, local laws and organisational doctrine.  
Conditions Given practical scenario.  
Comments

**Identify relevant case law and court decisions that impact self-defence and use of force.** 707025D23

Performance Identify relevant case law and court decisions that impact self-defence and use of force.  
Standards In accordance with approved references, local laws and organisational doctrine.  
Conditions  
Comments

**Explain appropriate response when considering use of force on persons with a range of dispositions.** 707025D24

Performance Explain appropriate response when considering use of force on persons with a range of dispositions.  
Standards In accordance with approved references and organisational doctrine.  
Conditions  
Comments Range: excited delirium, intoxication, pregnancy, disability, neuro-diversity, mental health crisis, elderly, young persons, body substance risk.

**Explain personal physiological response to threats and means to manage stress.**

707025D25

Performance	Explain personal physiological response to threats and means to manage stress.
Standards	In accordance with approved references and organisational doctrine.
Conditions	
Comments	Range: adrenaline, heart rate, respiration, perspiration, loss of peripheral awareness, autonomic rebound, palpitations, hand tremor, support services.

**Work as part of a team to de-escalate complex confrontational group situations.**

707025D26

Performance	Work as part of a team to de-escalate complex confrontational group situations.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	Range: teamwork, communication, coordination, management of bystanders, equipment affecting movement.

**Recall legal considerations of persons recording situations of conflict.**

707025D27

Performance	Recall legal considerations of persons recording situations of conflict.
Standards	In accordance with approved references, local laws and organisational doctrine.
Conditions	
Comments	Range: public location, private location, government location, social media, video recording, consent, file sharing.