

Syllabus Report (SYL)

CorePass® Self-Defence I



7057:2025

Generated At: Monday, August 25, 2025

IQF Level	2	IQF Credit	2
Approved References	"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)		
Special Notes	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).		

Define the legal framework for self-defence in accordance with local laws and regulations.	705725D01
---	-----------

Performance	Define the legal framework for self-defence in accordance with local laws and regulations.
Standards	In accordance with approved references, local laws and organisational doctrine.
Conditions	
Comments	

Identify situations where physical self-defence is lawful and justified.	705725D02
---	-----------

Performance	Identify situations where physical self-defence is justified and lawful.
Standards	In accordance with approved references, local laws and organisational doctrine.
Conditions	
Comments	

Describe the principles of proportionality, necessity and minimal force in self-defence.	705725D03
---	-----------

Performance	Describe the principles of necessity, proportionality, and minimal force in self-defence.
Standards	In accordance with approved references and organisational doctrine.
Conditions	
Comments	

Recognize pre-incident indicators and escalation risk factors.	705725D04
---	------------------

Performance	Recognise pre-incident indicators and escalation risk factors.
Standards	In accordance with approved references and organisational doctrine.
Conditions	
Comments	

Apply awareness and avoidance strategies to reduce risk.	705725D05
---	------------------

Performance	Demonstrate awareness and avoidance strategies to reduce risk.
Standards	In accordance with approved references and organisational doctrine.
Conditions	
Comments	

Apply non-offensive physical techniques to escape from common holds and grabs	705725D06
--	------------------

Performance	Apply non-offensive physical techniques to escape from common holds and grabs.
Standards	In accordance with approved references and organisational doctrine.
Conditions	Given practical scenario.
Comments	Range: Minimum of two: wrist, arm, clothing, hair, throat.

Demonstrate redirection of pushes and open-hand attacks	705725D07
--	------------------

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	705725D08
--	------------------

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 and positioning to reduce target area	705725D09
--	------------------

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	705725D10
---	------------------

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		705725D11
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		705725D12
Performance	Explain the importance of verbal boundary setting and de-escalation skills.	
Standards	In accordance with approved references and organisational doctrine.	
Conditions		
Comments		
Demonstrate appropriate communication to seek help and coordinate with others during incidents.		705725D13
Performance	Demonstrate appropriate communication to seek help and coordinate with others during incidents.	
Standards	In accordance with approved references and organisational doctrine.	
Conditions	Given practical scenario.	
Comments		
Document self-defence incidents accurately in accordance with legal and organisational requirements		705725D14
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		705725D15
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		705725D16
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.		705725D17
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. 705725D18

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. 705725D19

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. 705725D20

Performance Comply with organisational doctrine and local laws regarding the application of self-defence techniques.
Standards In accordance with approved references and organisational doctrine.
Conditions Given practical scenario.
Comments Range: adrenaline, heart rate, respiration, perspiration, loss of peripheral awareness, autonomic rebound, palpitations, hand tremor, support services.

Explain personal physiological response to threats and means to manage stress. 705725D21

Performance Explain personal physiological response to threats and means to manage stress.
Standards In accordance with approved references and organisational doctrine.
Conditions
Comments