

Andy Tate Seminar Plan  
1<sup>st</sup> Hour

Basic Self defence plan:

34 things you should know including

Awareness and Mindset

Awareness avoidance escape

Control of space distance and timing

Colour coding

The OODA loop

Phrases

Power talking

Agreement frames

Controlling fear and adrenal dump

Statements of intent

The fence

Physiology

Body language

Pre-emptive striking

Weapons cues

Target Hardening

This will include a few brief exercises to enable student to see where I'm coming from, I have put awareness and mindset together as they are invariably linked and also I want to spend a good deal of time on techniques and their application and then the G.U.N System knife defence.

You will need training knives at all as everyone will need a knife, and a pen and note pad