

# **SAM™ Training Session II**

## **School Anger Management Course**

SAM™ is an in-depth course that teaches individuals how to recognize, reduce, and manage aggressive and violent behavior. SAM™ is probably unlike any other course you've taken in the past. The material is interesting and extensive. You can immediately apply this material at school, at home, or on the street.

Session two is a smaller group 2-hour presentation which includes strategies for managing physical confrontations, diversions and escape techniques, and principles of personal defense. Session I is a prerequisite to attending session II.  
Class size if limited to 24.

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### **Section 9**

#### **Principles of Personal Defense**

Mass vs. Velocity

Shock Wave Energy

Principles of Center

### **Section 10**

#### **Front Choke Hold Escape and Options**

Front Choke Hold Response

### **Section 11**

#### **Front Choke Hold Escape and Options**

Front Choke Hold Response

## Section 12

### **Wrist(s) Grab Escape and Options**

Wrist Grab Response

## Section 13

### **Weapon Threat – Divert and Escape**

Weapon Threat Response

## Section 14

### **Control the Threat and Escape**

Control the Threat Response

## Section 15

### **Go to the Floor / Ground**

Go to the Floor / Ground Response

***“The only way to deal with emergencies, conflict and avoid violence of any type is through knowledge and training”***