



PROMOTE Secondary Tools

PROTECTIVE – LEVEL 1

- Protective Positioning
- Deflection – High
- Deflection - Low
- Protective Blocking
- Protection from Punches
- Front Arm Catch / Release
- Bite Release
- Bite Release with Assistance
- Basic Arm Release
- Arm Release with Stabilization
- Arm Release with Self-Assist
- Grabs to Clothing Stabilization/Release
- Grabs to Body Parts Stabilization/Release
- Front Hair Pull Stabilization/Release
- Side Hair Pull Stabilization/Release
- Back Hair Pull Stabilization/Release
- Back Hair Pull Stabilization/Release with Assistance
- Back Hair Pull Stabilization/Release: Variation Long Hair or Ponytail
- Front Choke Release
- Back Choke Release

SPECIALIZED PROTECTIVE

- Approach Prevention
- Bite Prevention in a Hold
- Head Lock Release
- Back Hold Low Release
- Protection From a Chair

INTERMEDIATE – LEVEL 2

- Standing Arm Control (One or Two Person)
- Forward Removal (One Person)
- Forward Removal (Two Person)
- Seated Containment (One Person)
- Seated Containment (Two Person)
- Seated Arm Control (One or Two Person)
- Basic Hug
- Standing Wrap from a Basic Hug
- Standing Wrap from Behind
- Standing Wrap with Backward Removal (One Person)
- Interrupting a Conflict Between Individuals (One Person)

Interrupting a Conflict Between Individuals (Two Person)
Standing Wrap with Assistance (One or Two People)
Standing High Wrap (Only for **Small Children/Persons of Small Stature**)
Two Person Backward Removal

SPECIALIZED INTERMEDIATE

Protection from Objects Used as Weapons
Seated Chair Wrap (One Person)

RESTRICTIVE GROUP A

Take Down to Seated Floor Control (One Person)
Take Down With Assistance to Seated Floor Control (Two Person)
Below-Knee Leg Wrap (May be used if needed with either Group A Take Down)

RESTRICTIVE GROUP B

Take Down To Supine Control (Two Person)
Above-Knee Leg Wrap)

RESTRICTIVE GROUP C (Only for use with Small Children/Adults of Small Stature)

Take Down To High Wrap Seated Floor Control (One Person)
Below-Knee Leg Wrap (Two Person)

SPECIALIZED RESTRICTIVE Group A

Transition to Side Lying Control (Two Person)

SPECIALIZED RESTRICTIVE Group B

Supine Control With Above And Below Knee Leg Wrap (Four Person)
Supine Control with Leg Wraps and And One or Two Person Arm Assistance (Four to Six Person)