

1Touch™: Coaching Certification Course

**Course Overview**

This course has been designed to provide a good working base of the essentials involved in teaching our system of self-defense. The focus of this course is not a mastery of the self-defense techniques, but rather a solid understanding of the methodology and basic principles of 1Touch™. Upon completing this course the student should have the ability to:

* Demonstrate basic defenses to common attacks
* Verbalize the steps required to complete these techniques
* Understand and verbalize the methodologies employed to effect one’s safety
* Have a firm understanding and ability to describe the application and reasoning behind the five key principle actions.

**Training Fee**

The cost for this training course is a total of $600.00 per person. A non-refundable deposit of $300.00 is due upon pre-registration, with the remaining $300.00 due the day of training. The deposit should be in the form of a check made out to “1Touch” and mailed to:

1Touch US Secretary

418 Leffler St.

West Burlington, IA 52655

Day 1

* Introductions
* Course Expectations
	+ Students
	+ Instructors
* History of 1Touch™
* Discussion of Violence
* Stages of Self-Defense
	+ Threat Recognition
	+ Threat Analysis
	+ Appropriate Response
* The Five Principles
	+ 1Touch
	+ 1Step
	+ Feeding
	+ Contouring
	+ Touch-Strike
* Technique Overview
	+ Drills & Exercises
	+ Form Practice
	+ Scenario Training
* The Foundations
	+ Body Posture & En Garde
	+ 1Step & Simple Movement
	+ The Importance of 1Touch & Maintaining Contact
	+ Balance & The Breaking of Balance
* Drills Introduced
	+ Basic 1Touch Drill
	+ Basic 1Step Drill
	+ Basic Feeding Drill
* Techniques Covered
	+ Escapes from:
		- Outside Wrist Hold
		- Cross Wrist Hold
		- 2 on 1 Wrist Hold
		- Both Wrist Hold
	+ Effective Striking
	+ Various Holds & Locks
* Scenario Training
	+ Random Grab Scenario

Day 2

The second day of training begins with the students demonstrating their understanding of the fundamentals taught as well as challenges them to present the material as an instructor. Throughout the day more drills and techniques are learned as well as a full application of principles and concepts.

* Students Instruct
	+ Concepts in Review
	+ Drills in Review
	+ Techniques in Review
* Instructors Review
* Drills Covered
	+ Parry, Parry, Check
	+ Slap, Parry, Check
	+ 1 thru 10 Locking Drill
* Various Techniques
* Scenario Training
	+ Random Attack Scenario
	+ Incident Response

Day 3

The third day of training continues with once again allowing the students to take the role of instructor. This final day is principally a day in review as well as providing information for continued learning as well as effective presentation.

* Students Instruct
	+ Concepts in Review
	+ Drills in Review
	+ Techniques in Review
* Instructors Review
* Next Steps