

52S Foundational Training Course 1
HOW TO SUBMIT COURSE WORK
FOR
EVALUATION AND COURSE COMPLETION

What You Will Need: Capacity to video tape. It's OK, if you don't have a training partner or protective equipment. MOST skill sets are performed solo, without a partner. You will need at least one training partner for Shark Tank and Home Invasion Scenario. You may use (ideally) a padded Cane Drone (call HDQ to order) or your own Cane BUT be careful! Partner should wear as much padding as they feel comfortable with. You will NOT strike your partner with a regular Cane even if they're padded. A simple walk through with CONTROL of your strikes, so as not to injure anyone will suffice if you do not have a Cane Drone or protective gear. This is particularly important during the Home Invasion Scenario where adrenalin can cause an over-reaction. Remember: SAFETY FIRST!!!

Modifying the Shark Tank: One partner is sufficient. They do not need to be trained. One person can WALK towards you from the different angles. We will evaluate your ability to adapt and respond from each of the angles. If you're more functional and experienced and your partners are padded including head gear, you are using a Cane Drone, you may turn up the intensity however, you are fully responsible for controlling your strikes. We will evaluate your verbalization. The Shark Tank drill CAN be carried out without a Cane Drone and protective gear. BE CAREFUL and GO SLOW! See Shark Tank Alternative video module.

Modifying the Home Invasion Scenario: In the absence of having striking shields and or pads/pillows: Please do the following: You will need someone barking out instructions as to when to move and "agitating". 1) Have them fling 5 index cards on the floor, which you will need to quickly pick up and set on a surface such as a table. 2) Proceed to shadow box with palm heel strikes, they will bark at you when to move; "NEXT, MOVE IT!" (5-6 seconds) 3) Proceed to shadow box hammer fist strikes, they will tell you when to move on. (5-6 seconds). As you're moving to the next station, they should call out a color. 4) Perform 6 seconds of elbow strikes- MOVE!!! Next 5) Three Knee Strikes into palms 6) Move quickly to make first contact with your assailant by placing one hand on the body and one on the head. DO NOT STRIKE THEM! Just touch. 6) Move quickly into your designated "room". Your assailant will quickly move in on you and you must decide how to handle them. If you only have your regular Cane, simply drawing it and simulating strikes will suffice. SAFETY FIRST ALWAYS!!!

How To Video Yourself: Once you feel comfortable with the training modules you may video yourself performing each skill set as outlined in the checklist. You may send in one module at a time or all at once. We suggest submitting video material via Hightail or similar service. Demonstrate skill sets from two angles: front and choose a side angle.

Complete Written Exam and Submit: medicineman@mbfitness.com

Where: Email course work (videos & written exam) to: medicineman@mbfitness.com or mail to : ACSD HDQ., 6262 S.W. 8th Street, Miami, Fl. 33144

Evaluation/Feedback: We will closely review your skill set and grade your written exam. We will provide written feedback and items to correct and improve.

How You Will Be Evaluated: Most skill sets will be evaluated on a scale of 1-5 (5 is the max) in the following categories: Verbalization, Assertiveness & Command Presence, Adaptation, Decision Making/Control, Physical Techniques. We will include our comments and suggestions.

The highest score for any skill set is 25, the lowest is 12.

For the written exam, you can miss two questions and still pass, not counting the bonus questions. For any incorrect responses, you will need to correct and re-submit the correct answer(s).

Certificate of Completion: Once you submit course work, we will evaluate and grade written exam. We will provide feedback and inform of necessary corrections. Once corrected demonstrations are submitted, you will be awarded you certificate of completion.

Skill & Knowledge Evaluation Checklist

- Demonstrate Standard and Reverse Cane Grips
- Demonstrate Chocking Up from Standard and Reverse Grips
- After light walk through of 5 Basic Powershots for warm-up, perform full power 5 Powershot Template, demonstrating one shot at a time, both right and left sides. May also be demonstrated on a heavy bag or similar training device. Please remove Cane tip BEFORE performing full Powershots.
- Cane maneuverability: Demonstrate shaft and crook figure 8's and chamber. Demonstrate basic forward twirl and chamber.
- Demonstrate the Powershot Solo Exercise, Right and Left Sides
- Demonstrate Lines Drill Forward/Backward walking/or running depending on functional capacity.
- Demonstrate the Powershot Strategy in the Shark Tank Drill at your own pace.
- Experience the Cane Home Invasion Scenario or suggested alternative. Perform first minus cane, second time with cane. Moving quickly with exercise or striking stations can create a sense of fatigue which interferes with coordination. The idea is to test yourself under pressure and simulate an adrenalin rush.
- Complete the Written Exam.