



This is a prevention program of the



Content to build / create Multipliers in EVA

**EVA** stands for

**E**uropean **V**ictimization **A**voiding

## **Instructor Course „Violence & Victimization Prevention for Women“**

The content of this course is meant to teach adults as multipliers to reach the licence Instructor for “Project EVA”. The content those multipliers teaching, is applicable to any nation, any women, young or old as well as female kids starting with the age of 4 years.

### **Aim:**

- Certified Instructor
- Achieve comprehensive Training
- Receiving training concepts
- Possibility to integrate successful concepts into your own training
- Direct feedback during training for your own coach behavior

### **Entry Requirements:**

- Min. 18 years of age
- No criminal record
- Combat basic knowledge is an advantage
- Friendly, self-assured appearance

### **Content of Course:**

- Building a curriculum
- How to run a course EVA
- Methodology / Didactics
- Rhetorical de-escalation
- Self-confidence and Self-Defense Techniques
- Creating Roleplay and Situation Scenarios

### **How does the course look like?:**

- 5 day study with 8 hours a day incl. examination day at the 5<sup>th</sup> day
- Homestudies
- practical training situations

### **Teachers:**

- Alfred Kleinschwaerzer - Federal Police – Defensive Tactics Instructor
- Peggy Bening – EVA Instructor
- Markus Widmann – EVA Instructor

### **Place of course:**

- BfSD Academy Rosenheim

***This is a program will be issued by the WMAGC (non-profit) as prevention program for women!***



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The content of Project **EVA** teach participants of this course in..... as you see below.

- Law (is the law protecting women? What if a woman defends her self and injures her aggressor? What if I see some violence or rape? Do I have to interfere and help?)
- Awareness training (how to walk, how to correspond with others, how to behave in violent situation I get in, what could I use to defend myself and much more)
- Rhetorical De-escalation methods
- Tactical behaviours
- Distance to a violent person
- Creating an intimate sphere
- What legal tools / weapons are on the market to defend
- Self Defense or Intervention Techniques to defend in a no way-out situation
- Getting into the “conscious victim role” to tactical manoeuvre out of the danger or even rape situation
- Fear as protection
- Stomach (tommy) feeling – listen to it
- Knowledge about statistics (crime against women), about behavioural patterns and about body language, body pressure points (a small anatomy of the weakness of each body at any human being)
- Stress resistance training
- Realistic Scenarios to get through (real attackers and fake situations will teach to react in the appropriate way and proportionally to the attack.