


FIGURE OF FOUR HOLD


CORE TECHNIQUE

PHYSICAL INTERVENTION	PERFORMANCE CRITERIA	
APPROACH	DEFENSIVELY FROM REAR	
DEFENSIVE STANCE	PROTECT YOURSELF, STABILITY ,LOWER CENTRE OF GRAVITY	
POSITION OF REAR HAND	UNDER GRASP ON LOWER FOREARM	
POSITION OF FRONT HAND	UNDER ARM DRAW OF SERVICE USER, BACKHOLD OWN LOWER FOREARM	
USE/POSITION OF HIPS	IN CLOSE	

POSITION OF FACE	TURNED AWAY	
USE OF VOICE	ASSERTIVE, THEN CALMING, REASSURING	
TALK DOWN	DIFFUSE. GIVE ALTERNATIVE WAYS OUT, CALM	
LEAVE IT OPTION	IF APPROPRIATE USING THE DEFENSIVE STANCE	
AWARENESS OF GENDER ISSUES	AWARE OF WHERE HANDS ARE GOING	
TEAMWORK	COMMUNICATION ESSENTIAL – 2 WAY	

EMBRACE HOLD

EXTENSION TECHNIQUE TO FIG 4

APPROACH	FROM FIGURE OF FOUR HOLD ABOVE	
POSITION OF REAR HAND	REMAIN UNDERGRASP ON LOWER FOREARM.	

