



# RIVERSIDE COUNTY PROBATION DEPARTMENT

Serving Courts • Protecting Our Community • Changing Lives



**Course Title: (Class 17.3: Falling)**

**Hours of Instruction: 1**

**Course Objectives:**

- 17.3.1 In a simulation of a rear assault, demonstrate a forward break fall technique incorporating the following: Correct body position, proper movement, balance and position of advantage (BST)
- 17.3.2 In a simulation of a frontal assault, demonstrate a rear break fall technique incorporating the following: Correct body position, proper movement, balance and position of advantage (BST)