



Course Title: (Class 20.4: Footwork and Balance)

Hours of Instruction: 1

Course Objectives:

- 20.4.1 Given a scenario, demonstrate the course-instructed balance, footwork and body movements to avoid an attacking juvenile, incorporating the following: balance, position in response to subject's movements and self-control. (BST)
- 20.4.2 Given a scenario, demonstrate the course-instructed footwork to evade an attack. (BST)