



**FLORIDA DEPARTMENT OF JUVENILE JUSTICE**  
**Protective Action Response Training Plan**  
*Program Staff*



This document specifies the Protective Action Response techniques in which staff must be trained. In addition to verbal intervention techniques, staff are only authorized to use the techniques specified in this document.

<b>STANCE &amp; BODY MOVEMENT</b>	<ul style="list-style-type: none"> <li>(1) Reactionary Gap</li> <li>(2) Danger Zone</li> <li>(3) Interview Stance</li> <li>(4) Approach</li> <li>(5) Ready Stance</li> </ul>
<b>COUNTERMOVES</b>	<ul style="list-style-type: none"> <li>(1) High Block</li> <li>(2) Mid-Range Block – Straight Arm Blows</li> <li>(3) Mid-Range Block – Roundhouse Blows</li> <li>(4) Low Block – “X” Block</li> <li>(5) Low Block – Leg Raise</li> <li>(6) Evasive Sidestep</li> <li>(7) Evasive Sidestep with Redirection</li> <li>(8) One Wrist / Forearm Grab Release</li> <li>(9) Two Wrist / Forearm Grab Release</li> <li>(10) Rear Two Hand Release</li> <li>(11) Two Hands Together Grab Release</li> <li>(12) Front Choke Backstroke Release</li> <li>(13) Front Choke Wrist Release</li> <li>(14) Rear Bear Hug Release</li> <li>(15) Front Bear Hug Release</li> <li>(16) Bite Escape</li> <li>(17) Headlock Escape</li> <li>(18) Full Nelson Escape</li> <li>(19) Double Arm Lock Escape</li> <li>(20) Front Hairpull Escape</li> <li>(21) Rear Hairpull Escape</li> <li>(22) Ground Defense</li> </ul>