

PMT Technique Review Sheet

The purpose of this assessment is two-fold. One, it will allow the participants to identify areas of strength and areas they feel might require more discussion/practice. Two, it will allow the instructor(s)/coach(s) to better assess where to spend their time refreshing both individual participants and the class as a whole.

It is understood that to be competent with prevention, de-escalation, and protective skills staff need to know and follow policy, behavior plans, and use least restrictive therapeutic measures to keep people safe. In order to be successful staff may need to practice the more involved physical techniques at their program site. A problem solving process where the team can coordinate their efforts to keep individuals safe and best respond to their needs is also essential to the effectiveness of the application of the Physical/Psychological Management Training program.

PMT TECHNIQUE REVIEW SHEET 1

Using the Rating Key at the bottom of the page, rate yourself as to how well you can execute the PMT Techniques listed:

Name: _____ Date ____/____/____ Refresher # _____

Trainer/Coach
initials

Review # 1:

- _____ Upward Block
- _____ Inward Block
- _____ Outward Block
- _____ Downward Block
- _____ Downward X Block, Upward X Block
- _____ Leg Block (Heisman)

Review # 2:

- _____ Pivot & Parry
- _____ Single Wrist Release (Right & Left)
- _____ Two-Hand Wrist Release
- _____ Two-Hand to One Wrist Release
- _____ Over-hand Wrist Release
- _____ Front Choke Hold Release & Rear Choke Hold Release

Review # 3:

- _____ Implied Touch
- _____ Physical Prompt
- _____ Guide-a-Long
- _____ Lower Figure 4

Review # 4:

- _____ Side-by-side Parallel Hold
- _____ Limited Security Hold
- _____ Full Security Hold
- _____ Reverse Cradle Transport
- _____ Take-down & Floor Management

Rating Key: A rating of 1-10

- 1 – 2 I don't even know why I'm here
- 3 – 4 I've heard of PMT training but don't remember what it is
- 4 – 5 I'm kind of familiar with this PMT move but don't use it often
- 5 – 6 I remember the basics of this move but could use a review
- 6 – 7 If I saw a demo of this move, I'm sure I could do it but don't know if I have it 100% right
- 8 – 9 I can demonstrate this move with confidence, without a review
- 9 – 10 I can both demonstrate this move and explain why, when and how it is to be used

Note: You may be asked to demonstrate PMT Moves based on your personal assessment.