

Ronin Four Week Self-Reliance Course Program

Day	0630	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1830
Sunday prior to start of course			Travel			Registration						After Hours
Day 1 <i>Monday</i>	Unarmed Combat	Breakfast	Introduction	Scene Safety			Lunch	Hemorrhage Control	C-Spine Control		Airway Interventions	Scheduled Revision
Day 2 <i>Tuesday</i>	Unarmed Combat	Breakfast	Oxygenation, Nebulisation & Ventilation				Lunch	Perfusion, ECG & SpO2 Monitoring				Scheduled Revision
Day 3 <i>Wednesday</i>	Unarmed Combat	Breakfast	Diagnostics, Decision & Disposal	Drips			Lunch	Drugs (IM)	Vitals & History		Scheduled Revision	
Day 4 <i>Thursday</i>	Unarmed Combat	Breakfast	Specific Medical Conditions			Suturing	Lunch	Scenario Training				Scheduled Revision
Day 5 <i>Friday</i>	Breakfast	Leisure Time	Leisure Time				Lunch	Leisure Time				Night Off
Day 6 <i>Monday</i>	Breakfast	Leisure Time	Protocol & Etiquette (Theory)	Bodyguard Attire & Accoutrements	Pedestrian Escort (Theory)		Lunch	Pedestrian Escort (Theory)				Self Study
Day 7 <i>Tuesday</i>	Unarmed Combat	Breakfast	Pedestrian Escort (Trial – Shopping Precinct)				Lunch	Pedestrian Escort (Practical Assessment)		High Angle Escape		Self Study
Day 8 <i>Wednesday</i>	Breakfast	Leisure Time	Advance Reconnaissance (Theory)				Lunch	Advance Reconnaissance (Theory)				Self Study
Day 9 <i>Thursday</i>	Unarmed Combat	Breakfast	Conflict Management (Theory)			Survival (Theory)	Lunch	Leisure Time				Self Study
Day 10 <i>Friday</i>	Unarmed Combat	Breakfast	Leisure Time				Lunch	Leisure Time	Survival (Practical)		Self Study	
Day 11 <i>Monday</i>	Breakfast	Leisure Time	Personnel Escort Section - Driving (Theory)				Lunch	Personnel Escort Section - Driving (Theory)		GPS Familiarisation	Self Study	
Day 12 <i>Tuesday</i>	Unarmed Combat	Breakfast	Leisure Time				Lunch	Leisure Time				Self Study
Day 13 <i>Wednesday</i>	Travelling	Skid Pan (Trial Assessment Practical – Killarney)				Lunch	Skid Pan (Final Assessment Practical – Killarney)				Self Study	
Day 14 <i>Thursday</i>	Travelling	Raceway (Trial Assessment Practical – Killarney)		Raceway (Final Assessment Practical – Killarney)			Lunch	Leisure Time				Self Study
Day 15 <i>Friday</i>	Breakfast	Leisure Time	Leisure Time				Lunch	Bodyguard & The Law (Theory)				Self Study
Day 16 <i>Monday</i>	Breakfast	Bodyguard & The Law (Theory Assessment)	SWAT Theory				Lunch	SWAT Theory				Self Study
Day 17 <i>Tuesday</i>	Unarmed Combat	Breakfast	SWAT (Dry Fire Training)				Lunch	SWAT (Dry Fire Training)				Self Study
Day 18 <i>Wednesday</i>	Breakfast	SWAT (Theory Assessment)	SWAT (Weapons Competency – Range)				Lunch	SWAT (Weapons Competency – Range)				Leisure Time
Day 19 <i>Thursday</i>	Unarmed Combat	Breakfast	SWAT (Weapons Competency – Range)				Lunch	SWAT (Weapons Competency – Range)				Leisure Time
Day 20 <i>Friday</i>	No Training	Breakfast	Leisure Time				Lunch	Leisure Time				Self Study