**PROACT-SCIPr-UK® Physical Intervention Assessment Record**

**Participant Name: .............................................................................. Date: ...............................**

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| **Front Choke Release** – PS 3 (Restrictive Component) | **√** | **Comments** |
| From a Stance position grasp the individual’s forearm’s palms down thumb underneath. |  |  |
| Keeping your elbows tucked in move the individual’s arms up and down in a piston like movement to release the grasp. |  |  |
| Once released step back into a Protective Stance cross the individual’s forearms as for Front Arm Catch. |  |  |
| Assess what next. |  |  |
| Health and Safety / Aftercare. |  |  |
| **Pass / Refer** |  |  |

**Instructor Name:…………………………………… Signature: …………………………………..**