



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Film And Television Stunt Performance For Live Events Training

Communication Studies and Language / Communication Studies

Unit Standard 117535 · NQF Level 4 · 15 Credits · 12 Days

COURSE OVERVIEW

This course equips learners with the specialised skills required to perform stunts for film, television, and live events. It focuses on safety protocols, choreography, and the integration of stunt performance with live audience engagement.

Category	Communication Studies and Language
Subfield	Communication Studies
Unit Standard	117535
Accreditation	SAQA Accredited · NQF Level 4 · 15 Credits
Duration	12 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate safe execution of basic stunt techniques for film, television, and live events.
- Apply risk assessment and safety protocols to minimise injury during stunt performance.
- Evaluate stunt choreography for realism, safety, and audience impact.
- Design a simple stunt sequence incorporating falls, fights, and reaction shots.
- Implement coordination with directors, safety officers, and fellow performers during rehearsals and live takes.
- Analyze legal and ethical considerations in stunt performance including consent, insurance, and industry standards.

WHO SHOULD ATTEND

- Aspiring stunt performers, actors, and live event entertainers seeking to enter the film and television industry, as well as experienced performers looking to formalise their skills with SAQA-aligned training.

COURSE OUTLINE

Day 1: Introduction to Stunt Performance and Safety Fundamentals

- Overview of film, television, and live event stunt performance
- Legal and ethical considerations: SAQA unit standard 117535
- Safety culture: hazard identification and emergency response
- Communication systems: hand signals, radio protocols, and cue calls
- Physical preparation: stretching, cardio, and strength fundamentals
- Introduction to personal protective equipment (PPE) and fall arrest systems

Day 2: Body Mechanics and Fall Techniques

- Biomechanics of falling: energy absorption and distribution
- Forward falls: rolling, slapping, and tucking
- Backward falls: head protection and back arch
- Side falls: hip and shoulder roll variations
- Falling from height: low boxes and platforms (up to 1m)
- Spotting techniques and partner safety

Day 3: Unarmed Combat and Stage Fighting

- Principles of stage combat: illusion vs. reality
- Punches: straight, hook, uppercut – reaction and recoil
- Kicks: front, roundhouse, side – chambering and landing
- Grappling: wrist locks, headlocks, and controlled throws
- Takedowns: hip toss, leg sweep with mat landing
- Choreography notation and rehearsal techniques

Day 4: Weapon Handling for Live Performance

- Weapon safety rules: inspection, storage, and handling
- Firearm simulation: blanks, cap guns, and airsoft – sound and recoil
- Knife combat: grips, slashes, and stabs with retractable blades
- Sword and staff: basic cuts, thrusts, and blocks
- Baton and impact weapon techniques
- Weapon retention and disarms

Day 5: High Falls and Wire Work Basics

- High fall progression: from 1m to 3m platforms
- Air bag and crash mat positioning
- Harness fitting: leg loops, chest strap, and adjustment
- Wire work commands: tension, lift, and descent
- Basic aerial moves: floating, running up walls
- Safety checks: hardware inspection and load testing

Day 6: Vehicle Stunts and Pyrotechnic Awareness

- Vehicle stunt fundamentals: braking, skidding, and drifting
- Car-to-car transfers and hood slides
- Rollover simulation: harness and cage safety
- Pyrotechnic devices: types, distances, and firing orders
- Squib hits: blood packs and breakaway vests

- Fire safety: extinguishers and burn protocols

Day 7: Water Stunts and Environmental Hazards

- Water safety: lifeguard support and buddy systems
- Drowning simulation: breath control and thrashing
- Cliff and bridge jumps: entry angles and depth checking
- Underwater combat: staged punches and escapes
- Hypothermia prevention and recovery
- Mud, fire, and debris: navigating hazardous environments

Day 8: Stunt Choreography and Scene Planning

- Script breakdown: identifying stunt beats and safety notes
- Storyboarding: visual planning of action beats
- Blocking: stage movement and actor positioning
- Timing: rhythm, pauses, and impact moments
- Rehearsal process: walk-through, half-speed, full-speed
- Adapting for live audience vs. camera

Day 9: Advanced Wire Work and Aerial Stunts

- Advanced wire maneuvers: front flip, side flip, and twist
- Multiple performer lifts: timing and weight distribution
- Flying rigs: track systems and pulley configurations
- Quick-release mechanisms and emergency descents
- Aerial combat: sword fights while suspended
- Rigging inspection and maintenance

Day 10: Stunt Driving and Precision Vehicle Work

- Vehicle dynamics: weight transfer and traction
- J-turn and reverse 180: technique and practice
- Bootleg turn: handbrake and steering coordination
- Slide control: throttle steering and countersteering
- Precision parking and car-to-car proximity driving
- Chase choreography: lead and follow protocols

Day 11: Live Event Integration and Audience Interaction

- Arena staging: multiple entry points and camera positions
- Safety zones: barriers, run-offs, and fire lanes
- Synchronizing stunts with sound and lighting effects
- Audience engagement: breaking the fourth wall safely
- Live television broadcast considerations
- Contingency planning for weather and technical failures

Day 12: Final Assessment and Showcase Performance

- Rehearsal and final run-through of showcase
- Stunt showcase: falls, combat, wire work, vehicle, and pyrotechnics
- Safety observer roles and emergency drill
- Peer and instructor evaluation
- Portfolio of evidence: logbook, video, and written reflections
- Career pathways: SAQA accreditation and industry networking

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **15 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 41,000.00	R 41,000.00
1	In-House	R 53,300.00	R 53,300.00
1	On-Campus (Pretoria)	R 61,500.00	R 61,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	25 Aug 2026	On-Campus	Pretoria, South Africa
11 Aug 2026	26 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	27 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	27 Aug 2026	On-Campus	Mauritius
13 Aug 2026	28 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	31 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	01 Sep 2026	On-Campus	Abu Dhabi, UAE
18 Aug 2026	02 Sep 2026	On-Campus	Durban, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 117535) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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