



Escaping from Grips and Grabs

This 2-day (16 hour) Basic Tactics certification program is designed to train and certify you in tactics you can use to escape from grips and grabs of an attacker that are field

tested and proven for surviving real world threats. This course is designed to enhance your survivability by combining verbal strategies with physical alternatives. We will address how to escape from the most common grips and grabs attackers will use to restrain and stop you from escaping their control. We will also discuss what to do if what you are doing is not working and give you survival options that will save your life and protect your family. Student will be issued a certificate for Escaping from Grips and Grabs.

Topics covered in the program include:

- Balance Displacement Tactics
- Breakaway tactics
- Control options
- Stabilization techniques
- Strength vs. Planning
- Documentation and use of force options
- Stunning tactics
- Slipping and Evading tactics
- Clothing options and issues
- When all else fails
- Living without fear!

Tuition: *Review class flyer*

Pre-requisites: *Must not be a convicted felon*

Equipment required

& recommended: *Clothing (casual preferred) and footwear suitable for self defense training, personal protective equipment consisting of mouth piece and groin guard. Outerwear protective gear will be provided.*

This is a certified program!

Learn field proven tactics from the professionals who train the professionals and learn a system that is courtroom defensible and will SAVE YOUR LIFE!

