



Female Specialized Training **Program**

This 1-day (10 hours) Female Specialized Training program was developed 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. Student will be issued a certificate for Escaping from Grips and Grabs. "Our lives depend on OUR performance." This program focuses on the life threatening situations any female officer might be confronted with either on or off duty. This course lays the foundation for use of force and teaches them techniques to work within their own physical limitations. We will show techniques that are anatomically corrects that do not require strength or body size to be win against these physical encounters and shows the need for commonality between standing and ground defense training. **This is a physical demanding class and female officers need to be in good physical condition!**

Topics covered in the program include:

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

Duration: 1 Days

Tuition: \$199.00

Equipment Required: Appropriate clothing suitable for defensive tactics, instructional clothing and footwear, swimming trunks to be worn under long pants, sock, boots, and shirt. Bring training weapons, change of clothes, towel, sun screen, training impact weapons, groin protection, mouth piece and inert aerosol sprays.