



## ARMA TRAINING

[www.armatraining.com](http://www.armatraining.com)

### **“EMERGENCY SERVICES ESCAPES FROM GRIPS-GRABS-BODYHOLDS”**

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. Wearing all of your issued emergency gear immediately hinders normal movement and reaction, all of the techniques and tactics instructed in this program are easily executed when wearing all of your assigned gear. 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-Grabs AND Body Holds.

#### **Topics covered in this program are:**

- 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
- Choke Defense Strategies

Learn from  
experienced  
instructors with  
real world  
experience in field  
applications.

**Duration: 2 Days**

**Tuition: \$349.00**

**Equipment Required:** Clothing and footwear for defensive tactics instruction, with YOUR assigned duty gear complete with SCBA, helmet, gloves and uniform, boots, groin protection and mouthpiece a must.

**Visit**

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