



ARMA TRAINING

www.armatraining.com

“EMERGENCY SERVICES GROUND SURVIVING TACTICS”

This 2-day (16-hour) “Ground Survival” program focuses on surviving ground assaults for real world attacks. 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. We will focus on common ground attacks and cover various force options available to you in real ground attacks. You will learn ground survival tactics for striking, kicking, easy escapes from common grips and grabs, simple and effective defenses against chokes, counters assault tactics for submission holds, and other survival tactics you will encounter on the **ground in a real fight! This is a physically demanding class and you need to be in good physical condition! Learn to survive today!**

Topics covered in this program are:

- Real World Survival Tactics
- Striking techniques
- Choke Defenses
- Blocking the Mount
- Hitting with stopping power
- Escapes from common grips and grabs
- Cross Mount tactics
- Escaping the Mount
- Terminology for testifying in court

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
www.armatraining.com



2/25/2015