



## ARMA TRAINING

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

### **“EMERGENCY SERVICES SURVIVING PERSONAL ATTACKS”**

This 2-day (16 hour) Basic Tactics certification program is designed to train and certify you in Self Defense strategies that are field tested and proven for surviving 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. This course is designed to enhance your personal development in the combination of using verbalization techniques with physical alternatives designed to be effective for you regardless of your physical size and strength, concentrating on power development, striking and kicking techniques, and use of anatomically correct techniques that allow for the natural movement of limbs without twisting and bending for control. Student will be issued a certificate for Surviving Personal Attacks.

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

- Importance of laying the verbal foundation
- Passive & Combative Control tactics
- Combining force options
- Fighting combinations for disengaging/engaging
- Grappling Positions for close quarter attacks
- Documentation and use of force options
- Escapes from common grips and grabs
- Countering Tactics for body holds
- Power Development for striking
- Body Conditioning
- Tactics for winning the fight!

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.

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