



ARMA TRAINING

www.armatraining.com

“Emergency Services Survival COURSE”

Every Firefighter or Emergency Services Personnel no matter how young or veteran they are Will be engage in a physical encounter that may jeopardize their LIFE!

The "Emergency Services Survival Course!" will focus on just that, perfecting your ability to survive a physical assault on your life when confronted with a panicked or combative subject(s). We will address the mental and physical conditioning needed to "WIN" the encounter in the street and in the courtroom.

The itinerary for this Course will focus on how to manage short burst of energy using anaerobic conditioning tactics and control that is needed to go the distance when your life is on the line. We will teach tactics for engaging subjects while wearing all of your assigned duty gear with and without your Scott Packs.

Topics covered in this program are:

- Principals of Movement
- Dynamics of Limb Control
- Close Quarter Grappling Tactics
- Evading Exercises
- Escapes from Grips and Grabs (Standing & Ground)
- Weapons Disarming Tactics (Long guns and Handguns)
- Knife Evading Tactics
- Strategies for Force Options
- Ground Stabilization Tactics
- Principals of Movement in Breathing Apparatus Gear
- Close Quarter Grappling Tactics in Breathing Apparatus Gear
- Evading Exercise in Breathing Apparatus Gear
- Escapes from Grips and Grabs (Standing) in Breathing Apparatus Gear
- Escapes from Grips and Grabs (Ground) in Breathing Apparatus Gear
- Weapon Disarming Tactics (Handguns) in Breathing Apparatus Gear
- Weapons Disarming Tactics (Long guns) in Breathing Apparatus Gear
- Knife Evading Tactics in Breathing Apparatus Gear
- Strategies for Force Options in Breathing Apparatus Gear
- Much more!

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