



ARMA TRAINING

www.armatraining.com

"FIGHT FOR LIFE" OFFICER SURVIVAL INSTRUCTOR - ICP

Every officer no matter how young or veteran they will be engage in a physical encounter that may jeopardize their LIFE!

The "FIGHT FOR LIFE!" Instructor Certification will focus on just that, perfecting your ability to survive a physical assault on your life when confronted with a combative and violent subject(s). We will address the mental and physical conditioning needed to "WIN" the fight both in the street and in the courtroom.

We will address the **"Fit for duty,"** issue because we understand that **NOT BEING FIT** for duty not only affects your life but the other officers around you. The itinerary for this seminar 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.

Topics covered in this program are:

- Building Hand and Eye Coordination
- Hand Speed
- Power Development
- Tactical Combinations
- Officer Survival Exercises
- Handgun Drills (Using 21st Tactical Air Soft weapons)
- Mini-Confrontation Drills
- Ground Combat Tactics
- Edged Weapons Defense
- Deployment Options for Edged Weapons
- Firearm Survival Training (What to do if the gun is pointed at you!)
- Much more!

Duration: 2.5 Days

Tuition: \$599.00

Equipment Required: Clothing and footwear for defensive tactics instruction, with whistle and lanyard. Duty belt with holster, training weapons, inert aerosols, body armor, impact weapon, protective equipment, groin protection and mouthpiece.

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