



ARMA TRAINING

www.armatraining.com

SPECIALIZED – FEMALE DEFENSE STRATEGIES - ICP

This 1.5 day (12 hours) basic certification course and 4.5 days (40 hours) basic Instructor certification program is designed for agencies desiring to train and certify their female officers in a specialized program designed for females handling combatants and was developed to enhance their survivability by combining verbal direction coupled with physical alternatives. We will address how to escape from the most common grips and grabs attackers used by subjects to restrain and stop them from escaping their control. We will also teach what to do, if what you are doing is not working and give you additional intervention strategies will save their life. Every female officer faces the same danger of male officers however their options may vary based on size of their attackers, number of threats, and environment, setting and situations they are faced with. "Their lives depend on THEIR performance." This program focuses on the life threatening situations any female officer may be confronted with either on or off duty. This course lays the foundation for use of force and teaches them techniques to work within their own physical limitations. We will show techniques that are anatomically corrects that do not require strength or body size to be win against a physically aggressive and dominant threat and shows the need for commonality between standing and ground defense training. **This is a physical demanding class and female officers need to be in good physical condition!**

Topics covered in the program include:

- Balance Displacement Tactics
- Breakaway tactics
- Control options
- Stabilization techniques
- Strength vs. Planning
- Documentation and use of force options
- Tactical Stunning
- Slipping and Evading tactics
- Clothing options and issues
- When all else fails
- Living without fear

Duration: 1.5 Day- Basic Course

Tuition: Negotiated at contract

Duration: 4.5 Day- Basic Instructor

Tuition: Negotiated at contract

Equipment Required: Bring your own instructor and Soldier suit you currently use. The military uniform assigned, roughs or dress clothing and footwear for range tactics and instruction, with whistle and lanyard. Appropriate tactical equipment to include body armor, helmet, gloves and any other gear worn on duty. For plain operations wear appropriate clothing and personal gear consisting of firearms, holsters and for soldier assignments, duty belt with holster issued firearm and back up weapons, 3 magazines for each weapon, body armor, impact weapon, protective equipment, groin protection and mouthpiece, eye safety goggles, towel. Change of clothes.

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