



ARMA TRAINING

www.armatraining.com

SPECIALIZED PROGRAMS – WOMAN AWARENESS & SURVIVAL PROGRAM - ICP

This basic instructor program is designed to certify instructors in our Woman Awareness Survival Programs (WASP™). This program is presented in an “Emotionally Safe – “Performance Driven Instruction,” tailored to teaching females with or without a combat background in field proven strategies and tactics for women of all ages in personal awareness and survival strategies needed in today’s society. The possibilities of physical encounters is not only real but prominent. Shopping in malls, walking in your neighborhoods, out with friends, playing with their children, even in your own home or at work an attack could occur. This training program was designed to by professionals who train other professionals around the world on personal safety and survival strategies. We will cover verbalization techniques and how to best conduct risk and threat assessments understanding the 10-5-2 Foot Rule, how to read important indicators during the initial interaction and improve their 360’ Degree Awareness, skills needed to face their attacker with confidence and courage and most importantly with a PLAN! We understand that women do not have the same physical strength or build as their attacker(s), we will teach our instructors methods that are field tested and proven to work. We will address how to use your environment, hands, feet and other weapons that are readily available to you and how to best work within their own physical limitations and so much more!

Topics covered in this program are:

- Personal Safety issues
- Stereo Types in our attackers
- Understanding your limitations
- Understanding your attacker
- Mental preparation and mind set
- Escaping the Attack
- Establishing your personal short/long goals
- Understanding Prevention
- Personal Oath & Obligations
- Importance of Family Support
- How to hit with power

Duration: 1.5 Day- Basic Course

Tuition: Negotiated at contract

Duration: 4.5 Day- Basic Instructor

Tuition: Negotiated at contract

Equipment Required: Clothing and footwear for lecture, dynamic activities and self-defense instruction, notebook and pen, 50 3x5 index cards with whistle and lanyard. No recording or taping devices allowed. We will offer you additional access upon completion of the training.

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