



## ARMA TRAINING

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### FORCE PROTECTION GROUND COMBAT SURVIVAL LEVEL 2 - MCP

This 1 day (8 hours) basic certification course and 5 days (40 hours) basic Instructor certification program is designed for Force Protection Teams to train and certify their soldiers in the next level training for defending and surviving a ground attack. This course will cover integrated use of force skills that develop rapidly in a ground encounter and prepare the soldier for being confronted with novice or skilled fighters. **Learn from experienced instructors with real world experience in field applications.**

#### Topics covered in the program include:

- Rest and Safety zones for ground attacks
- Ground Guard Blocking, Covering Tactics
- Mounted Blocking, Covering Tactics
- Ground Guard Striking Tactics
- Mounted Striking Techniques
- Weapon defense ground defense positions
- Controlling the pace and breathing
- Baton deployment from the ground
- Disarming tactics for blunt instruments
- Developing striking combinations
- Learning how to control the pace
- Understanding Ground Tactics
- Finding your own fight and survival time
- Power locks & grips
- Maintaining your DT program

**Duration:** 1 Day- Basic Course  
**Duration:** 5 Day- Basic Instructor

**Tuition: Negotiated at contract**  
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**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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