



ARMA TRAINING

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FORCE PROTECTION GROUND COMBAT SURVIVAL LEVEL 3 - 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 "Ground Combat Tactics" and was developed by highly skilled professionals with a strong background in military, corrections and law enforcement and both traditional and mixed martial arts, and real world street fighting. With the growing interest in martial arts around the world in mixed martial arts (MMA) soldiers are faced with the strongest possibility that they will be confronted with skilled attackers. This program will discuss why developing your own definitions and terminology is vital to winning in the courtroom and why your programs must have a legal-medical-tactical soundness, how to develop your own fighting profile and work within your own physical limitations, defend against chokes, learn how to defeat limb and neck submissions, weapons control in and out of the holster, defense from conventional and unconventional weapons in ground attacks, and much more.

Topics covered in the program include:

- Defending the take down
- Advanced Fighting Strategies
- Limb control techniques and control methods
- Cross trapping and mounting tactics
- Various transition for ground positions
- Control and stabilization tactics
- Weapon defense ground defense positions
- Controlling the pace and breathing
- Baton deployment from the ground
- Disarming tactics for blunt instruments
- Escapes & counters from the ground
- Grip and hold techniques
- Weapon retention in and out of the holster
- Integrated use of force options
- 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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