



ARMA TRAINING

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FORCE PROTECTION – FEMALE COMBAT SURVIVAL - 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 female soldiers in Female Combat Training program was developed to enhance your survivability by combining verbal strategies with physical alternatives. We will address how to escape from the most common grips and grabs attackers will use to restrain and stop you from escaping their control. We will also discuss what to do if what you are doing is not working and give you survival options that will save your life. Every female soldiers faces the same danger of male soldiers whoever their options vary based on size of their attackers and threats, environment they are in and the weapons available to them.

“Our lives depend on OUR performance.” This program focuses on the life threatening situations any female soldier might 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 these physical encounters and shows the need for commonality between standing and ground defense training. **This is a physical demanding class and female soldiers 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 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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