



## US FIGHTING SYSTEMS

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### EMPTY HANDS TACTICS – INTERVENTION OPTIONS - ICP

This Empty Hand Tactics program are designed to educate, train and prepare you in Empty Hand Tactics that are field tested and proven for surviving real world attacks. This course is designed to enhance your personal development in understanding how and why attacks take place, where they can occur and what you can REALLY do about it when they do! We will discuss learning to work within your own physical limitations, and how important it is to be physically, mentally and emotionally prepared to defend yourself and how to build an action response plan that is right for you. Knowing what to say, when to say it and why you say certain things in the defense of yourself is vital not only for the immediate attack but for the aftermath when it all appears in court. Learn to combine **verbal direction with physical alternatives!** Student will be issued a certificate for completing **Basic Empty Hand Tactics – Intervention Options.**

#### Topics covered in this program are:

- Laying the verbal foundation
- Defense Positions
- Movement Tactics
- Avoidance tactics
- Defense Strategies
- Working within your own physical limitations
- Controlling your emotions
- Zones of approach and escape
- Knowing your rights
- Selecting your weapons
- Intervention options

**Duration:**     **4 Hours Basic Class**  
                      **12 Hours Basic Instructor**

**Tuition:**       **\$TBA**

Equipment Required: Clothing and footwear for dynamic activity and self-defense instruction, notebook and pen, 50 3x5 index cards with whistle and lanyard. Personal protection gear recommended elbow and knee guards, groin protection and mouthpiece. **No recording or taping devices allowed. We will offer you additional access upon completion of the seminar.**

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1/1/2015