



## US FIGHTING SYSTEMS

[www.usfightingsystems.com](http://www.usfightingsystems.com)

### KNIFE DIARMING STRATEGIES (STANDING)-ICP

This Knife Disarming Strategies program is a Basic Instructor programs for Standing Defense against knife attacks designed to educate, train and prepare you in Empty Hand Survival Tactics that are field tested and proven for winning real world attacks. This course is designed to enhance not only the physical response but in the mental commitment, emotional trauma and the legalities that follow these violent and dangerous attacks. The edged weapon or Knife in America becoming more and more common then we realize and the reality of being attacked by a threat with a knife is increasing more possible. Being unable to identify, disarm and control not only the attacker but the weapon itself is vital to not only winning but your saving life! This program was developed and is conducted by US Fighting Systems and these survival tactics against knives is a system being used throughout the world. Student will be issued a certificate for **Empty Hand Tactics – Knife Disarming Strategies**

#### Topics covered in this program are:

- Dynamics of a knife fight
- Understanding body mechanics for grip control
- Angles of a knife attack
- Understanding the attack profile
- Defending and Protection Strategies
- Limb disablement and severing tactics
- Defense against lunge, underbelly, overhead and slash attacks
- Indicators of edged weapons
- Dynamic simulation exercises
- Intervention Strategies and Articulation
- Use of force considerations
- Knife Deployment Tactics

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

**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