



## US FIGHTING SYSTEMS

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

### COUNTER-COMBATIVES – CONTROLLING THE DISTANCE TACTICS – ICP

This Empty Hand Tactics program is 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 the difference stabilization, restraining and restricting the movement of the attacker, limb and control techniques, body compression methods, joint control **and introducing the “Hinge Concept”** understanding why **using anatomically correct techniques** are not only important but necessary in controlling the attacker. Escaping any attack should be your number one goal however when this is not possible due to being injured or you lose the ability to escape from the threat controlling them may be your only option. Student will be issued a certificate for completing Basic Empty Hand Tactics – Control Tactics

#### Topics included are:

- Introduction to “Hinge Control”
- Control points
- Body Compression Tactics
- Stabilization Techniques
- Restrain techniques
- Limb and Head control
- Positional Asphyxia
- Excited delirium
- Using restrain tools
- Protecting circulation
- Body placement techniques
- Shoulder Lock
- Ground Stabilization
- Documenting & explaining your action

**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.**

#### **Visit**

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