



US FIGHTING SYSTEMS

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SHOULDER LOCK –ICP

This Empty Hand Tactics program is a series of real world based programs designed to educate, train and prepare you in the Shoulder lock that has been field tested and proven for surviving real world attacks for over the last 30 years. The shoulder lock is not classified as a choke or neck restrain because technically it is not deigned to block the air flow or reduce blood circulation unless you increase the pressure and change position. The shoulder lock is classified and defined as an intermediate method of upper body restrain and you will understand 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 – Shoulder Lock.

Topics covered in this program 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.**

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1/1/2015