



US FIGHTING SYSTEMS

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COUNTER-COMBATIVES SERIES – ELBOWS-KNEES-KICKS - ICP

This Empty Hand Tactics program is one of a series of real-world base self-defense programs 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 the combination of empty hand striking, knee strikes, kicks, close quarter control, blocking and covering tactics for protecting yourself, physical tactics that allow you to work within your own physical limitations and are designed to be effective for you regardless of your physical size and strength, concentrating on power development, striking and kicking techniques, and use of anatomically correct techniques that allow for the natural movement of limbs without twisting and bending for control. Student will be issued a certificate for completing **Counter Combative's Tactics – Grappling-Knees & Kicks**

Topics covered in this program are:

- Hand Strikes
- Knee and kicking tactics
- Combining force options
- Close quarter striking tactics
- Grappling Tactics for control
- Documentation and use of force options
- Survival combinations that work
- Counter assault tactics
- Increasing you Power & Strength for striking
- Learning your fight life
- Tactics for winning the fight
- Mind preparation

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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