



US FIGHTING SYSTEMS

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ESCAPES FROM GRIP GRABS BODY HOLDS-ICP

This Escapes from Grips and Grabs 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 skills in escaping from the common grips, grabs and body holds that take place during any type of attack. We will discuss escaping from hand and finger grips, wrist, arm grabs and shoulder, clothing and body holds. **Not being able to escape from these types of attacks often escalates to higher level of threat on your life!** Not knowing how to escape could cost you your life. Student will be issued a certificate for completing **Empty Hand Tactics- Escapes from Grips and Grabs.**

- **Topics covered in this program are:**
- Understanding Finger Locks
- Learning the 6 hinges on the body
- Escapes from Head and Body Holds
- Wrist Locks
- Arm and Shoulder locks
- Striking & Compression Points
- Flexing and Contracting
- Muscular Dysfunction
- Reversing & Counter Holds
- Head shield and guards
- Your force options
- Pain vs. Limb Control
- Body Shifting and Balance Displacement Tactics
- Documenting & Articulation

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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