



US FIGHTING SYSTEMS

www.usfightingsystems.com

CHOKE DEFENSE STRATEGIES-ICP

This Choke Defense Strategies and 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 skills in escaping from the dangers of being strangled, suffocated, smothered or choked – all of these attacks results in your death if you do not have an effective response that are field proven. We will discuss the importance of protecting the airway, blood and air chokes, oxygen deprivation, stages of reduced awareness, injuries associated by chokes, we will show you what will and will not work. Being able to explain your actions when responding to these types of attacks on your life is important so you do not end up in the same cell. Not knowing how to escape from these types of attacks could cost you your life. Student will be issued a certificate for completing **Empty Hand Tactics – Choke Defense**.

Topics covered in this program are:

- Protecting the airway
- Breathing control
- Head and Neck positioning
- Defense Responses from being strangled and smothered
- One and two arm choke Defense
- Forearm Chokes Defense
- Cross Lapel Chokes
- Suffocation and Strangulation Defenses
- Rear Choke Defense (Standing)
- Choke Defense Reversal & Counter Holds
- Head shield and guards
- Deadly force options
- Testifying and explanations

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.**

Visit
www.usfightingsystems.com



1/1/2015