



## US FIGHTING SYSTEMS

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

### GROUND TACTICS – BLOCKING AND STRIKING TACTICS- ICP

This Ground Survival Tactics program is a series of 8 programs designed to educate, train and prepare you in Ground Survival Tactics that are field tested and proven for surviving real world attacks. This course is designed to enhance your personal development in not only the physical response but in the mental commitment, emotional trauma and the legalities that follow these violent and dangerous attacks. Addressing issues and the legal liability specifically designed for personal defense. Addressing types of blocks and covers, absorbing tactics when being kicked, punched and pounded on the ground, in combination with the various striking tactics you have from either on top or on the bottom fighting for your life. This program was developed and is conducted by US Fighting Systems. Student will be issued a certificate of completion for Ground Survival Tactics – Blocking and Striking Tactics.

#### **Topics covered in this program are:**

- Blocking strategies
- Covering Methods
- Hammer Strikes
- Elbow strikes
- Head Guard Tactics
- Tactical Combinations
- Clothing and environmental issues
- Intervention options
- Deadly Force options
- Liability and legal issues

**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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