



## US FIGHTING SYSTEMS

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

### GROUND TACTICS – DEFENSE AGAINST TAKE DOWNS - ICP

This Basic Ground Survival Tactics program is a series of real-world based 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. It introduces **one system** to remember for many ground attacks. This program was developed and is conducted by US Fighting Systems. Student will be issued a certificate of completion for **Ground Survival Tactics – Introduction and Defense against Take Downs**.

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

- History of Ground Attacks
- Avoidance Tactics
- Why traditional techniques do not work
- Blocking Takedowns
- Sport vs. Real Encounters
- Criminal and civil liabilities
- Clothing and environmental issues
- Intervention options
- Disengagement Strategies
- Controlling the Distance

**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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