



US FIGHTING SYSTEMS

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GROUND TACTICS – FALLS AND TRANSITION TACTICS- ICP

This Ground Survival Tactics program is a series of real world based programs designed to educate, train and prepare you in the proper Falls and Transitions from standing and ground positions that are field tested and proven for surviving real world attacks. Falling is a big part of a physical encounter – especially when you hit the ground, a table or cement fixtures, you trip and lose your balance and someone lands on top of you; get injured and unable to stand or pull someone down and you land on top of them. Not knowing how to fall safely, how to position your body when it hits the ground, what to do with weapons and other items in your hands could mean the difference between life and death! Student will be issued a certificate for completing **Ground Survival Tactics – Falls and Transitional Tactics**.

Topics covered in this program are:

- Importance of Breathing
- Body Positioning Points of Contact
- Mental Awareness Proper Landing Fall
- Transitional tactics
- Tactically surveying the area
- Head and Hands placement controlling your speed
- Getting back to your feet
- Regaining the position of advantage
- Intervention options

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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