



US FIGHTING SYSTEMS

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GROUND TACTICS – GROUND REST AND POSITION MANAGEMENT - ICP

This 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. Introducing effective rest positions from ground attacks when you find yourself either on top or on the bottom fighting for your life, and **unable to get-a-way**. This program was developed and is conducted by US Fighting Systems, and used worldwide. Student will be issued a certificate of completion for **Ground Survival tactics – Rest Positions**.

Topics covered in this program are:

- Front Mount Rest Positioning
- Ground Guard Rest Positioning
- Slips and Stalls
- Introducing the Shoulder Lock
- Counter Techniques
- 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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