



US FIGHTING SYSTEMS

www.usfightingsystems.com

GROUND TACTICS – ESCAPES/ COUNTERS FROM GRIPS/GRABS & LOCKS - ICP

This 4 hour Basic Ground Survival Tactics program is a series 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. Research has proven that during ground attacks being grabbed is part of the attack process. Being unable to release or get yourself free could cost you your life, we will address the various methods used when your wrist, arms, neck and legs are being grabbed, and the many effective methods used to escape and even counter these attacks. This program was developed and is conducted by US Fighting Systems. Student will be issued a certificate of completion **Ground Survival Tactics – Escapes/Counters from Grips Grabs and Locks.**

Topics covered in this program are:

- Understanding basic grips
- Hand-Finger and Wrist strength
- Basic Grabs
- Clothing grabs
- Introducing Power grips and grabs
- Release techniques
- Hand and Arm positions
- Clothing and environmental issues
- Intervention 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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