



US FIGHTING SYSTEMS

www.usfightingsystems.com

SPECIALIZED TRAINING – TACTICS FOR SURVIVING AS A HOSTAGE - ICP

This personal survival seminar is designed to educate develop and share the techniques and tactics preparing you for the horrific situation you might find yourself in a hostage situation no matter where you may be; sitting at home, shopping in the mall, sitting at home or sleeping in your own bed. Knowing how to stand, what to say, preparing escape routes, protecting yourself if you are being hit and surviving mentally, emotionally and physical if you are being tortured or denied the basic necessities of living. Having a personal reaction plan for these situations if you are alone or with your family is critical in surviving as a hostage and for winning against these types of attacks. The emotional roller-coaster you will experience during and after these situations are freighting. This course fully addresses all personal survival tactics and strategies you can use during these situations. Being calm, and cooperative are important but that is only the beginning.

Topics covered in this program are:

- Understanding “Hostage Traits”
- Reading the attackers
- Playing your part
- Preparing your escape
- Breathing techniques
- Protecting your blood circulation
- Learn what to say
- Strategies what NOT to do
- Emergency Family Response tactics
- Weapons of opportunity
- Winning against fear
- Being a good witness and testifying

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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