



US FIGHTING SYSTEMS

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SPECIALIZED TRAINING – SURVIVING A HOME INVASION - ICP

This program is designed to educate develop and share the techniques and tactics preparing you for a life threatening situations that occur during a “Home Invasion”. The dynamic of these attacks are at times carefully planned and well thought out. At times there could be a group of home invaders with and without various weapons – or at times stealing is not on their agenda but instilling panic, fear and terror. This course fully addresses all aspects of surviving these types of attacks.

This class is not for the weak at heart or passively motivated you need to be in good sound mind and body!

Topics covered in this program are:

- Establishing your life plan
- Safety Proofing your home
- Creating Escape Routes
- Conventional and Unconventional Weapons
- Winning mindset
- Creating effective barricades
- Attacking vs. Cooperating
- Playing the game
- Forcing their Hand
- “Greater Danger Theory”
- Kill or Be Killed
- You win – THEY Lose
- Grappling techniques in the water
- Controlling your anger and fear

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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1/1/2015