

ADVANCED-SELF DEFENSE (Weapons Training)

ADVANCED SELF-DEFENSE offers techniques to combat the armed aggressor, which is the ultimate challenge to the unarmed defender. If or when you encounter an assault with a “deadly weapon”, the likelihood of your survival lies with your mental strength more so than it does with your physical abilities. Having said that, when you combine mental strength with physical technique you can turn the tables on the aggressor by overwhelming them “AND” retrieving the weapon.

Violence is the armed aggressor’s goal. They don’t want to “compete” with you they want to “dominate” you. They want to seriously injure or even kill you. With this in mind your only option (if you want to survive) is to dominate, injure, and/or kill them... First! This option entails the goal of “disarming” your attacker, it’s not good enough to simply overpower this armed person (they still possess the weapon) you must overpower and retrieve the weapon!

ADVANCED SELF-DEFENSE covers topics such as:

- ◆ **BLOCKING**
- ◆ **DISTRACTING**
- ◆ **DEFLECTING**
- ◆ **DISABLING**
- ◆ **DISARMING –(USING THE AGRESSORS OWN WEAPON AGAINST HIM/HER)**
- ◆ **TAKEDOWN**
- ◆ **USING-ENVIORNMENTAL OBJECTS AS WEAPONS**
- ◆ **POST CONFLICT TRAINING**

Course duration 2-3 hours