



## GROUND FIGHTING COURSE

**Prerequisites:** None

**Course Summary:**

This class deals with groundwork as it pertains to an assault on the street. This is not sport-based, rather training that teaches realistic and easy to learn ground techniques.

**Course Length / Hours:** 8 hours. 0900 – 1700 Hrs.

**Topics May Include:**

Falling	Take Downs	Tackle Defense
Ground-Based Strikes	Blocking	Arm Strikes
Grabs	Blocking Kicks	Evasion & Escape
Face Down Situations	Ground Weapon Retention	Ground/Wall Maneuvers
The Guard	Counter Guard	Victim Rescue
Joint Locks	Throws	Self-Triage / First-aid

**Gear Requirements:**

Students should bring their duty belt and gear (if applicable), Uniform, Uniform footwear and ballistic vest. Or tennis shoes, appropriate gym clothing, and a water bottle or other hydration system

**Training Location Information:**

TBD.

**Course Cost:**

Introductory price of \$150 tuition includes refreshments, instruction, and a certificate of completion. It is recommended that students bring food and additional snacks.