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9:00 - 4:00

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Learn how to become effective in defending yourself when conventional weapons are unavailable. This course will increase your ability to defeat threats, based on real life scenarios using your empty hands and improvised tools.

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Some of the topics covered in this Course

- 1.What the Combat Mindset Is and Why It Is Critical
- 2.Combat Profiling Basics
- 3.Real World Case Study of Violence
- 4.Rules of Effective Striking
- 5.Edged Weapon Use
- 6.What to Say When Talking to Police
- 7.Scenario



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Combatives Level 1 Study Guide

**Oregon. Office of Superintendent of
Public Instruction**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the text box.

Combatives Level 1 Study Guide:

Pro-Systems: Combatives Volume One Joseph Truncale, 2015-03-14 This is the first volume of the Pro Systems Combatives PSC system This manual has all the basic techniques principles and essential warm up drills required to learn the entire basic Pro Systems Combatives PSC selfdefense offense system This volume also covers responses to punching attacks kicking attacks wrist arm grab attack counters body grab counters and drills Volume two covers the Pro Systems Combatives PSC self defense responses to chokes head locks knife gun multiple subjects and ground attack counters *Black Belt*, 2002-09 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *Armor*, 2006 **Hispanic Sergeants Major "Sergeantos Mayores" Past to Present 3rd Edition** Amador Medina, 2014-06-02 General history medal of honor winners biographies of hispanic sergeants majors in the United States Army **Progressive Units, a Guide for Instruction in Physical Education, Secondary School, Grades 7-12: Girls** Dade County (Fla.). Board of Public Instruction, 1951 A Guide for Planning Indoor Facilities for College Physical Education Wayne H. Crawford, 1963 Soldier of Fortune, 2003 **Bowker's Complete Video Directory 2001**, 2001 **Dissertation Abstracts**, 1960 Abstracts of dissertations and monographs in microform *A Guide to the Evaluation of Educational Experiences in the Armed Services* American Council on Education, 1984 Guide to the Evaluation of Educational Experiences in the Armed Services American Council on Education, 1984 **The 1982 Guide to the Evaluation of Educational Experiences in the Armed Services** American Council on Education, 1982 *Education*, 1944 *Lovejoy's College Guide* Charles T. Straughn, II, Barbarasue Lovejoy Straughn, 1997 Unparalleled in its wealth of up to the minute college information Lovejoy's has been totally redesigned to make it easier to use Among its outstanding features are more than 4 200 listings a complete directory of two and four year colleges and universities admissions requirements an Career Curricular Index scholarship data and much more Free 3 5 disk Journal of Physical Education, Recreation & Dance, 1990 **Fitness for Elementary School Children Through Physical Education** Victor Paul Dauer, 1962 **CAHPERD Journal Times** California Association for Health, Physical Education, Recreation and Dance, 1990 **Resources in Education**, 1982 Tentative Manual, State of Oregon, Elementary Schools. Physical Education Oregon. Office of Superintendent of Public Instruction, 1946 *The Physical Educator*, 1953

Whispering the Techniques of Language: An Mental Journey through **Combatives Level 1 Study Guide**

In a digitally-driven world where screens reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words usually move unheard. Yet, situated within the pages of **Combatives Level 1 Study Guide** a interesting fictional prize blinking with natural thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the mental depths with this moving evaluation, we will embark upon a honest exploration of the book is key subjects, dissect their interesting publishing model, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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