

## General Self-Defense Overview

One of the best ways people can defend themselves is to be armed at all times. However, in today's world where law-abiding citizens find it harder and harder to purchase a weapon, let alone get a concealed carry permit, the need for knowing how to defend yourself is paramount for your own and your family's protection.

We offer self-defense courses that are specially designed for civilians. These versions of our hand-to-hand combat courses focus on defending one's self in real-life situations. We teach using a mix of principles found in various martial arts, as well as practical techniques that allow you to deal with an armed adversary.

American Warrior Combatives realizes that some people already have some self-defense skills. We don't try to take away from what you already know — we add to what you already possess, although no previous training experience is required. Everything we teach is in a three-step process that is easy to remember which allows you to retain and perform techniques quickly and efficiently, no matter your age, sex, or weight.

## Edged & Blunt Weapons

Knife attacks are scary encounters. We can teach you how to defend yourself against a knife and stick attack, not by simply running away, but by attacking the attacker and leaving you in control of the situation, not the perpetrator. You will also learn how to best carry and deploy your own pocketknife, ensuring that if the need arises you can adequately get to this life-saving tool while under duress.

## Citizen's Arrest & Control

In our citizen's arrest and control seminars, we teach civilians how to deal with a break in type situation whether you have one or multiple perpetrators in your house. Calling local law enforcement is always a top priority but when it can take 5-15 minutes until they show up how are you going to handle the criminal or criminals that just broke into your house. Our easy to learn tactics and techniques take the guesswork out of these tense situations and help you keep a level head while maintaining situational awareness and control.

## Street Fighting Counters

In our Street fighting counters seminar, students will learn how to counter common street fighting control positions such as the shirt grab, collar tie, Muay Thai clinch, guillotine, headlock, and much more utilizing pain compliance and joint

manipulation. These techniques can easily be turned into a more forceful and damaging counter used to subdue or neutralize an adversary.

## Counter Ambush/Wall Escapes and Control

Imagine you hear a noise in your house and you go to investigate and suddenly you are surprised by an attacker and your back is against the wall. You feel like you can't move because you're pinned. The wall is actually your friend in this situation, not your enemy, if you know how to use it. That's where we come in. Students will learn how to quickly regain the upper hand from standing and ground positions when under attack then control and defeat all threats.

## Street Jiu-Jitsu Level 1

In this seminar students will learn the basics of Jiu-Jitsu for a 360-degree environment. Class will focus on escapes from the mount and other ground control positions when an opponent is trying to end the fight by any means possible. The emphasis during this seminar is escaping and getting back to your feet quickly to control the outcome and regain situational awareness.

## Street Jiu-Jitsu Level 2

This seminar picks up where Level 1 Tactical Jiu-Jitsu leaves off and covers more positions along with counters and submissions with the same emphasis of regaining situational awareness and controlling your environment.

## Street Fighting Striking

This seminar teaches the students how to defend against punches and kicks from an attacker then to use basic strikes from Boxing and Muay Thai with other unconventional striking techniques to quickly end a potentially dangerous encounter or simply control your adversary.

## Multiple Attacker & Dark Alley Drill FTX

This is the final culmination of all other seminars. Students will quickly go over the fundamentals of a multiple-attacker situation and refresh previous seminar skills. Then conduct near full speed drills in a multiple-attacker scenario. Afterward they will move on to the Dark Alley Drill where they will be placed in worst case scenario situations and have to fight their way out utilizing skills from previous seminars. Upon completion, graduates will receive a certificate from American Warrior Combatives.

## Self-Defense Shooting

In our small arms seminars, we teach dynamic and combat shooting that incorporates movement. You'll learn to shoot under stress, and even increase accuracy outside of your normal range. American Warrior Combatives will mimic battlefield situations. This provides a realistic combat experience like no other, teaching you how to react in real life to threatening situations. (Our instructor will meet you at the Range, the range lane, ear protection, ammo, weapons, and targets must be provided by an individual, outdoor range private land or BLM is preferred however exceptions can be made to use civilian shooting centers, such as Poway Guns and Ammo or American Shooting Center)

## Home Clearance Tactics

Learn how to systematically go through your own home utilizing military tactics to clear your house from danger whether you have a gun, a bat or knife, or just your hands. There are plenty of companies that provide home protection alert systems and there is a lot of information on the internet on how to make your house less likely to be a target for criminals, but very few people can teach you how to clear your house room by room when you are woken up in the middle of the night by that strange noise. Are you going to wait for the police or neighborhood security guard if someone is in your kids room? American Warrior Combatives can show you how to deal with these situations. We can set scenarios up at our training center or we can come to your house and specifically walk you through it and provide scenarios for you to react in, before the real thing happens. Let us show you how to keep yourself and your family safe.

## Women's Only Seminars

At AWC we recognize that women are sometimes more comfortable training with other women. If any of the AWC seminars are of interest to you for a women's only seminar please feel free to contact us as to how we can assist you.