

BEHAVIORALLY-BASED COMBATIVES

Our Behaviorally-Based Combatives workshop will dramatically improve your understanding of the physiology of real-world combatives, sharpen your tools, and provide a blueprint for creating the most effective training programs possible.

The Details

Date:

May 23-25, 2013

Time:

8am-5pm

Location:

Auburn PD

Point of Contact:

Sergeant Tyler Christian
tchristian@auburnwa.gov
253.261.8033

Cost:

\$250/Person

Instructor:

Dr. Eric Cobb



This course is all about effectiveness during the most critical seconds of your life. It is not a liability reduction course, nor a "feel good" workshop. Instead it is about making yourself and your students safer when faced with the threat of violence.

What We Will Cover:

- Training For The Right Opponent
- Self Defense vs. Tactical Offense
- Combatives Physiology – How The Brain Works
- Fear & The Low Road/High Road Paradox
- Understanding The Startle/Flinch
- Developing Your Combatives Toolbox
- Drill Design and Replication Training
- Fight to Shoot Drills
- Target Mapping and Why It Matters
- Ambush Survival Combatives Evolutions

CONTROL THE BRAIN. CONTROL THE BODY.

MAY 23-25

