



Direct Force Fighting Techniques Program Description

DIRECT FORCE
Fighting Techniques

Becoming a Direct Force Fighter involves three levels of proficiency:

Level 1 (Beginner) – approx. 12 class hours

Sets the foundation by covering basic moves, footwork and reflex technique. Also addresses prevention of high risk situations with proactive observation.

- **Situational Awareness:** Scan people and situations for potential dangers as well as identify safety exits and alternate routes.
- **Basic Footwork:** Stand, balance and move with proper form.
- **Basic Strikes and Counters:** Learn the foundation of the most powerful fighting combinations.
- **Reflex Drills:** React instantly to threats using strikes, kicks, and other maneuvers.

Level 2 (Intermediate) – 16 - 20 class hours

Teaches how to combine the basic punch, strike and other footwork into intermediary sequences including trappings, gun and knife disarming, and other close quarter's defense.

- **Advanced Footwork:** Turn the attacker(s) on the defense with these moves.
- **Trappings:** Use the opponent's body energy to anticipate their moves and obstruct their advances.
- **Punches, Kicks and Stomps:** Blend a series of footwork into opponent-immobilizing moves.
- **Gun/Knife Disarming:** Defend against these common but lethal forms of attack.

Level 3 (Advanced) – 24 - 32 class hours

Combat ground fighting, takedowns, and locks and joint manipulations combine into advanced self-defense. Effectively defend against extreme danger situations such as abduction.

- **Vital Point Attacks:** Kicks and strikes to the attacker's most sensitive areas.
- **Take Downs with Locks and Joint Manipulations:** Take the aggressor to the ground with unconventional, complex handy work.
- **Combat Ground Fighting:** Effectively takeover your opponent while entirely in the ground position.
- **Multiple Attackers and Abductions Defense:** Protect yourself from these extremely dangerous situations.