



MDTS PRACTICAL COMBATIVES SKILLS 1

Course Description/Objectives:

Through a series of situational awareness drills, verbal challenge, physical boundary setting, default response & basic unarmed technique training, students learn a simple, effective and retainable method of unarmed personal protection. An emphasis is placed on understanding how criminals assault citizens in the real world. Strategies presented enable the citizen to negate criminal assault tactics through verbal challenge and/or direct action (pre-emption). This course is suitable for men and women of any age or physical size/stature.

Course Topics/Modules of Instruction Include:

- Combative Mindset
- Contact Plan of Action
- Threat Recognition & Management Tactics
- Understanding Criminal Assault & Initiative
- Verbal Challenge, De-escalation and Physical Boundary Setting
- Evasion & Escape Tactics
- Direct Action Drills (Pre-emption)
- Instinctual Defenses & the Default Response
- Body Weapons & Hard Skills
- Generic Targeting
- Escapes from Common Grabs & Chokes
- Stress Inoculation Drills

Instruction features foundational knowledge & strategy presentations, solo command & mastery drills, speed & power development drills, combat scenarios. All skills will be tested via practical application through force-on-force drilling & scenarios.

Equipment: Comfortable clothing or duty uniform, groin protection, mouth guard, optional elbow & knee protection

Duration: 4 hr.



MDTS PRACTICAL COMBATIVES SKILLS 2

Course Description/Objectives:

PCS2 focuses on how to escape and survive an assailant's extreme close range attack that has pulled you off your feet and onto the ground. On the ground many primary defensive tools and empty hand techniques cannot be accessed or applied effectively. Drills and scenarios cover escapes and counters from face up and face down positions with the singular goal of regaining the standing position and escaping when possible.

Course Topics/Modules of Instruction Include:

- Combative Mindset
- Grappling Engagement Model
- Counter-Take Down Tactics
- Dominant & Non-Dominant Positions
- Escape from Mounted Chokes & Strikes
- Escape from Guard Chokes & Strikes
- Escape from Back Mounted Chokes & Strikes
- Escape from Cross Body/Side Hold Position
- Generic Targeting
- Body Weapons & Hard Skills
- Grounded Striking Methodology
- Practical Drilling & Stress Inoculation Drills

Instruction features foundational knowledge & strategy presentations, solo command & mastery drills, speed & power development drills, and combat scenarios. All skills will be tested via practical application through force-on-force drilling & scenarios.

Equipment: Comfortable clothing or duty uniform, groin protection, mouth guard, optional elbow & knee protection

Duration: 4hr.



MDTS PRACTICAL COMBATIVES SKILLS 3

(Defense Against Contact Weapons)

Course Description/Objectives:

Overcoming the emotionally induced delayed reaction to a weapon is the primary goal of this course. Immediate and realistic gross motor defenses against various contact weapons are presented in both static (hold up) and dynamic drills & scenarios. Practical defensive responses are designed to negate the advantages of surprise, size and strength that an individual may encounter from an armed adversary. The most common types of "ambush" knife attacks are demonstrated and addressed. An emphasis is placed on aggressive counter attacks to enable distancing from the weapon bearing attacker and escape.

Course Topics/Modules of instruction Include:

Combative Mindset

Effects of Adrenaline Stress

Threat Recognition & Management Tactics

Default Response

Common Weapon Defense Myths

Brewing vs. Flash Confrontations

Static Weapon Control and Counter (hold ups/threats)

Dynamic Weapon Control and Counter

Contact Weapon Disarms

Practical Drilling & Stress Inoculation Drills

Instruction features foundational knowledge & strategy presentations, solo command & mastery drills, speed & power development drills, and combat scenarios. All skills will be tested via practical application through moderate and full force scenarios against single and or multiple padded assailants.

There are two specific Defenses Against Contact Weapons modules:

1. Standing Defense Against Edged/Impact Weapons
2. Grounded Defense Against Edged/Impact Weapons

Equipment: Comfortable clothing or duty uniform, eye protection, groin protection, optional elbow & knee protection

Duration: 4 hr. each module



MDTS PRACTICAL COMBATIVES SKILLS 4

(Defense Against Multiple Assailants)

Course Description/Objectives:

Possibly the worst situation one can find themselves facing multiple attackers is an often misunderstood and poorly taught subject. Through a series of specially designed drills, evolutions and scenarios students learn a simple yet effective method of unarmed escape & evasion from multiple aggressors. Regaining lost initiative against multiple attackers is also examined.

Course Topics/Modules of Instruction Include:

- Combative Mindset
- Threat Recognition & Management Tactics
- Verbal Challenge and Physical Boundary Setting
- Distance Control Tactics
- Direct Action Drills (Pre-emption)
- Instinctual Defense & Default Response
- Universal Targets
- Body Weapons & Hard Skills
- Escape from Common Grabs
- Counter-Multiple Aggressor Concepts
- Dynamic Movement Drills
- Practical Drilling & Stress Inoculation

Instruction features foundational knowledge & strategy presentations, solo command & mastery drills, speed & power development drills, and combat scenarios. All skills will be tested via practical application through force-on-force drills and scenarios against single and/or multiple assailants.

Equipment: Comfortable clothing or duty uniform, groin protection, mouth guard, optional elbow & knee protection

Duration: 4 hr.



PRACTICAL COMBATIVES SKILLS FOR WOMEN

Course Description/Objectives:

The MDTS Practical Combatives for Women course was designed to educate and empower women with effective personal protection skills and strategies. Practical Combatives is a combination of verbal, psychological, and physical techniques women can use to defend themselves in situations ranging from unwanted or harassing comments to physical abuse and rape. Through a series of situational awareness drills, verbal challenge, physical boundary setting, instinctual responses & basic unarmed technique training, women learn a simple, effective and retainable method of unarmed personal protection. An emphasis is placed on understanding how criminals assault women. Strategies presented enable women to negate criminal assault tactics and unwanted attention through verbal challenge, escape and/or direct action (pre-emption). This course is suitable for women of any age or physical size/stature.

Course Topics/Modules of Instruction Include

- Contact Plan of Action
- Understanding Criminal Assault & Initiative
- Recognizing Potential Threats
- Verbal Challenge, De-escalation
- Physical Boundary Setting & Protecting Personal Space
- Managing Unknown Contacts and Unwanted Attention
- Evasion & Escape Tactics
- Direct Action Drills (Pre-emption)
- Instinctual Defenses & the Default Response
- Body Weapons & Empty Hand Skills
- Generic Targeting
- Escapes from Common Grabs & Chokes
- Escape from Horizontal/Grounded Assaults
- Padded Assailant Stress Inoculation Drills

Instruction features foundational knowledge & strategy presentations, solo command & mastery drills, speed & power development drills and realistic scenarios.

There are two specific Practical Combatives for Women training modules:

PCFW1- Countering Standing Assaults

PCFW2- Countering Grounded Assaults

Equipment: Comfortable clothing/street wear, water, note taking materials

Duration: 4 hr./Module



MDTS PRACTICAL COMBATIVES SCHOOL

Course Description/Objectives:

The most intense Unarmed Defensive Tactics/Combatives Skills training available anywhere! This customizable course combines MDTS Practical Combatives Series into a seamless personal defense methodology anyone can utilize regardless of size, strength, gender or age. The combination of these courses is guaranteed to provide the student with the skills necessary for defense in any close range combative encounter. This is PRACTICAL Unarmed Combatives training the like of which is rarely seen in standard law enforcement academies, military training or citizen run martial arts programs. Utilizing the MDTS force-on-force accelerated learning methodology allows maximum retention and immediate recall of learned techniques and tactics.

Instruction features foundational knowledge & strategy presentations, solo command & mastery drills, speed & power development drills, and combat scenarios. All skills will be tested via practical application through moderate and full force scenarios against single and or multiple padded assailants.

Equipment: Comfortable clothing or duty uniform, eye protection, groin protection, mouth guard, note taking materials, hydration, optional elbow & knee protection

Duration: 16 hr. minimum

*Fully customizable to the needs of your group, department or unit