



TRAINING ANNOUNCEMENT

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Announcement

December 6, 2016

Course Title: Ground Fighting 101 for the female officer

Date: October 16 – October 20, 2017

Time: 0800 - 1700 hrs.

Course Description:

The objective of this one week (40 hour) course is to develop competency in the most fundamental and critical aspects of ground fighting in a law enforcement context. The course focuses on a limited number of situations and techniques, and strategies for using those techniques that are commonly encountered, pose a serious threat to the officer, and form the basis for the development of further competency. Topics include combat base, neutralizing an opponent's personal weapons, and escapes from common positions of disadvantage, such as headlocks and the mount. Techniques and strategies are specifically selected to make best use of a female officer's strengths. The course is, by its nature, physically demanding.

Course size: limited to 14 students.

Fee: No fee for member agency personnel

Please contact Cindy at Cardinal Criminal Justice Academy, 540-375-3095 or by email csarver@cardinalacademy.org to register.