

Survival Tactics & Tactical Breathing an Integrated Approach :A LEO's Training Program for Executing Under Pressure

The master key to success in hostile and highly tense situations comes down to an officer's ability to execute their tactics and strategies while staying calm, cool, and collected under pressure. To perform under pressure an officers training regimen must include the integration of simple, affective, and to the point street survival tactics along with mindset and stress management practices.

Join us at the 2019 ILEETA Conference on 03/20/19 from 13:00-16:45 for an instructor certification course, ***"Survival Tactics and Tactical Breathing an Integrated Approach"***. Officers will be exposed to Survival Tactics and Strategies that are designed to address the threats of Edged Weapons, Mass Attack(Multiple Opponents), Empty Handed Combat, Take Downs, and Ground Fighting. Our unique course is designed to teach officers to be truly adaptable like water, so that they are prepared for any and all types of threats. Officers will also be exposed to our *Tactical Breathing Method* which is designed to give them the edge by teaching them how to relax on demand, when they need it the most in highly tense, and dangerous situations when stress, fear and anxiety are at their highest. By focusing on breath management techniques officers will enter the High Performance Zone, which is a heightened state of attention and awareness, where the perception of time starts to slow down. In this heightened state officers can conserve their energy, and make better decisions under pressure.

Officers will be introduced to our *"3S Training Model"*. The 3 S's for success are Stillness, Strategy, and Skill. Officers will learn an easy to implement progressive training method that is designed to install stillness of the mind in chaos, strategy selection and decision making, and the execution of the physical technical skills. Officers will learn to conserve their energy, master the moment, and develop superior attributes of speed, sensitivity, stamina, and adaptability. Officers will also learn drills that will teach them how to deal with edged weapons attacks, mass attacks, empty hand combat, grappling and weapon retention.

Law Enforcement officers are challenged with uncertainty. The master key for an officer's survival comes down to their ability to ADAPT, by making themselves comfortable in uncomfortable situations. This can only be accomplished by integrating tactics and strategies with breath management and awareness drills. Officers will also learn simple breath awareness exercises that will allow them to focus before their shifts, and destress at the end of their shifts, so that they do not take the tension home with them, and bring it back the next day. Performance is directly related to how we manage stress, before, during, and after the job. Join us for *"Survival Tactics and Tactical Breathing an Integrated Approach"* and give your officers the edge.

Course Taught by Harinder Singh and Officer Darrell Burton.