



CITIZEN PROTECTION PROGRAM/PHASE I

COURSE: Citizen Protection Program/Phase I (Defensive Tactics)
(Courses are held at the SOTT-I LLC Midwest Training Center, Cape Girardeau Missouri)

PURPOSE: The program is designed to focus upon the skills required to effectively provide personal protection and subsequently escape during a physical attack. The training will highlight various tactics, techniques and procedures relative to personal protection and will cover SOTT-I LLC TIER I skills relative citizen protection. The training will include but not be limited to:

- Introduction to the Threat
- Fitness Aspects of Personal Protection
- Citizen Protection TTPs
- Threat Assessment
- Learning to Fall
- Control Techniques
- Strikes and Kicks
- Fight or Flee Overview
- Various Threat Scenario Applications (using learned TTPs)

PRE-REQUISITES: The CPP Phase I is designed to provide an overview of the tactics, techniques and procedures relative to personal protection in various environments and provide a **foundation** from which attendees can build. Attendees include anyone interested in creating the foundation skills required to protect themselves from physical harm.

SPECIAL INFORMATION: The CPP Phase I is performance oriented training conducted in a low-medium risk environment. Training will involve performance oriented "hands-on" application of the skills learned through numerous exercises, classroom lectures/conferences and graded presentations.

CLASS DURATION/SIZE/TUITION: One Day (10 hours) and limited to 15 personnel. Tuition is \$75.00 per student.

SPECIAL INSTRUCTIONS: CPP/PH I attendees require the following equipment:

ITEM	QUANTITY
LOOSE FITTING CLOTHING/RUNNING SHOES	PER STUDENT
STANDARD WORK/CASUAL ATTIRE NORMALLY WORN BY ATTENDEES	PER STUDENT (CARRY TO CLASS)
PROTECTIVE EQUIPMENT FOR GROIN	PER MALE STUDENT
FITTED MOUTHGUARD	PER STUDENT
NOTEBOOK	1 PER STUDENT

PRIMARY INSTRUCTORS: JOHN SIEH/AARON ERNST (SEE SOTT-I LLC STAFF BIOS @ www.sottint.com)

CONTACT: **Pre-registration for this program is required.** For registration/program details visit www.midwesttrainingcenter.net, call 573-547-2400 or contact SOTT-I LLC@ sottint@aol.com
