



Officer Survival: For the Female Officer

This revolutionary course was built on an interdisciplinary triad: the integration of tactical, physical, and mental techniques in order to develop, improve, and enhance the female officer's situational awareness and survival abilities. The course is intensively hands-on, utilizing real-world scenarios faced by all police officers during both patrol and tactical situations. While designed specifically for the woman officer, the winning mindset and survival skills taught here would benefit any law-enforcement professional.

Topics covered:

- Development of a winning mindset: "I train to win!"
- Gender differences
- Weapon retention from the ground up
- Active countermeasures
- Grappling and ground defense tactics
- Subject control tactics and techniques
- Scenario based exercises
- Proper use of cover and concealment
- Tactical handgun skills
- Functional fitness for the female officer
- Use of Polar heart rate monitors

Duration: 3 Days

Tuition: \$595.00

Ammunition: 500 Rounds Pistol

Equipment Required: Wrap around eye protection, ear protection, brimmed hat, pistol with three magazines, duty belt, full duty gear including body armor, inert OC spray, baton, flashlight and handcuffs.

TO REGISTER FOR, HOST OR SCHEDULE A CLASS, PLEASE CONTACT:

Team One Network

3900 Early Rd.

Harrisonburg, VA 22801

Phone Number: 540.437.7277

Fax Number: 540.434.7796

E-mail: info@teamonenetwork.com

Web: www.teamonenetwork.com

Upcoming Classes: