

TACT

TACT (Tactical Awareness & Combat Techniques) is a series of highly effective and court defensible self-defense and personal protection workshops. Workshops run anywhere from 4 to 16 hours long and vary in activity level and intensity. All include a dynamic power point presentation on theory, preparedness and mental self-defence concepts. all physical self-defence techniques are designed around battle proven gross motor skills that are easily retained and learned in a minimum time period. No intricate martial arts techniques... just science.

Martial artists often take their martial arts skills and try to apply it to real world violence to come up with workshops and seminars. We studied real world violence and developed a system using techniques that saved lives and were effective in the heat of battle. We studied what works and what doesn't. Our ego or system is not tied to any one fighting style. TACT is street wise and street proven and can be used to compliment other combat training and skills.

We have six focused workshops:

1. TACT for Law Enforcement
2. TACT for at Risk Professionals
3. TACT for Personal Protection
4. TACT for the avid traveler
5. TACT - Yawara Stick
6. TACT for Women (WASP)



Bully Proof

Budocentral Martial Arts
230 Pleasant Street
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(902) 801-8274
budo@budocentral.com
www. Budocentral.com



You're in a car accident and a large man gets out of the other car, points at you with one hand while making a fist with the other and while cursing, aggressively approaches you. Do you know what to do next to protect yourself?

TACT Self-Defence Workshop

Protect yourself and your family today!!!

Tactical Awareness & Combat Techniques

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TACT for Personal Protection is a program that offers dynamic “release and escape” self-defense for those looking for a highly effective personal, street focused self-defense method for men and women over the age of 16. Learn the skills of assertiveness and intuition and practice the tricks of dirty fighting that are combat proven and effective against large aggressive subjects.



What's the number one thing that wins a street fight 93% of the time? What one thing increases a person's survival rate during an attack? If you could only have one thing, would you rather have street psychology (mental self-defence) or physical skills? Is it possible for a 125lbs person to defend against a 250lbs violently aggressive male predator as crazy as the Boston Strangler? How many ways can you be attacked?

If you are not sure about these questions you need our workshop now.

Be your own Bodyguard and your families body-guard today!!!

Be warned we may be examining video or photos of street violence.

Curriculum

- Creating impact
- Escaping from holds, grabs and chokes
- Escaping from the ground fight
- Pressure point skills
- Surviving the sucker punch
- Defence against guns
- Defense against knives
- Defending from a push, punch or kick
- Dealing with aggression
- Understanding pain compliance
- Forms of violence
- Your natural ability to defend yourself
- Stats, crime rates and myths
- Giving yourself permission to hurt others
- Understanding the predator
- Intuition training
- Assertiveness training
- Predatory behaviours and processes
- Predicting violence
- Pre-incident indicators
- Fear management
- Combat ready non-threatening postures
- Five levels of awareness
- Defensive strategies
- Reactionary Gap
- Survival stress
- Understanding the legal side
- The art of fighting dirty
- And much, much more

Workshop

Where: East Dartmouth Community Centre
50 Caledonia Road, Dartmouth, NS

When: Sunday March 25, 10:00AM-6:00PM

Price: per person: \$125.00 per person
(\$75 for Budocentral Members)

Class size is limited so book now.

TACT relies on gross motor skills that are easy to retain and do during high stress combat situations.

Our focus is on providing a window of opportunity to escape the violent encounter, not how to hurt others or exact your vengeance.

No martial arts uniforms.
Workshop will be done in street clothes.
Bring a snack and something to drink.

<http://www.budocentral.com>
click on TACT

Pay by major Credit Card or Paypal on our website or drop off cash or check to our club. Make cheques or money orders payable to “Budocentral” and mail to:

Budocentral Martial Arts

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