



Corporate Sponsor of
the American Women's
Self Defense Association
(AWSDA)

F.Y.S.D., Inc.

Civilian and Law Enforcement Training Specialists

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Thank you for inquiring about F.Y.S.D., Inc. We provide a wide range of services and specialized training programs for *military, law enforcement, security agencies and qualified civilians**. We bring *street proven techniques* to clients throughout New England, New Jersey, New York and Pennsylvania. For participant's convenience, *we come to your facility with our totally personal and portable training*. This minimizes costs for participants to travel great distances, not to mention having them spend extra time away from the job and family commitments. As with all of our programs, note taking is strongly encouraged.

Our highly trained instructors travel throughout the United States to participate in programs hosted by some of the nation's best schools and trainers. Our small class sizes and high instructor to student ration help us to better analyze students' areas for improvement and give student's the highest capability of performing techniques properly - even under stress. Our instructors also work with and are certified instructors at other schools including Modern Warrior® and the Lethal Force Institute, which allows us to also bring their programs and experience to you.

We work closely with organizations like AWSDA, a national non-profit organization, dedicated to educating women about female self defense and rape prevention. We also offer discounts if you or your organization is a member or corporate sponsor of ASLET, AWARE, AWSDA, IALEFI, IDT or LEAA.

Let F.Y.S.D. create a special program for you!

F.Y.S.D., Inc. is an equal opportunity employer, and also happy to offer interpreters for Deaf students, upon request.

Stay Safe,

F.Y.S.D., Inc.

* *Some programs require background check and verification of standing.*

“Be A Victor Not A Victim”

Members of:

*American Society of Law
Enforcement Trainers -
(ASLET)*

*Arming Women Against
Rape and Endangerment -
(AWARE)*

*International Association of
Law Enforcement Firearms
Instructors - (IALEFI)*

*International Defensive
Tactics and Research
Foundation - (IDT)*

*Law Enforcement Alliance
of America - (LEAA)*

*National Rifle Association -
(NRA)*

*United States Practical
Shooters Association -
(USPSA)*

For Law Enforcement:

As *Bad Guy* technology has developed in recent years, *F.Y.S.D. programs* address *what's on the streets TODAY*. We focus on issues, techniques and topics *peace officers need to know*, for both their safety and the public they protect. Our innovative programs address trends and changes in crime technology, that may not be available to some police academy graduates or with some department training programs.

- **Modern Warrior[®] Confrontational Handcuffing - PCH** - Prison inmates practice to injure officers, especially during handcuffing. This program is designed to safely subdue the 15% of non-compliant restraint subjects. Students will learn procedures while subject is standing, kneeling or prone, in addition to special subject extraction techniques, team takedowns and controls to reduce positional asphyxia. (*Duty belt with handcuffs, body armor and comfortable training clothes required*)
- **Modern Warrior[®] Firearms Alternative Survival Tactics - PFAST** - This course bridges the gap between empty handed defensive tactics and use of the firearm. FAST Techniques are utilized in situations where the officer is confronting multiple assailants and one or more of the assailants has or is likely to have a weapon. FAST doesn't mean alternative to your firearm. It means alternatives with your firearm, including safe positioning tactics, which gives the officer more time to assess the situation. The officer may then shoot or not shoot, as appropriate. This course has saved at least one officer's life, and at least one suspect's life (separate incidents). (*Duty belt with handcuffs, body armor and comfortable training clothes required*)
- **Modern Warrior[®] Multiple Assailant Confrontations - PMAC** - Unlike some Martial Arts movies, multiple opponents in the street generally attack at once, rather than wait their turn. Tactics and techniques that would normally work against single opponents may not work against many. This program discusses concepts like *physio-kinetics, time-framing, economy in striking and screening*. Program includes simulated confrontation exercises against multiple aggressors. (*Duty belt, body armor and comfortable training clothes required*)
- **Officer Firearms Survival - POFS** - This comprehensive program goes beyond shooting just for qualification. Learn the safest methods to shoot on the move and other positions, identifying threats, multiple target acquisitions, stressfire, equipment malfunctions, taking cover and shooting from cover and non-cover positions. (*Duty belt with handgun and appropriate ammunition, body armor, baseball style hat, eye and ear protection and comfortable training clothes required*)
- **Oleoresin Capsicum Aerosol Training - POCT** - Learn the proper use of deploying pepper spray. This course discusses escalation of force, types of spray and their proper deployment, goal orientation and identifies methods being used "on the street" for resistance. Students will be sprayed as part of this certification, to know the actual effects of the product they carry. (*Duty belt recommended, extra set of clothes and towel required*)

- **Police Baton - PEB** - This baton system can easily be implemented to enhance current applications with both expandable and straight baton systems. Includes use of force spectrum, blocks, striking, controlling techniques, spring batoning, integration with duty equipment (firearm, OC, etc.), ground fighting and more. (*Duty belt, expandable and/or straight baton, body armor and comfortable training clothes required*)
- **Police Defensive Tactics - PDT** - Comprehensive program focussing on *Goals vs. Techniques*, with a combination of all of our Law Enforcement programs, tailored to the needs of the class. This program includes *physio-kenetics, time-framing, economy in motion*. (*Duty belt, body armor and comfortable training clothes required*)
- **Police Persuader Baton - PPB** - Some situations require subject control using more low profile methods. Learn how to execute come-alongs, takedowns, wristlocks, thumblocks and armlocks. Each technique includes follow-ups to final “controlling posture” and an explanation of when each technique could be used. These techniques work with Kubotan, Persuader, MoGem, De-Jammer, Mini-Mag flashlight and similar protective tools. Student will be issued a Persuader baton and training documentation. (*Comfortable training clothes required*)
- **Modern Warrior[®] Tactical Edged Weapons Defense - PTEW** - Learn the safest ways to defend yourself against overhead, thrusting, arcing and spinning edged weapons attacks. This course also addresses defense against one or multiple opponents with one or more types of edged weapons. This defense system will even work against someone with a knife taped to their hand and their arms greased! (*Duty belt, body armor and comfortable training clothes required*)
- **Modern Warrior[®] Tactical Ground Fighting - PTGF** - Many officers who are knocked to the ground feel that they’ve lost a confrontation. This program teaches you how to *survive*. Topics include duty belt equipment positioning, trip throws, “cannons vs. machine guns”, quickest access to cover, shooting from the ground, and dealing with multiple opponents. (*Duty belt, body armor and comfortable training clothes required*)
- **Modern Warrior[®] Tactical Jaw and Limb Control System - PJLC** - Many departments have been eliminating the use of certain neck restraint systems due to litigation. This new system eliminates allegations of using choke holds and even reducing concerns with positional asphyxia. Students learn proper control and restraint techniques, which can be used in versatile situations. (*Comfortable training clothes required*)
- **Weapon Retention and Disarming - PWRD** - Even if you’ve taken other programs, this course will teach you many options to keep your firearm, even if you had to do it *Blindfolded*. Learn about reaction time, instinct skills and retention techniques from in holster and in hand positions. Then develop your skills disarming opponents in “no win” situations. (*Duty belt, body armor and comfortable training clothes required*)

For Civilians:

Our programs provide the most current training techniques to honest civilians. Much of this training is only taught in a few schools nationwide. Courses identified by an asterix (“*”) require background check, verification of good standing and/or valid firearms authorization. The following classes are *for Women Only*: **WRP-101**, **WRP-102**, **WDT-101**, **WDT-201** and **WDT-202**. AWSDA Certified instructors will be teaching these classes.

- **AWSDA Rape Prevention Course - WRP-102** - This nationally certified 5 hour program covers many aspects of Rape Prevention and female self defense. It is an excellent hands-on introduction to self defense, with techniques designed for the situations women face. Topics include: the laws relative to self defense and use of force, 911 procedures, self defense strategies and tactics, blocks, strikes, kicks, grappling and ground fighting. (*Comfortable training clothes required*)
- **AWSDA Rape Prevention Demonstration - WRP-101** - This popular 2 1/2 hour “demonstration only” version of the *AWSDA Rape Prevention Course (WRP-102)* is perfect for large organizations, schools and other groups with limited time.
- **Basic Civilian Defensive Keychain - BCDK** - This nationally certified program will teach you how to use a highly street-proven and universally legal self defense tool. This device can be used to effectively perform techniques ranging from low level “pest control,” to situations where justifiable use of deadly force would be necessary. This course includes escalation of force, how to perform blocks, strikes, wristlocks, armlocks, come-alongs, escape from choke-holds and grabs and how to perform stunning strikes. These techniques work with Mini-Mag flashlight, Kubotan, Persuader, MoGem, De-Jammer and similar protective tools. Students will be issued a Persuader Baton and training literature. (*Comfortable training clothes required*)
- **Advanced Civilian Defensive Keychain - ACDK** - Further your training by learning concepts including time-framing, economy of strikes, confronting multiple assailants and additional grappling and control maneuvers. (*Comfortable training clothes and baton required*) - * **BCDK or equivalent program prerequisite.**
- * **Modern Warrior[®] Multiple Assailant Confrontations - MAC** - Unlike some Martial Arts movies, multiple opponents in the street generally attack at once, rather than wait their turn. Tactics and techniques that would normally work against single opponents may not work against many. This program discusses concepts like *time-framing*, *economy in striking* and *screening*. Program includes simulated confrontation exercises against multiple aggressors. (*Comfortable training clothes required*)
- * **NRA Certified Firearms Programs - NRAF - F.Y.S.D.** staff members are fully certified instructors with the *National Rifle Association* in *Home Firearm Safety*, *Personal Protection*, *Basic Pistol*, *Rifle and Shotgun*. (*Firearm, eye & hearing protection, baseball style hat, ammunition and comfortable training clothes required*)

- ***Advanced Firearms Programs - AFP** - Go beyond traditional shooting courses. Based on techniques taught by the nation's top academies. Courses focus on threat assessment, reducing reaction time, tactical shooting in stressfire situations, including optimum use of cover, multiple threats and other techniques for violent encounters. (*Comfortable training clothes, firearm with holster and ammunition required*)
- **Oleoresin Capsicum Aerosol Training - OCAT** - You probably learned how to drive a car before buying one. Learn how to *properly and effectively use Pepper spray, especially if you plan on using it to defend yourself*. This course discusses escalation of force, types of spray and their proper deployment and goal orientation. (*Extra set of clothes required*)
- **Modern Warrior[®] Tactical Ground Fighting - TGF** - Almost half of the women attacked are knocked to the ground within 5 seconds of a confrontation. This program teaches you how to *not only survive from the ground, but in most cases, be a more formidable opponent*. Topics include *trip throws, physio-kenetics, cannons vs. machine guns and dealing with multiple opponents*. (*Comfortable training clothes required*)
- ***Weapon Retention and Disarming - WRD** - Even if you've taken other programs, this course will teach you many options for keeping your firearm, even if you're caught off guard. Learn about reaction time and retention techniques from in holster and in hand positions. Then develop your skills disarming opponents in "no win" situations. (*Holster systems, body armor and comfortable training clothes required*)
- **Basic Women's Defensive Tactics - WDT-101** - This one day program covers many aspects of Rape Prevention and female self defense. It is an excellent hands-on introduction to self defense, with techniques designed for the situations that women face. Topics include: the laws relative to self defense and use of force, 911 procedures, verbal de-escalation, self defense strategies and tactics, blocks, strikes, kicks, grappling and ground fighting. (*Comfortable training clothes required*)
- **Advanced Women's Defensive Tactics - WDT-201** - This one day course is the next step after the *WDT-101* program. This includes more self defense strategies and tactics, blocks, strikes, kicks, grappling and ground fighting. Students reaffirm their knowledge by "putting it all together" during the full-contact simulated confrontations with a suited *Bad Guy*. (*Comfortable training clothes required*)
- **Intensive Women's Defensive Tactics - WDT-202** - This 21 hour program is a combination of *WDT-101 and WDT-201*, with additional emphasis to confronting multiple assailants, in addition to special reactionary exercises and skill development. (*Comfortable training clothes required*)
- **Intensive Women's Self Defense Weekend - WDT-1/201** - This action packed Saturday / Sunday program is a compressed combination of *WDT-101 and WDT-201*. After taking this class, you will not only feel confident in learning how to protect yourself in case you are attacked, you will also know it works after participating in the confrontation exercises. (*Comfortable training clothes required*)

Additional Programs:

We are extremely happy to offer the following additional services:

- ***NEW* Modern Warrior[®] Confined Area Safety/Survival Tactics - CAST** - This revolutionary new course is designed to teach students how to ‘utilize your environment’ and fight in confined isled areas, like airplanes, busses, trains, etc. Common items will be identified that can be used as ‘makeshift weapons’ in an emergency. *Note - Due to the 9/11 events, we are happy to offer this new program to all in-flight personnel (pilots & flight attendants) at a 50% Discounted rate (id required)*
- **Customized Combination Seminars** - *Let us customize* a demonstration or hands-on program for your company, department, school or other organization, incorporating segments from some of our standard programs.
- **Defensive Keychain Instructor Certification Program** - Nationally certified Instructor Trainers from *Lethal Force Institute* and *Persuader Defense Systems* provide National Certification to become a Defensive Keychain Instructor in this 16 hour course. *(Previous completion of ACDK required)*
- **Expert Witness Services** - Court expert witness research and presentation available. Please contact our offices for further information.
- **Business & Home Safety Checks** - How secure is the place you live? Are you and your family “target hardened” from crime? Do you and your loved ones have a *Home Fire Safety Plan*? What about a *Home Intruder Safety Plan*? *F.Y.S.D. staff* will visit your home and identify safe methods to protect you and your loved ones through a *Customized Home Safety Plan*. Do you have a firearm in any plans for self defense? Have you identified the “free fire” zones where bullets could go? Let us help make you safer.
- **Tactical Roleplaying Exercises** - Imagine entering a room that’s dark (or filled with flashing/strobe lights) and filled with fog. Suddenly you’re confronted by one or more “bad guys,” intent on YOU as their target. Let our staff create real-life scenarios, ranging from low level verbal interactions to high-threat use of deadly force. Scenario participants are debriefed through video analysis. Safety is always the highest of considerations.