



## Urban Survival Tactics One

The UST-1 course is a basic introduction to urban survival and is designed for those individuals who live and work in an urban environment. The course emphasizes the importance of priorities and preparation as it pertains to crisis management and the need for life sustaining tools and skills. The course is based on real world practical knowledge gained during recent catastrophic events globally and the tools, skills and mindset needed; The student will learn about urban survival tools, sheltering, self-defense, improvised weapons, pre-planning and basic medical skills & equipment.

### Course Objectives

At the completion of this course, participants will have learned about the following:

- Survival Priorities & Rules
- The Seven Fundamentals of Survival
- WIN (What's Important Now)
- Urban Self Defense/Improvised Weapons
- Sheltering Locations and limitations
- Surviving on the move, Shelter, Water, Fire
- Blending/Breaking Contact Techniques
- Verbal Judo De-escalation Techniques

### Prerequisites

To be eligible to attend, participants must be one of the following:

- 18 Years of age unless accompanied by an adult.
- Completed registration paid in full and signed waiver form.
- Not to be affiliated with any terrorist organizations or foreign government.

**Class Size:** Min/Max 10/50

### Course Details

**Course Length:** Up to 4 hours, typically 85% classroom and 15% skill demonstrations.

**Delivery Location:** At a facility or a location with power point capabilities if possible with adequate facilities.

**Delivery Method:** Presentation, group discussion, small group activities, practical exercises, imagery training and self-study.

**Cost: \$99.00 Per Person.**

Please **contact us** for current pricing and group discount availability. **Self-Study Course \$49.00**

**Certificate: UST-1 Certificate of Completion.**

