

Personal Protective Measures: Level 1



Course Curriculum Description Below

Saturday & Sunday, March 5-6, 2016 (9am - 5pm)

Hoover Tactical Firearms
1561 Montgomery Hwy
Hoover, AL 35216

\$100 if pre-paid by Feb.29, 2016 -- \$150 after Feb. 29, 2016

50% off for LEO/Military/First Responders & Hoover Tactical Range Members
(must show credentials at event) **Pre-pay info below.**

For full course details visit: www.MagicCityDojo.com/seminars-and-events

If you have any questions, please contact Mike Tucker at
205-566-0725 or email at magiccitydojo@gmail.com

Let us know you're coming on Facebook:
<https://www.facebook.com/events/184304028592939/>

What to Bring:

- We recommend wearing standard workout clothing and sneakers or your duty attire – the main idea is to train as close to what you usually wear day to day
- Water and towels – expect to sweat
- If you regularly carry a firearm and/or knife as part of your personal defense gear, you are welcome to bring **training versions** of those items. **NO LIVE WEAPONS!**
- We will have some protective gear for your use on site for certain drills, but if you have your own, please bring it
- A t-shirt is recommended for the bulk of the weekend's training, but for certain drills we recommend 1) A long sleeve, white under-armor style shirt (we recommend buying a cheap knock off brand from Target or Wal-Mart as they will get marked up with colors) & 2) Some kind of long sleeve sweat shirt or thick jacket
- Eye protection: safety glasses or sun glasses to be used for one drill
- Good attitude, open mind, and a willingness to work!

What is Personal Protective Measures?

Personal Protective Measures is a comprehensive form of modern combatives for defense and offense. This program focuses on the most essential fundamentals to effectively deal with the weapons and dangerous situations that you may face in today's modern context, all the while staying within our legal framework. It is NOT a martial arts style with unrealistic moves.

History & Development of the Program

In 1995, Phil Legare started teaching a combatives system, called Protective Measures, to military & government personnel who had to work in high threat areas. The core of the combatives program that he put together came from his actual real world combat experiences with the United States Marine Corps and other government work as well as his extensive training within the Bujinkan martial arts system, USMC "LINE" close combat system, and Marine Corp Martial Arts Program. Also included were Officer Safety & Survival tactics from his experience as a Department Of Defense Special Agent and training at the FLETC, ITI, BSR, InSight, HRP, and other government sponsored training. As of 2007, more than 3,000 people had been through this program and we have received numerous testimonials from students that this training saved lives.

Currently there are 2 levels of Personal Protective Measures and a 3rd level in development.

Personal Protective Measures: Level I

Level I is all defensive tactics. It is divided into 8 modules plus a practical exam. The modules include:

- **Module 1: Fundamentals** – Survival mindset. Awareness. Assessing your situation. Converting the flinch reaction in to a tactical response. Getting off the X. Basic defensive and offensive stances, movement, and striking.
- **Module 2: Ground & Wall Defense** – how to survive getting knocked down, protect yourself while on the ground or up against a wall and fight your way to a safe location.
- **Module 3: Defense Against Grabs, Holds, and Chokes** – escaping common attacks of being grabbed, held, or choked and moving to a safe location.
- **Module 4: Defense Against Blunt Weapons** – surviving being attacked with a blunt weapon, such as a ball bat, crow bar, truncheon and the like. Disarm and incapacitate opponent and moving to a safe location.
- **Module 5: Defense Against Edged Weapons, Pre-Contact** – surviving being attacked by edged weapons, such as a machete, fixed blade knife and folding knife, disarm and incapacitate opponent and moving to a safe location. Builds on the previous module.
- **Module 6: Defense Against Edged Weapons, On-Contact** – surviving being held at knife point, disarm and incapacitate opponent and moving to a safe location. Builds on Module 2.
- **Module 7: Defense Against Firearms** – surviving being held at gun point, disarm and incapacitate opponent and moving to a safe location. Builds on Modules 3 and 4.
- **Module 8: Defense Against Multiple Attackers and Improvised Weapons/Tactical Pen-** Builds on all modules.
- **Review and Practical Exam:** Test what you have learned!

The curriculum is constantly being updated and improved as new information becomes available. This is a dynamic course that adjusts to new threats, new scenarios, and new weapons as they present themselves (the 9-11 attacks were an example of how threats, scenarios, and weapons change in modern times).

About Coach Michael Tucker



Michael Tucker is the chief instructor at Magic City Dojo, is currently ranked at 9th degree black belt in Bujinkan Budo Taijutsu, a Personal Protective Measures Level 1 Instructor, and a CrossFit Level 1 (CF-L1) Trainer.

He has over 24 years experience in martial arts. He has worked as a Contractor for the US Department of Defense while training soldiers and DOD personnel before deployment to high-threat environments in hand to hand combat, improvised weapons, pistol and carbine shooting, and tactical driving. He is the security and safety advisor & trainer for the www.StopSexExploitation.com Street Outreach Team. He has also been contracted to develop personal safety courses for Southern Company, Samford University, The Birmingham YMCA, Mountain Brook Country Club, and Coldwell Banker Reehl Properties. He continually studies how human movement, behavior, psychology, physiology, and training methodology relate to the practice of martial arts and surviving violence.

Course Fees

\$100 if pre-paid by Feb. 29, 2016 - \$150 after Feb. 29, 2016

50% off for LEO/Military/First Responders and Hoover Tactical Range Members (must show credentials at event)

To pre-pay, please go to www.PayPal.com and send payment to the account associated with the email magiccitydojo@gmail.com In the subject line, please mention PPM1-160305.

Cash or credit cards are accepted at the event. If paying by check, please make the check out to Michael Tucker.

Course Schedule

Training: 9:00am - 12:00pm

Lunch: 12:00pm - 1:00pm

Training: 1:00pm - 5:00pm

Class dinner Saturday night TBA.

For further info about the course, hotels and lodging, please contact Michael Tucker at magiccitydojo@gmail.com (205-566-0725). **Please feel free to pass this info PDF along to your coaches, students, friends, family, and anyone that you think can benefit from self defense.**

Thank you and we look forward to training with you soon! **Registration form below:**

Course Registration Form
(Read Carefully Before Signing)

I wish to undertake Personal Protective Measures training at Hoover Tactical Firearms/Magic City Dojo. I certify that I am 18 years or older, or that my legal guardian has signed below to allow me to attend/participate. I certify that I am in good health. I understand that martial art training is inherently dangerous and I knowingly and willingly assume all risk of injury or other damage associated with such training.

In consideration for the right to participate in this training, I UNDERSTAND AND DO HEREBY AGREE TO ASSUME ALL OF THE ABOVE RISKS AND OTHER RELATED RISKS WHICH MAY BE ENCOUNTERED DURING THE TRAINING, INCLUDING ACTIVITIES IN PREPARATION OF AND/OR SUBSEQUENT AND RELATED TO THE TRAINING. Accordingly, I on behalf of my heirs, assignees, and/or successors, do hereby agree to hold Blauer Tactical Systems Inc., its directors, agents and employees harmless from any and all liability, actions, causes of actions, claims, expenses, and damages on account of injury to my person or property, even injury resulting in death, which I now have or which may arise in the future in connection with my participation in the Training Program and in my use of the training equipment provided.

I release all teachers, students, and any and all other parties associated with Hoover Tactical Firearms/Magic City Dojo from any claim of any and all kinds and I release all parties from any and all liability that may result from any and all injury received, of whatever nature or kind, and I hereby waive any and all claims that I, my successors and or assigns, or any other personal representative acting on my behalf or in my stead, could possibly make with respect to any such injury or damages. I agree for myself, my successors and or assigns and all other possible personal representatives that the above representations are contractually and legally binding, and are not mere recitals, and that should I, my successors and or assigns or any other possible personal representative assert any claim in contravention to this agreement, I, my successors and or assigns or personal representatives shall be liable for any and all expenses, including but not limited to, legal fees, court costs, mediation costs, arbitration costs and attorney fees, incurred by the other party or parties in defending said action or claim. This agreement shall not be construed as a modification of any other provision, or as consent to any other subsequent waiver or modification. I also understand and accept that any moneys paid, including, but not limited to, moneys paid for training tuitions, memberships, and or equipment, once paid are non-refundable, without exception.

Applicant's printed full name

Area code and phone

Applicant's signature

Date

Street address

Witness Name (please print)

City, State, Zip Code

Witness Signature & Date

Legal guardian's printed full name

Area Code and Phone

Legal guardian's signature

Date

Who should we contact in case of emergency? (Please Print)

Area Code and Phone

Significant allergies, illnesses, disabilities, or relevant medical information

E-mail Address

How did you find out about the course?