



# SELF DEFENCE TRAINING

## Modern Conflict Management & Physical Intervention

### Modern Defensive Training Course Structure

There are many forms of self defence training syllabuses, however to find one that actually works is not apparent until you have to use it, which may be too late. CTR Services Ltd in particular the Director Tremaine Kent has designed the *Rapid Action Initiated Defence program (R.A.I.D)* which is a combination of the worlds most sought after self defence systems that have been tried and pressure tested in hostile and volatile environments by members of the Special Forces Communities. The recognition of this self defence training course is second to none and during the 6 days you will develop a competence level which you will have for life. Some of the names and systems behind **R.A.I.D** philosophy are:

**Richi Dimetri - Senshido, Geoff Thompson – BCA, Avi Nardia – Kapap, Jim Wagner – RBSD**

The course has been designed for the lone workers & security market especially operatives or employees working within the following areas:

- **Close Protection**
- **Hostile environment security**
- **Individuals working in vulnerable areas**
- **Specialist & Static Security**
- **Lone workers**

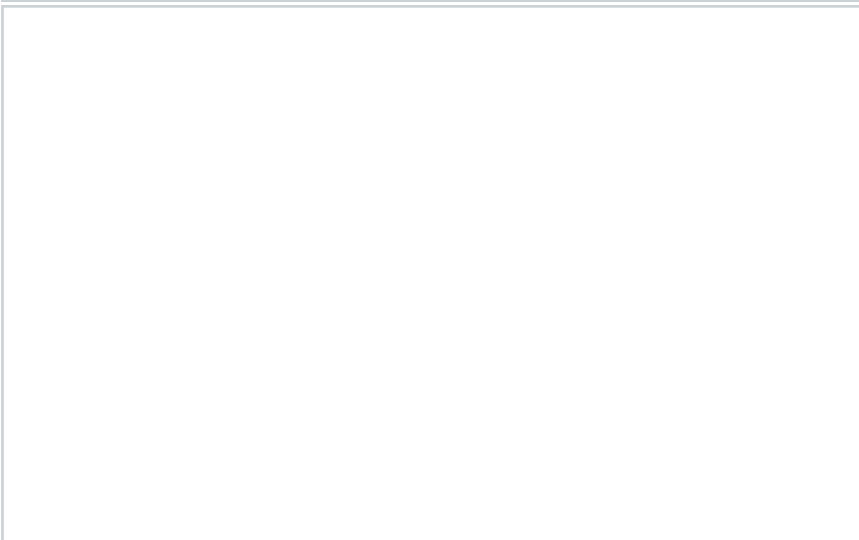
### Professional Development

The training can be taken on the one day modules, weekend seminars or six day intensive programs to achieve the portfolio of certification of:

- **CTR Protective Defence Certificate.**
- **OCN Level 3 Protective Defence Certificate**
- **BCA Training Insurance and Log Book.**
- **Skills for Security Protective Defence Certificate.**
- **Maybo & C&G Physical Intervention**

As the RAID system is always changing there are opportunities to conduct further training through our sister site at [www.h2hdefence.com](http://www.h2hdefence.com)

### Training course dates and details



### SELF DEFENCE

#### Training course outline

- **Mod 1 Intro to RAID**
- **Mod 2 Basic Combat Arts**
- **Mod 3 Breakaway techniques**
- **Mod 4 Reasonable force**
- **Mod 5 Force continuum**
- **Mod 6 Third party defence**
- **1 Day Physical intervention**
- **1 Day Conflict management**
- **1 Day Weapons defence**
- **1 Day Knife defence**
- **1 Day Street Survival**
- **1 Day Crime Survival**

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