

# ET

## ESSENTIAL TRAINING TOOLS FOR SAVING YOUR LIFE AND CHANGING YOUR LIFE

Apply the principle until you become the principle

# 3TH2

The Essential Training course is designed to provide participants with broad spectrum solutions to real world confrontations. Today, you must be ready anytime, anywhere to take action against an aggressor, but must do so with consideration of modern use of force requirements, terrain restrictions, situational awareness, and the understanding that your response can be recorded at anytime, by anyone. ET provides you with both hands on physical training and understanding of the mental processes and stress response experienced during an encounter. The ET course:

- is designed to provide a rapid learning curve
- does not require constant practice
- takes into account all body types
- works with non-compliant persons
- covers armed attackers
- covers multi-threat attackers

ET enables participants to respond from any position and be able to control any weapon.

### Course Outline

#### Day 1

- The mental approach - understanding the importance of the proper mindset
- Proper training protocol
- Body mechanics - understanding vulnerabilities, proper body weapons to access them, and medical effects.
- Understanding body targets and how to access based on availability

#### Day 2

- Understanding weapon capabilities and limitations
  - Firearms
  - Edged weapons
  - Blunt force weapons
- Principles for proper handling of:
  - Grabs and holds
  - Being pinned to ground or wall.
- Multiple opponent protocols with understanding of geometry and cerebral processes.

For more information contact

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