



**Wilplan Training Ltd.**



## **Unarmed Combat Course Information**



## Course Overview

The physical skill of personal safety and self defence has now become a vital aspect of everyday life. For some it is an important part of their working life also.

It is for this reason that Wilplan feel it is important to include such skills as part of their Close Protection course. Those already trained in this area, or indeed from any background that requires the techniques specifically designed to deal with the protection of themselves or a third party, will benefit from this training.



As a Close Protection or Law Enforcement Officer you may be required to protect yourself and your client from physical attacks. It is essential therefore that you are trained to deal with such an occurrence to enable you to ward off any attack, protect your principal and remove them and yourself from a situation quickly and effectively.

The safety of our close friends, family and loved ones is also often a concern these days and anyone wishing to enhance their skills and knowledge in this will find this course of great benefit as the training specifically deals with third party defence / protection no matter what the reason.

Techniques and applications are amongst the most direct and simplistic having being taught to specialist European Special Forces including the Polish, Ukrainian, Hungarian and Lithuanian Special Forces. In addition all our instructors are all experienced trainers and are using a system has been developed over many years.

### **Realistic & Effective**

Everything taught is based around what works in reality as opposed to what looks good or flashy. Whether defending yourself or someone else an automatic response is essential.

## **The Training Programme**

Included as part of the Close Protection Course or available to those who are keen to use some simple yet effective skills within a short period of time. Further sessions are recommended to

### **1 Day Intermediate Course**

The training includes:

- Identification of threats
- Preventive action
- Theory, strategy and basic fighting concepts
- Unarmed tactics and applications
- Basic unarmed tactics and defence against weapons
- Law, legislation and moral obligations
- Defending a 3rd party

### **Training, Examination and Certification**

The tuition will be for approximately 8 hours and held in our specially equipped training centre.

Candidates' techniques will be subject to intense pressure testing to ensure that they have learnt the appropriate skills effectively. On successful completion of the course candidates will be awarded an Intermediate Certification in Unarmed Combat.

### **Course Location**

The course is held at our Training Centre at Park Hall, Park Hall Road, Chorley, Lancashire, PR7 5LP

### **Course Fees**

Non-residential 1 day Intermediate course - £95.00 plus VAT

**Accommodation for Residential Option:** Single rooms are available at £57.00 per person per night including VAT for bed, full breakfast and a three course evening meal. Also included is free wireless internet in all bedrooms and communal areas together with full use of the Health, Fitness & Leisure Club for the duration of your stay. Further details can be found on our "Residential Options" page.

### **Bespoke Courses:**

Depending on your individual requirements a bespoke course may offer your company cost savings. Please call 0845 009 5647 for further details.

### **How to book:**

You can call us directly on 0845 009 5647 or email us via [info@wilplantraining.co.uk](mailto:info@wilplantraining.co.uk) for a call back. If you prefer you can pay by credit or debit card or alternatively you can send us a cheque or postal order payable to Wilplan Training Ltd. You will also need to complete and return a booking form. This will reserve your place on your chosen course date subject to availability.