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## **Use of Force / Self-Defense Training**

### ➤ **Defensive Tactics Course**

- Duration: 32 hours of theory / practical
- This course encompasses the use of force continuum, subject control, pressure / motor point control, tactical handcuffing, weapons retention, edge weapon defense and expandable baton.

### ➤ **Edge Weapon Defense Course**

- Duration: 12 hours of theory / practical
- This course deals with the various edge weapons that you might encounter and the different methods / techniques to protect yourself and disarm the subject.

### ➤ **Pressure & Motor Point Control Course**

- Duration: 12 hours of theory / practical
- This course deals with subject control by means of pressure / motor points as part of a pain compliance system.

### ➤ **Tactical Handcuffing Course**

- Duration: 8 hours of theory / practical
- This course will deal with both compliant and non-compliant subjects with various techniques of handcuffing.

### ➤ **Tactical Ground Defense Course**

- Duration: 8 hours of theory / practical
- This course will teach you how to fall with causing injuries and various techniques on how to defend yourself for the ground position, and how to get back to your feet safely and effectively.

### ➤ **Joint Manipulation Course**

- Duration: 8 hours of theory / practical
- This course will deal with joint manipulation and balance displacement to deal with a non-compliant subject and to respond to a non-lethal attack.



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- **Expandable Baton / Impact weapon Course**
  - Duration: 8 hours of theory / practical
  - This course will deal with drawing, striking, and defensive techniques using an expandable baton.
  
- **Teen & Adult Self-Defense Workshop**
  - Duration: 3 hours of theory
  - This workshop will deal with how to defend yourself and love ones using various techniques in different situations such as being in your home, vehicle, out with your family and work place safety to name a few.
  
- **Teen & Adult Self-Defense Workshop**
  - Duration: 12 hours of theory / practical
  - This workshop deals with the same info as the above course with practical applications practiced with some role play scenarios included in a safe and controlled environment.
  
- **Kubotan Keychain Self-Defense Workshop**
  - Duration: 7 hours of theory / practical
  - This workshop will cover techniques on how to protect yourself and your loved ones using the easy to use and effective Kubotan Keychain. (One will be provided for you to keep at the beginning of the workshop)



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## **Leadership / Wilderness Training**

### ➤ **Leadership & Teambuilding Workshop**

- Duration: 8 hours of theory
- This workshop deals with various leadership styles and methods and ways to foster teamwork within your group / team.
- This workshop can be modified for either a wilderness or classroom setting for both a teen and or adult group.

### ➤ **Orientation – Map & Compass Course (Basic)**

- Duration: 6 hrs of theory
- 1 afternoon & evening of navigation practical training in the bush / wilderness
- This course will deal with the subject matter required on how to use a topographical map and a compass to navigate during both day and night.

### ➤ **Orientation – Map Course (Advance)**

- Duration: 1day and 1 evening of theory and practical training in the bush / wilderness
- Learn how to navigate with other navigational aids (No compass)

### ➤ **Orientation – Global Positioning System (GPS) Course**

- Duration: 8 hours of theory / practical
- This course will cover the physical components of your personal GPS and how to set up waypoints, routes, tracks and more.
- Using your personal GPS

### ➤ **Ontario Black Bear Seminar**

- Duration: 3 hour theory
- This is a MNR (Ontario Ministry of Natural Resources) Approved Seminar on how to deal with black bear encounters at home and in the wild, either when hiking, camping or working in a remote camp.



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➤ **Cold Weather Survival Course**

- 8 hours of theory and 48 hours of practical training in the bush / wilderness
- This course will give you the information and practical confidence to survive in the wild or when stranded during cold weather conditions. We will practice food and water gathering, improvised shelters and more.

➤ **Warm Weather Survival Course**

- 6 hours of theory and 48 hours of practical training in the bush / wilderness
- This course will give you the information and practical confidence to survive in the wild or when stranded during warm / hot weather conditions. We will practice food and water gathering, improvised shelters and more.

**NOTE:** **Group rates available upon request, and all the above mentioned courses / workshops can be modified to suit your group or organization.**

**About the Chief Instructor**

Daniel Labelle has retired from a 20 year career in the Canadian Armed Forces at the rank of Warrant Officer. He has lead soldiers in both garrison and overseas operations. Daniel Labelle has 35 years experience in martial arts / use of force and 28 years of instructional experience.

While serving in the CF he has taught both basic training and leadership courses. He has received certifications in arctic, desert, mountain, jungle survival to name a few. Instructed in Close Quarter Combat course while in The Canadian Airborne Regiment, 1<sup>st</sup> & 2<sup>nd</sup> Battalion of The Royal Canadian Regiment. Daniel has taught various course / workshops to the Ontario Tactical Advisory Body, Atomic Energy of Canada Limited, Algonquin College in the Ottawa Valley.

Currently he is the Coordinator / Professor for the Police Foundation Program at Algonquin College in the Ottawa Valley, he teaches use of force, fitness, ethics, conflict management, police powers and more.

Daniel Labelle  
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**Be safe “PRO-TEC” yourself!!**