

**PDSI**  
**The Woodlands, Texas**

## **2007 Course Description & Price Guide**

Thank you for your interest in PDSI.

PDSI is a multi-faceted defense company representing  
Professional Defense Solutions International  
And  
Personal Defense Solutions International

For General information on PDSI Training visit our website at:

**[www.DefenseSolutionsIntl.com](http://www.DefenseSolutionsIntl.com)**

**On-site training is available for all courses**

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## **Course: Haganah F.I.G.H.T.**

The F.I.G.H.T. (Fierce Israeli Guerilla Hand-to-hand Tactics) program trains you to defeat stronger more skilled opponents, including attackers armed with knives or guns. F.I.G.H.T. uses common strategies and tactics against attacks, allowing you to gain rapid proficiency.

F.I.G.H.T. is designed for worst case scenarios. All tactics are Haganah and therefore combat proven. You will train three objectives: restrain, incapacitate or terminate the attacker.

Anyone can train F.I.G.H.T., regardless of strength, size, or physical fitness. F.I.G.H.T. is taught to civilians, law enforcement and the military. You will gain the same kind of confidence professional operators who train in F.I.G.H.T. have – the confidence to handle whatever situation that's encountered.

In F.I.G.H.T. you learn:

- Defenses against punches, kicks and other strikes
- Escapes and releases from chokes, bear hugs and other grappling techniques
- Defenses against knives, guns and other weapons
- Defenses against multiple attackers

### **F.I.G.H.T. is Fast and Practical Training**

Unlike many other systems which teach according to a belt level curriculum, adding techniques according to the rank level and seniority of the student, F.I.G.H.T. exposes you to the entire core system in just four months. We have carefully picked the eighteen most common street attack scenarios and a variety of knife defenses and gun disarms. Training is conducted in a 4 month rotation system - you can start right away and cover the whole system in just 4 months.

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## **F.I.G.H.T. is focused.**

By limiting the variety of combat strategies, your learning is streamlined. Allowing you to quickly react to attacks and, if necessary, improvising to achieve your desired result.

Our unique Technique Funneling© approach is what enables your rapid rate of proficiency. What this means is, regardless of how you are attacked, our tactics guide you to a few control points called "Points of Reference", where you control the outcome of the encounter.

## **F.I.G.H.T. Learning Support**

The F.I.G.H.T. Program training sessions are supported by a set of 3 DVDs and a training Manual, allowing you to preview or review material on your own. All classes are scheduled so that you know in advance what material will be covered enabling you to get the most out of your training.

## **Class Location and Times:**

Lifestyle Fitness in The Woodlands located at:

9110 Forest Crossing Drive  
The Woodlands, TX 77381  
(281) 292-4883  
<http://www.lifestylefitnesscenter.com>

Days of the week vary, however class times are 8:00 to 9:30 PM

To attend class you must be on time. Late arrivals will not be allowed onto the training floor after class has started. No exceptions.

## **What to Wear:**

First Class "New Clients": Comfortable athletic clothing, athletic shoes

Established Clients will wear comfortable clothing with PDSI or FIGHT shirt, athletic shoes and groin protection. Some established clients will purchase a mouth guard, fingerless fighting gloves and 12 or 16 oz boxing gloves as their training advances.

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## **What to Expect:**

Expect to feel behind initially, everyone before you has felt this way....we all understand. You will be told to go at your own pace. This allows people regardless of physical condition to get the most out of their training. You may feel slightly sore the first few times.

Just remember this is defense training that programs you muscle memory, be patient and be consistent. The more consistent you are the faster you will achieve proficiency.

## **Administrative Policies:**

You may enroll in F.I.G.H.T. Training at anytime.

To attend class you must be on time. Late arrivals will not be allowed onto the training floor after class has started. No exceptions.

Local, State and Federal "Criminal" Background checks will be conducted on all clients. This is a criminal background check only. This is **not** a credit check. The cost of the background check will be included in the registration fee.

All clients must complete the Release of Liability Waiver prior to attending their first class.

## **Cost:**

There is no long term training contract.

Courses are purchased in a block of 10 sessions for 125.00. The 10 sessions must be used within 90 days. Each time you attend class you will have one session deducted. Simply put; if you come to class you pay, if you don't there is no charge. This is one of our best customer features for professionals that travel.

After you have attended 10 sessions, you will automatically be billed for another 10 sessions. As long as you train Haganah you will need to be set up on the auto-pay system. However, if you choose to discontinue your training, all you need do is advise us, and the auto-pay will be stopped.

There is an initial "onetime" registration fee of 210.00. This charge includes three training DVDs, one training manual, two training shirts and a background check.

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## **Course: Combat Fitness**

**Cost: Combat Fitness is included with the F.I.G.H.T. registration fee.**

Combat Fitness is a complete body conditioning and development program incorporating cardiovascular, strength and self defense skills. Combat Fitness includes stretching, moving, striking and practicing on bags or pads using gloves.

Combat Fitness strengthens and tones your entire body and will boost your energy level, not drain you. You will see noticeable improvements to your body composition, stamina and overall health.

We have added "application specific exercises", which strengthen and increase flexibility in the muscles and joints you would use in a self-defense situation.

Combat Fitness classes are designed to train cardio and strength, speed, power, agility and endurance. You will gain the ability to go all out for short periods of time - critical in a self-defense situation. Combat Fitness also enables your body to perform effectively under periods of high physical stress - again crucial to your safety.

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## **Course: Israeli Tactical Knife (I.T.K.)**

**Cost: Israeli Tactical Knife Training is included with the F.I.G.H.T. registration fee.**

Israeli Tactical Knife (I.T.K.) teaches the knife as a defensive and offensive weapon.

I.T.K. covers all facets of using a knife against an assailant who is also armed. You will learn deployment strategies and grip tactics that enable you to draw an attacker in for an effective counterattack.

I.T.K. training is an excellent way to develop a keen understanding of how the knife is used in an attack. This allows you to develop a sense of how a knife attack can occur and improve your recognition of knife motion and patterns.

You must be enrolled in the Haganah F.I.G.H.T. Program to attend I.T.K.

This class is held on an ongoing basis.

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### **Course: Ground Survival**

**Cost: Ground Survival is included with the F.I.G.H.T. registration fee.**

The Ground Survival course covers the principles and techniques of defending and attacking from the ground.

The Ground Survival course covers defenses from typical positions including Mount, Guard and Side. Defenses against grappling, street fighting tactics and armed ground attacks are also included. Drills are used to increase agility on the ground, preparing you to succeed in a tactically challenging environment.

You must be enrolled in Haganah F.I.G.H.T. Program in order to attend Ground Survival.

This class is held on an ongoing basis.



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## **Course: Stress Inoculation**

**Cost: Stress Inoculation Training is included with the F.I.G.H.T. registration fee.**

Stress Inoculation Training utilizes padded assailants to simulate real world attacks which improve your emotional and physical response to danger through reality based training.

Stress Inoculation Training allows you to use your defensive techniques at full-force and full-speed. Fast pace scenarios train you to improvise to attack variations, developing your ability to deal effectively with real-life situations.

Stress Inoculation Training will also enhance your perception and analysis of dangerous situations, allow you to use verbal and other interventions for de-escalation and conflict resolution, instilling confidence in your ability to avoid or mitigate danger.

You must be enrolled in Haganah F.I.G.H.T. Program in order to attend Stress Inoculation.

**Course: Men's Intensive Self-Protection (M.I.S.P.)**

**Cost:        Dependant upon course format**

The Men's Intensive Self-Protection Program trains a set of self-protection skills modified from the PDSI System Level Training and Haganah programs. You will learn to:

- Read nonverbal communication
- Expand your awareness to avoid danger
- De-escalate threatening situations
- Deter potential assailants
- Assess situations quickly for a decisive response
- Control your actions in highly charged situations
- React rather than freeze
- Consider escape options
- Use Full-force / Full-contact defensive skills.
- Exercise the judicious use of force

M.I.S.P. is trained in three phases.

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### **Course: Intensive Counter Weapons (I.C.W.)**

**Cost:       Dependant upon course format**

Intensive Counter Weapons Training utilizes padded assailants to simulate realistic assaults with Firearms, Edged and Impact weapons.

Intensive Counter Weapons Training allows you to use counter weapon techniques at full-force and full-speed. Fast pace scenarios train you to improvise to attack variations, developing your ability to deal effectively with real-life situations.

Intensive Counter Weapons Training will also enhance your perception and analysis of weapon assaults..

## **Course: Corporate Programs**

**Cost:        Dependant upon course format**

PDSI will custom tailor a **PDSI** or **IMPACT Defense System** program to suit the needs of your employees. Our ability to customize programs to the needs of individual organizations is just one of the things that set us apart.

Our programs emphasize awareness and avoidance skills as the first line of defense. In addition, your staff will learn skills in:

- Personal safety
- Effective communication during verbal conflict
- Conflict resolution
- How to respond to uncomfortable or inappropriate behavior
- Physical intervention skills

We also address concerns about situations that may arise during travel, from problems with taxi or shuttle drivers to the dangers faced in hotels. The skills we teach are effective in every situation, work, school, travel and social occasions.

As unfortunate as it is, critical incidents do occur in the work place. From hospital staff members dealing with emotionally stressed patients and families, to realtors showing homes to individuals for the first time, to corporate executives traveling in foreign countries, or just walking to your car after work. **Professional Defense Solutions International** drives home the essentials of self-protection in a way that no booklet or talk can. All of our programs are designed to build awareness, skill and confidence.

On-site training is available.

## **Course: Advanced Tactics**

**Cost: Advanced Tactics is included with the F.I.G.H.T. registration fee.**

Advanced Tactics training enhance all PDSI and Haganah Programs. The following list covers a few areas trained on an ongoing basis:

### **Impact weapons**

- The offensive and defensive uses of stick, PR-24, straight baton and the flash light are covered.

### **Pain Compliance Techniques**

- Utilization of pressure point control on an opponent

### **Weapons Retention**

- Trains the skills necessary to maintain control of your weapon in a hand to hand encounter.

### **Use of Force**

- Trains you in the judicious use of force, as well as how to articulate your actions to a third party

### **First Strike Techniques**

- Emphasizes and trains techniques that use the concept of “action beats reaction”

### **Strike Efficiency Training**

- Utilizing body weight and targeting to maximize the effectiveness of your strikes

## **Course: Tactical Pistol**

**Cost:        Dependant upon course format**

### **Tactical Pistol I**

Tactical Pistol I builds a strong foundation of knowledge and skill. Training focuses on the following:

- Safety in the home
- Safety on the range
- Stance
- Grip
- Pistol manipulation
- Threat assessment
- Target acquisition
- Economy of motion will be used to decrease your reaction time and speed your abilities

### **Tactical Pistol II**

Tactical Pistol II trains the tactics needed to successfully shoot with movement and effectively utilize cover and concealment. Tactical Pistol II enhances the skills learned in Tactical Pistol I.

### **Tactical Pistol III**

The skills learned in Tactical Pistol I and II are applied to building searches in a shoot house. Learn how to search and clear your home. In addition, low light shooting is taught and performed in the shoot house.

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### **Course: Israeli Combat Shooting**

**Cost:        Dependant upon course format**

I.C.S. (Israeli Combat Shooting) was developed from engagements by Israeli Special Forces and Counter-Terrorism units under combat conditions.

I.C.S. has one major guiding principle; to hit and neutralize an assailant as fast as possible thereby eliminating the threat at the earliest stage.

I.C.S. training methods build muscle memory, programming your body to shoot accurately and instinctively. Proper mindset is emphasized and stress shooting is introduced gradually into training drills, allowing you to bridge training concepts to the pressure associated with a live engagement.

I.C.S. training methods specialize in preparing you for life threatening situations. I.C.S. graduates are functional and effective in their shooting skills when it counts most - under pressure.

**Course: IMPACT Women's**

**Cost: Dependant upon course format**

The IMPACT Women's course is our nationally recognized curriculum developed and researched over the past 30 years. It is a realistic personal safety program covering all aspects of violence prevention. IMPACT programs use a team of instructors, each having specific roles during the course. This unique training allows you to practice verbal as well as full-force / full-contact physical skills on a highly trained and certified padded assailant. Varied and intense scenarios are used to increase training realism.

You will learn how to:

- Read nonverbal communication
- Expand your awareness to avoid danger
- Confront situations of uncertainty
- De-escalate threatening situations
- Deter potential assailants
- Assess situations quickly for a decisive response
- Control your emotions in highly charged situations
- React rather than freeze
- Focus your adrenaline
- Use Full-force / Full-contact defensive skills against a physical assault

*Defense System*



**Course: IMPACT TeenSafe**

**Cost:      Dependant upon course format**

The IMPACT “TeenSafe” Program is our nationally recognized curriculum designed to teach the skills necessary to help young people protect themselves. “TeenSafe” teaches real life solutions to everyday situations in small, gender-specific classes.

Teens have always been vulnerable to peer pressure and relationship concerns, and are at high risk of assault. The natural transition from the protection of parents, to being responsible for their own safety adds to this vulnerability.

Most teens understand the issues concerning safety, but have not had the opportunity to learn appropriate responses during a moment of fear or intimidation.

“TeenSafe” gives your children, through repetitive role-plays, the opportunity to practice safety concepts in a safe and supportive environment. We use various scenarios, with instructors portraying the “assailant” to create a realistic training environment. IMPACT programs use a team of instructors, each having specific roles during the course.

Your children learn how to:

- Expand their awareness to avoid danger
- Set boundaries in situations that make them uncomfortable or that are potentially dangerous
- Lead themselves out of problematic situations
- Recognize common lures used by predators
- Trust their instincts
- Read nonverbal communication
- De-escalate threatening situations
- Say “NO” when they mean “NO”
- Keep a safe distance from strangers
- Use Full-force / Full-contact defense skills against a physical assault

**Course: IMPACT KidSafe**

**Cost:        Dependant upon course format**

The IMPACT “KidSafe” Program is our nationally recognized training curriculum designed to teach the skills necessary to help children protect themselves. KidSafe teaches real life solutions to everyday situations.

Many children are confronted with bullying behavior, intimidation, negative peer pressure and many other difficult situations. They can also become intimidated when dealing with adults who intend to compromise their safety. Children frequently lack the skills and confidence to handle these situations.

“KidSafe” gives your children, through repetitive role-plays, the opportunity to practice safety concepts in a safe and supportive environment. We use *age appropriate* scenarios, with instructors portraying the “stranger” to create a realistic training environment. IMPACT programs use a team of instructors, each having specific roles during the course.

Your children learn how to:

- Expand their awareness to avoid danger
- Set boundaries in situations that make them uncomfortable or that are potentially dangerous
- Stay safe with strangers and people that they know
- Speak to others, and how to let others speak to them
- Utilize learned safety concepts when alone
- Recognize common lures used by predators
- Trust their instincts
- Keep a safe distance from strangers
- Strike and flee when necessary

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### **Contact Information:**

#### **Professional Defense Solutions International**

##### **Mailing Address**

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#### **Professional Defense Solutions International**

##### **Lifestyle Fitness Location**

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