



# **GOLDEN EAGLE TRAINING & SAFETY**

## **PPCT - Pressure Point Control Tactics Instructor School**

### **Course Description:**

The GETS PPCT Pressure Point Control Tactics course was the first subject control system designed based on tactical, legal and medical research. It was originally developed as a supplement to existing defensive tactics or impact weapon systems. The course focuses on two primary areas: controlling low-level resistance with finger tip touch pressure to nerve pressure points and controlling high-level resistance with defensive counter strikes and the baton, which produce motor dysfunctions and controlled stuns.

### **Course Goals:**

1. To examine survival learning research in an effort to enhance survivability in combat situations.
2. To identify the primary and secondary striking targets and their medical implications.
3. To identify the PPCT Fluid Shock Wave Principle, a system of striking that enhances subject control.
4. To teach the recommended PPCT methods of de-escalation.
5. To refine student technique to the instructor level.
6. To teach instructional methods designed to enhance a student's ability to learn survival techniques, increase his/her confidence level, and assist in the successful application of physical techniques.

### **Course Topics:**

#### ***Use of Force Human Factors***

This chapter examines survival stress research and provides students with information that will enhance their survivability in combative situations and recommendations regarding issues related to critical incident management.

#### ***Instructor Development and Training Protocols***

This chapter reviews instructional methods designed to enhance a student's ability to learn survival techniques, increase his/her confidence level, and assist in the successful application of physical techniques. Topics covered include the psychology of survival training, motivational factors for learning survival skills, the neural basis of learning, and the stimulus response training principle. This chapter also introduces PPCT training protocols, including certification procedures, course protocols and registration requirements, and classroom safety concerns.

#### ***PPCT Control Principles***

This chapter introduces the basic training principles that form the foundation on which all PPCT training systems are based. Topics discussed include components of acceptability, the PPCT Resistance/Control Continuum, common types of resistance, principles of controlling resistive behavior, survival reaction time, the reactionary gap, and tactical positioning.

#### ***Pressure Point Control Tactics***

This chapter teaches students how to effectively and justifiably utilize pressure point control tactics for subject control. Topics include methods of application, nerve pressure point and nerve motor point locations, and use of force considerations.

### *Defensive Counterstrikes*

The defensive counterstrike chapter provides students with the skills and knowledge required to not only determine when it is appropriate to strike a subject, but to deliver the strike effectively as well. Topics include the tactical methodology of PPCT counterstrikes, the Fluid Shockwave Principle of striking, defensive stances and blocks, and counterstrikes with the hands and legs.

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