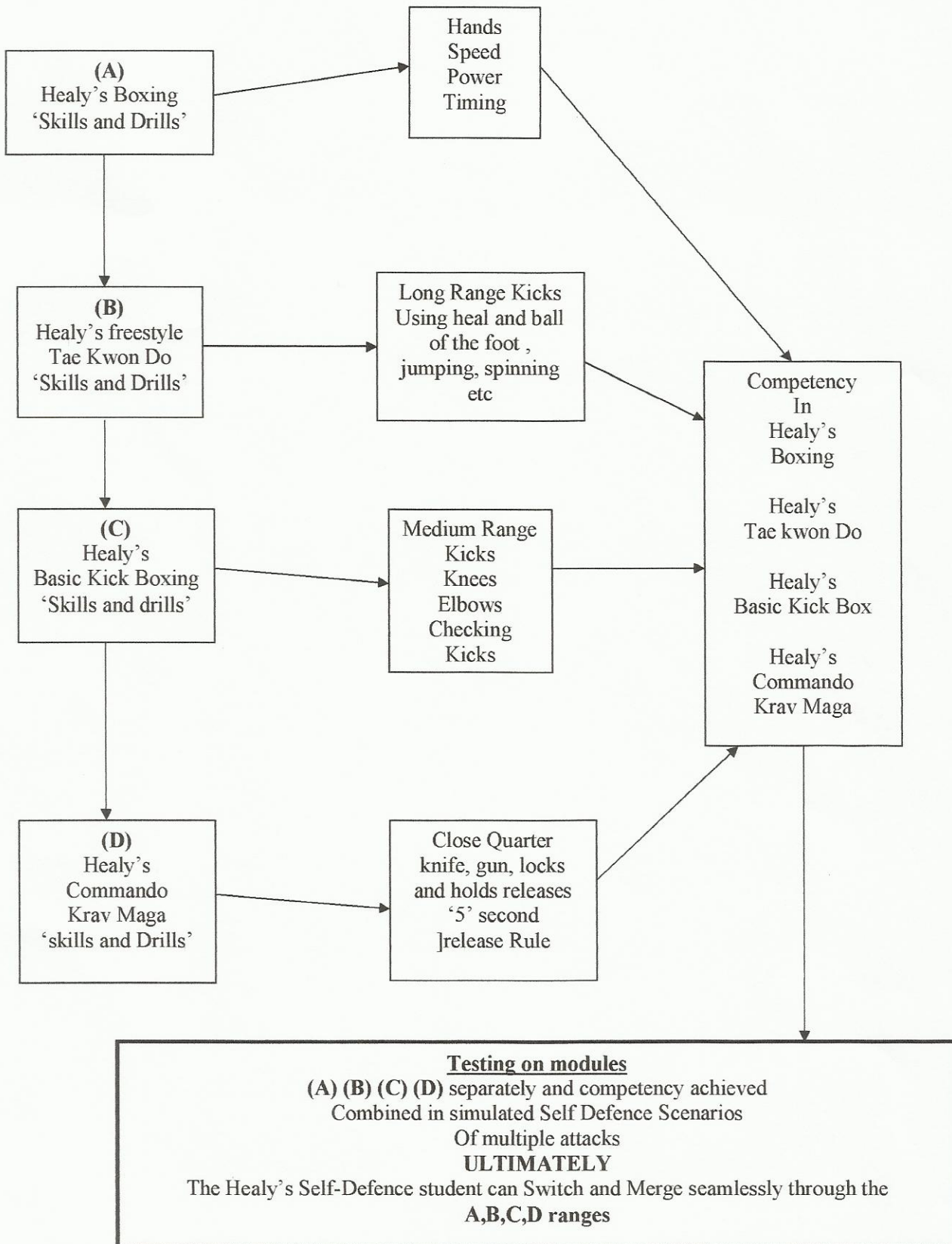
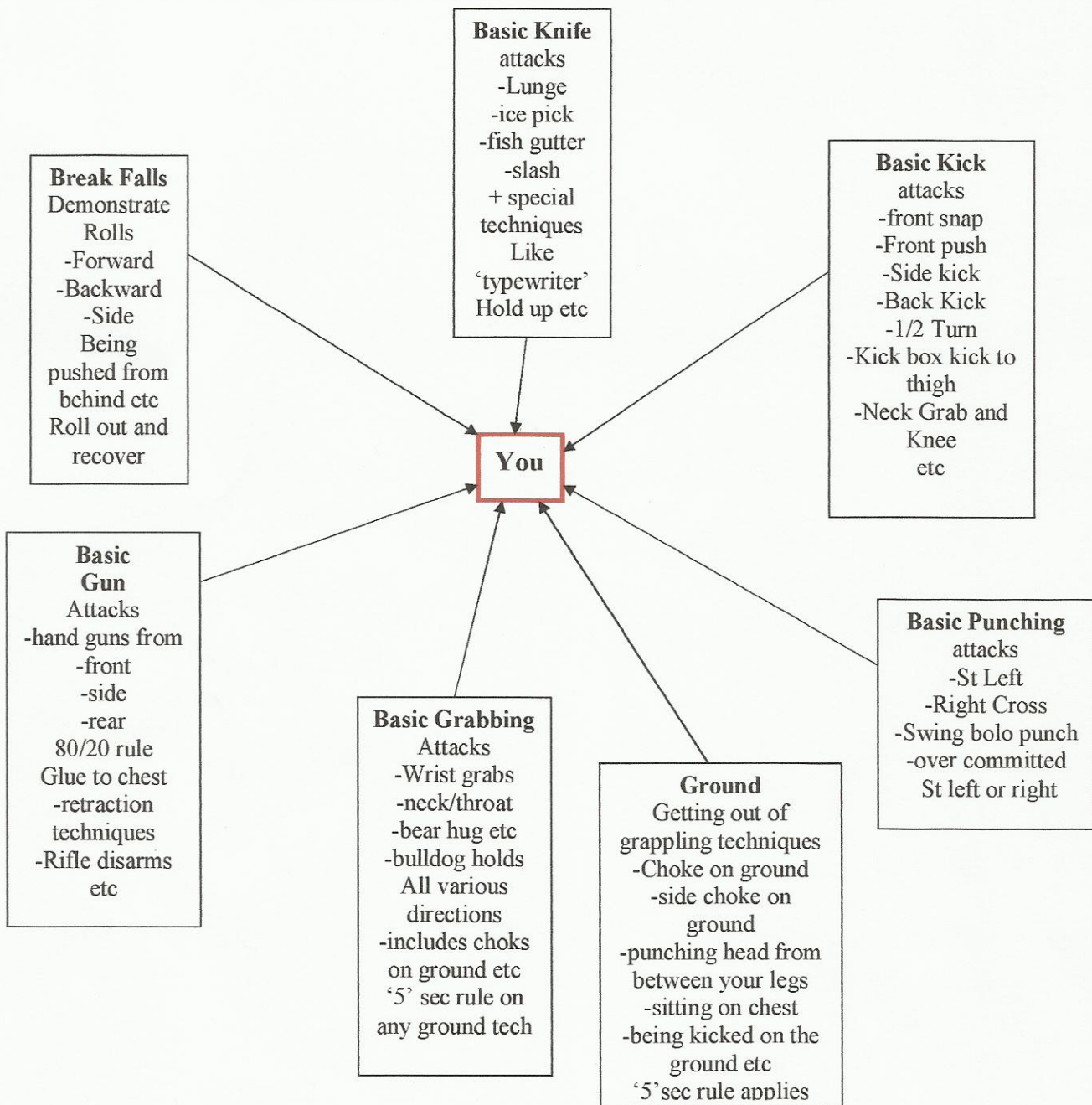


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Flow Chart of Healy's
INTEGRATED COMBAT SOLUTIONS



**Flowchart of simulated self defence scenarios and testing
Healys' Integrated Combat Solutions**



The basics are listed however there are many others but
REMEMBER UNDER REAL PRESSURE YOU WILL ONLY USE THE BASICS !

Examples:

Knife Thrust , front kick, St left, side choke on ground, Rear Bear Hug, Gun to forehead, pushed from behind (recover)

The above sequence comes from 7 attackers ,each running in and delivering the pre-arranged sequence, slowly at first , then quicker and quicker.

The Student simply learns how to reach at a faster and faster rate to increase competency.

Note: SAFETY FIRST EVERY MOVE IS DONE IN A CONTROLLED WAY

The sequences are then changed and gradually built up until the student reaches competency in all practiced skills to the satisfaction of the Head Instructor Graham Healy