

Defensive Tactics

www.AdvancedDefensiveTactics.com

PPDT Australian Representative

ADVANCED DEFENSIVE TACTICS (ADT)

**Your Self Protection
Is In Your Hands**

Safe - Smart - Realistic

Information Pack

Defensive Tactics



Advanced Defensive Tactics (ADT)

PPDT Australian Representative

T/F: +613 9532 5476 / M:+61(0)418885122

Web: www.AdvancedDefensiveTactics.com

E: courses@advanceddefensivetactics.com



Defensive Tactics Courses

Advanced Defensive Tactics Courses are now available in Australia through www.AdvancedDefensiveTactics.com and Taekwonjitsu - the only Australian Representative; in conjunction with Kotan Australia and selected Security and Martial Arts industry partners. The courses have now been opened up to people just like you, who are looking for a real impact in your self protection...then this is your next step!

These Courses will provide the participants with the skills and abilities to both defend themselves and to ultimately stop an assaultive subject. They will also learn how to utilize ADT (Advanced Defensive Tactics) in the correct fashion with due consideration to all relevant requirements and procedures. They will also learn how to deal with stress and shock of a suddenly violent or potentially violent subject.

These courses will run as follows:

ADT Level	Course Length	Participants
ADT Level 1 to 4	Half Hour Course per level	New Attendees or ADT Level 1,2, etc. Re-Certification
ADT Level 5	One Day Course	ADT Level 1 to 4 Passes or ADT Level 4 Re-Certification

Please Bring the following:

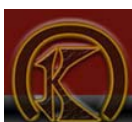
- Training Gear - e.g Loose fitting training clothes
- Very light food for energy during breaks

Notes:

- If you have never been on a ADT Course, then you MUST start at Level 1
- If you have been on the ADT Level 1, 2, etc. course, then you can enroll directly on the next higher level, i.e. ADT Level 2, 3, 4 or 5.

ADT - is the "One System that Everybody Must Know!"

Check out the **Testimonials** and **Video's** and **JOIN FREE MEMBERSHIP** at www.AdvancedDefensiveTactics.com - to keep up to date with the next courses and access additional free information.



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Course Content will include:

Strikes

These strikes have been proven to be incredibly effective and yet at the same non-injurious to the assailant, with the net result being a significant reduction in complaints. They are extremely simple to utilize under high stress conditions. These striking methods will DOUBLE your Impact and yet HALVE the effort required.

These Courses will be taught by **Paul Mracek (ADT & OCFM Coach)**. Paul has been trained by **Russell Stutely (ADT/PPDT & OCFM International Coach)** in Europe, and covers all the following key areas:

Body Alarm Reaction – BAR

How to understand the shock of a sudden and violent encounter. With the added bonus of step by step instruction in how to overcome this shock and turn it to your advantage.

Palm Down

When things have gone wrong and you need to close the gap. Then this procedure will help to ensure your Safety at all times.

Balance Points

Learn where and how the Human Body is balanced. This information alone will massively increase your effectiveness.

Techniques

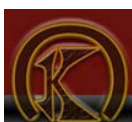
These techniques have been rigorously “field-tested” so as to speak and have been proven to be the highest possible percentage winners.

Training Drills

These drills are incredible effective at “pressure-testing” everything you learn on the PPDT Course. This will help to cement the learning process.

These Courses will be taught by **Paul Mracek (ADT & OCFM Coach)**. Paul is the **1st Certified OCFM Coach** in this region after training personally with Russell Stutely one-on-one in Europe. As a Martial Artist for 20 years and a 7th Dan Black Belt, Paul has travelled and trained in Asia, Europe, USA and Australia

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Module 1 - Half Day Course - Introductory Level

What you will learn:

- **How to generate maximum impact with minimal effort**
- How to Combat the effects of stress in a real situation and turn this to your advantage
- **Compliant Zone selection. Taking into full consideration the intent and intensity of the threat.**
- The correct "entry" to the assailant to help ensure your safety, whilst maintaining proper control
- **Optimum takedown methods to ensure a quick and easy restraint**
- The ADT Approved Zones for all the above.

In addition, upon successful completion of various levels the participants will be able to be **awarded an International Certification from Russell Stutely**, for an additional service fee.

More Information:

This is a physical course and as such participants should be in good physical health and condition.

CONTACT US NOW...by email at: courses@AdvancedDefensiveTactics.com

or by phone on: T/F: 03 9532 5476; M: 0418885122

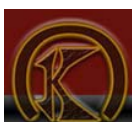
REGISTER ON LINE by visiting the following website:



www.AdvancedDefensiveTactics.com

We provide courses for:

- ♦ Security Officers & Crowd Controllers
- ♦ Ladies - Self Protection Made Easy
- ♦ General - Defensive Tactics - Simple, Smart, Realistic





Russell Stutely

These courses have been developed by **Russell Stutely** of the Open Circle Fighting Method (OCFM).

Russell is recognized as Europe’s No.1 Advanced Defensive Tactics Expert. A leading seminar Instructor for the last 14 years Russell has been instrumental in helping 1000’s of people increase their self defense skills.

Russell has produced over 40 Instructional DVDs that are distributed all over the World. These DVDs are consistently amongst the top sellers on the web.

He has written two Books “The Hidden Secrets of Karate” and “How to Hit....Really hard” and has been a Columnist for the leading Martial Arts and Self Defense publications in the UK for some 14 years.

As an International PPDT Instructor, Russell is in constant demand all over the World teaching the Defensive Tactics Courses and various self protection courses to both Civilians and Law Enforcement Agencies.



Paul Mracek

The courses in Australia will be taught by **Paul Mracek** – ADT and OCFM Certified Coach.

Paul is the 1st Certified OCFM Coach in this region after training personally with Russell Stutely one-on-one in Europe. As a Martial Artist for 20 years and a 7th Dan Black Belt, Paul has travelled and trained in Asia, Europe, USA and Australia. He has written several books and is currently has several instructional DVD’s in production.



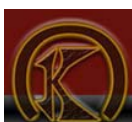
This is what Russell has to say about Paul:

“I have just completed a week of training with Paul Mracek. Well, what a week it was. Firstly, Paul was required to show his depth of knowledge and understanding of the following subjects: Balance Points, BAR, Waveforms. Paul showed a thorough understanding of these areas and a great ability to teach them.



Paul had also taken the time, before coming to train, to learn the location of and acquire a working knowledge of all the main compliance zones. This is an indication of the depth of study done by Paul, but also the depth of study required on the Program.

Utilizing the information from Balance Points, BAR and Waveforms, Paul was able to increase the effectiveness of defensive tactics within his own Art quite dramatically. I was



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delighted at the way Paul absorbed the information like a Sponge and truly understood everything I showed, talked about and all that we trained. Paul, just knew what to do now, he just knew how to analyse and how to teach.

On the last day of training I was proud to hand Paul his OCFM Coaching Certificate and welcome him to the OCFM Family of Coaches. Paul Mracek is the first graduate of the Russell Stutely Platinum Training Program and I am so proud to call Paul an OCFM Coach.

Congratulations Paul, you have done a massive amount of work, trained hard, studied hard and thoroughly deserve the rank of OCFM Coach."

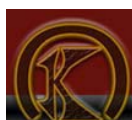
You see, Paul has been someone who has been quietly going about his own business, under the radar so to speak and studying with Masters in Asia, Europe and North America. He has only taken limited students and been relatively unknown until now. Act quickly before its too late to take advantage of this rare opportunity for you to learn from Paul, who understands and teaches principles (not only applications) is a leader and who is prepared to pass on the real secrets of ADT to you!

Paul Mracek Qualifications

- **Australia's 1st Certified OCFM Coach** (Open Circle Fighting Method)
- **ADT Certified Instructor**
- **7th Dan Taekwonjitsu**
- **6th Dan Taekwondo**
- **Dan Grades in Various Arts:**
 - Hoshinsul (Self Defence)
 - Hapkido
 - Weapons – Korean & Japanese
 - Jujitsu
 - Shoot Fighting
- **Master Coach & NLP Trainer**

Memberships

- Member in good standing of OCFM (Open Circle Fighting Method (UK))
- Member in good standing of Dragon Society (USA)
- Co-founder of concept of Combat Flow Taekwonjitsu





Testimonials

The details is so well covered that you cannot help but get results (provided you do as you are told). I tried some of the stuff I had not seen before and after only one try got instant results. That was actually quite unnerving! For instructors, the drills that are demonstrated provide a simple way of imparting this knowledge to others

Lt.Col Judge

"All the OCFM principles have been adapted for introduction into a range of striking and grappling systems. There is no system that you could be practicing that would not benefit from incorporating these power development principles.

Russell understands the reality of combat and has taught some of the most respected practical combatants in the UK. They found out what you should know - that what they thought they knew about impact was incorrect. WHAT THEY KNOW NOW - SO SHOULD YOU. I have worked with Russell for many years and can personally vouch for the effectiveness of these principles and techniques. If anyone now carries the torch of what I believe and teach in respect of impact development it's this system.

Double or treble your impact for half the normal effort – it's a fact!"

Peter Consterdine 8th Dan. Leading Self Protection Expert and Bodyguard.

' The tide of realism in the martial arts is building up enormous momentum and OCFM's - Russell Stutely is on the very crest of the new wave, I highly recommend his system and its hard-hitting, take-no-prisoners, method of instruction.

If more people were as honest as him I am convinced that more lives would be saved. This is a savage environment that demands of our reality instructors the kind of savage honesty that Russell delivers so fearlessly and so succinctly.

Honesty is, I would say, THE pivotal ingredient.'

Geoff Thompson ~ Martial Artist, Author, BAFTA Award Winning Writer and Self

Russell Stutely is a blue collar looking Brit with a talent for knocking people out. I like it already. Stutely's system is based on pressure point fighting and the way it is presented will challenge even skeptics.

www.ko-reviews.com

