



Please Initial  
Each Section

---

---

---

## Statement of Understanding Training with Progressive Combat Solutions

In order to ensure high-quality and meaningful training to all those attending our courses, please review and carefully consider each statement below prior to registration.

Progressive Combat Solutions was founded out of a strong desire to provide extremely realistic combative training as relates to law enforcement situations and military close quarter combat engagements.

Our courses are **not administrative in nature**; they are specifically designed to place individuals and teams under the type of duress that closely simulates the stress of real-world engagements.

Our courses are for serious operators, not those wishing to simply check the box for another certificate.

Our courses are **designed to impart a genuine capability** to those who intend on bringing the data, concepts, tactics and training methodologies back to their respective departments.

Based on this foundation, training as delivered through Progressive Combat Solutions is **physically, mentally and emotionally challenging**. The training is painful, but is designed not to permanently damage the body.

This is not a physical fitness course per se, but it is **highly recommended that you work on your flexibility, body-weight to strength ratio, and have reasonable cardiovascular fitness** before participating in this type of training. We believe this is sound doctrine for anyone who carries firearms professionally.

Those who are obese will have constant difficulties during the entire training course.

Please Initial  
Each Section

Five-Day Combatives Courses will include **6-8 hours daily of hands-on Physical Conflict Resolution work typically identified as Defensive Tactics, although** this work will not necessarily only be defensive in nature (i.e. Active Shooter Scenario).

Participants will be drilled in following:

- Getting up & down properly using correct Skeletal Alignment.
- Proper Movement across terrain
- Bilateral Mechanics
- Weapons Retention and Removal
- Redirections
- Proper Take-Downs & Pins
- Working from the Ground if required

These blocks of training are designed to show the participants new ways of problem solving, create a close interaction with fellow students, illustrate the principles of combat, provide principle-based and technically sound solutions to anticipated situations.

Those attending training should arrive on Monday morning **mentally prepared to receive new concepts**. They should be prepared to give them a fair evaluation and demonstrate a strong spirit to apply them during the practical training blocks.

Progressive Combat Solutions staff members and those students attending our courses **would rather you decline this training opportunity if you are not FULLY prepared to work EXTREMELY HARD during training**. Our training staff has already made this commitment to those who are spending the time, money, and effort to improve their tactical capabilities.

**Progressive Combat Solutions staff members are required to maintain a "show you"** capability; nothing required of the students will fall outside of the following sequence:

- Tell You – Show You - Allow You – Evaluate Performance – Repeat -

We employ multimedia, handouts, note taking sheets, video review, practical drills, scenarios and full-mission profiles to expose you to maximize your training experience.

Staff members fully participate in role-playing as officers, suspects, & combatants.

Staff members serve as instructors, mentors, and **will continually strive to maintain a teachable attitude**.

Printed Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_