CSSFGHTCLB is an initiative of the Campus Security Services geared at reducing the number of instances of crime against the student body.
The course is a comprehensive approach to personal protection covering the three areas of combat (striking combatives, ground combatives and weapon defence). Participants also engage in discussion covering such topics as Situational Awareness, Pre-Attack Indicators, De-escalation Techniques and the Law in the context of self-defence. The course is not designed to be style specific but rather draws from principles of American Kenpo, Krav Maga, Muay Thai, Boxing, Wrestling and Jiu Jitsu employing the most effective skill to address the most common attacks they may encounter.
Students are introduced to basic strikes as used in the context of self-defence. Open handed variations of the classic closed fist strikes are preferred as a means of safe-guarding against injury while remaining effective.
Students explore the very basics of ground fighting. This portion of the course is intended simply to teach each individual to survive until presented with the opportunity to safely recover to a standing position.

**PHASE 2**
Students are introduced to the basics of empty hand defence against a knife, long blunt weapon (stick or bat) and long bladed weapon (cutlass or machete).
Who doesn't like a good sweat? The endorphin release of a good workout is one thing but the endurance to outlast your attacker is the high we're chasing here.
We work hard so we can play hard. Each semester of intense training comes to an end with a social event or team building exercise of some sort.

We are building not only strong minds and bodies but strong bonds as well.
SO DO YOU THINK YOU HAVE WHAT IT TAKES...
TO TRAIN WITH US?
TO STAND WITH US?

CSSFghtCLB
UWICAVEHILL

JOIN THE FIGHT
MON | WED | FRI
2:00 p.m. - 4:00 p.m.

security@cavehill.uwi.edu