



**CSSFGHTCLB**  
U W I C A V E H I L L

**CATALOG** **2017/2018**



**CYCLE 2** **2017**

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**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.

# PHASE 1

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.



## PHASE 2

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 3**

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).



## FIT TO FIGHT

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.





## TEAM BUILDING

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?



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U W I C A V E H I L L

**JOIN THE FIGHT**

**MON | WED | FRI**

**2:00 p.m. - 4:00 p.m.**



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