

ShivWorks

Extreme Close Quarter Concepts I and II (ECQC I-II)

The ShivWorks Extreme Close Quarter Concepts I & II (ECQC 1&2) course is a 20 hour block of instruction which focuses on a multi-disciplinary approach to building functional, combative handgun skills at zero to five feet. The course is designed to instill core concepts of seamless integration and provide the platform for aggressive problem solving during a life or death struggle. A heavy emphasis is placed upon commonality of body mechanics between skill sub-sets, which means that all combative software is reinforcing. Once the student's skill sets are initially ingrained, the participant will be stress inoculated with force on force drills utilizing man-marking cartridges and protective equipment.

Topics covered include:

Block One

- Diagnostics
- Introduction to the components of the Combative Drawstroke
- Building the pectoral index in live-fire
- Firing throughout the horizontal line of presentation
- Off-hand fending positions
- Default position
- Basic empty hand blows
- Theory of in-fight weapon access
- Grounded basics

Block Two

- Challenging the potential attacker
- Preemptive weapon access
- Muzzle aversion within draw-stroke
- Negotiating the F.U.T.
- ECQ Handgun retention in holster
- ECQ handgun retention out of holster
- Handgun recovery
- Handgun striking

Equipment required

Holster, pistol, two magazines, eye & ear protection, heavy sweatshirt or soft body armor, mouthpiece and cup, 500 rounds of ammo.

Course cost is \$400. This class is not recommended for beginning shooters and prior documented training or instructor approval is required.

Students should be relatively fit as this is a **contact** class. Most of the latter half

of each day will be spent utilizing man marking cartridges and FIST helmets, to allow the students to gain confidence in applying their newly acquired skills against moving aggressive opponents.