



Pressure Point Defensive Tactics (PPDT)
The Old School House Retail Park, Station Road East,
Grantham, Lincolnshire, NG31 6HX.

Pressure Point Defensive Tactics (PPDT)

Helping You Make the Arrest

Information Pack



This is your opportunity to become a **Certified PPDT Instructor / Instructor Trainer**

These Courses will provide the participants with the skills and abilities to teach their officers how to defend themselves and to ultimately stop an assaultive subject. They will also learn how to utilize PPDT in the correct fashion with due diligence for all relevant procedures. They will also learn how to deal with stress and shock of a suddenly violent or potentially violent subject.

The courses will run as follows:

PPDT Level	Course Length	Participants
PPDT Level 1	One Day Course	New Attendees or PPDT Level 1 / Re-Certification
PPDT Level 2 to 3	Two Day Course	PPDT Level 1 Passes or PPDT Level 2/3 Re-Certification

Please note: It is possible and advisable to take all 3 Levels in one 3 Day Block

To make this abundantly clear.

- **If you have never been on a PPDT Course, then you MUST start at level 1**
- **If you have been on the PPDT Level 1 Course, then you can enroll directly on PPDT Level 2/3**
- **You CAN enroll on all 3 Days at once to cover PPDT Level 1,2 and 3**

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.

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 Officer Safety at all times.

Balance Points

Learn where and how the Human Body is balanced. This information alone will massively increase your C+R 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 **Russell Stutely (PPDT International Coach)**. Russell is recognized as **Europe's No.1 Pressure Point and Use of Force expert**. He has been in constant demand for Seminars for the last 14 years and has produced over 40 Instructional DVDs and authored 2 books.

Russell Stutely



These courses will be taught by Russell Stutely.

Russell is recognized as Europe's No.1 Pressure Point 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 PPDT Courses and various self protection courses to both Civilians and Law Enforcement Agencies.

**To read more and to view Video Testimonials from current serving Law Enforcement Officers and Correctional Facility Officers, who have attended PPDT Level 1,2 & 3 please see here:
<http://www.ppdefensivetactics.com>**

Testimonials

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

"Russell has adapted all these principles for introduction into a range of striking and grappling systems. There is no system that you could be practising 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 Russell Stutely.

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 Russell Stutely is on the very crest of the new wave, I highly recommend him and his 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 Defence Expert

The detail 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