



Women's Street-Safe Professional Self-Protection

A system of instilling a natural and instinctive physical ability to disengage and/or control dangerous situations

U.R.C Tactical "IRIS System" is a conceptual system based upon human behaviour and **natural defensive/offensive instinctive responses** to stimuli. Unlike other systems we encourage "tactile sensitivity" in these responses. By utilizing the tactile sensitivity of the body the user gains an advantage of being able to **engage defensive/offensive responses quicker** as well as the **opportunity for dis-engagement**. At its core the system is designed for dis-engagement first and foremost but will allow for aggressive control and takedown options.

By using deeply embedded "**natural and instinctive**" *offensive* actions the system can be taught and retained in a short period of time, be flexible in its application and be used immediately under stress without hesitation.

This is our core system with a unique twist designed solely for women. We incorporate all of our instinctive responses as well as a vast knowledge of "predator" behaviour and psychology. **Understanding is the key to avoidance!!!**

What are the issues?...

The world is awash with many different “Martial Artists” putting their spin on women’s self-defence. The problem is that **all** of these styles are based upon some form of defence derived from a system that has a sport mentality. They take many years to perfect the moves, (**hence the many different colours of belts**), they have complex and challenging techniques and lastly, they are **made for sport and not the reality of unprovoked attack in a vast array of environments**.

They very rarely take into consideration factors such as a woman’s size, strength, attire, psychological and emotional dis-temper towards violence (**either to them or them unto another**). More importantly they are based on what to do **after** someone is attacking you! ***Not, how to make sure that doesn’t occur at all. We shall teach you how to avoid those situations altogether!!!!***

What is the answer?

Simply put....the **I.R.I.S System** of self-protection!!

Why...

The **I.R.I.S System**, is a system that is **natural** and **instinctive**. A system that is immediately reproducible outside of the training arena. A system that can be learned and mastered within hours, ...not weeks or months or years. A system that, ***does not need weekly training in order to be effectively retained*** by the user. A system that ***helps women manipulate a more often than not, larger attacker no matter what size, fitness level or skill set the woman has.***

What will be taught...

- Canadian Use of Force Law relating to self-protection
- The difference between self-defence and self-protection
- Threat recognition
- 7 survival signals
- 3 steps for survival
- Passive Stance Awareness/De-escalation techniques
- Adrenal stress condition awareness and self- control
- The “Predator” mindset
- 3 things a **predator doesn't want**
- Types of violence
- 360 degree **No-Vision escape from holds or traps**
- High speed “Tactile” dis-engagement/takedowns
- How Martial Arts or Combat Systems are not the answer

Please contact us with any questions or to schedule an introductory meeting regarding our training concepts and program costs.

Yours in safety

Justice Murdoch
U.R.C.TACTICAL

Professional Self-Protection Tactics
Covert Improvised Defensive Tactics
Counter MMA Systems
Advanced CQC Survival Tactics

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