



## **5322601 – FIRST RESPONDER SELF-DEFENSE**

**ECTOC – Wednesday 1/14/26 6:30 PM**

# **Clara Stucker & Brianna Wantuck**

**THIS SELF-DEFENSE SEMINAR IS A SPECIALIZED TRAINING PROGRAM DESIGNED TO EQUIP EMTS, FIREFIGHTERS, AND OTHER EMERGENCY PERSONNEL WITH PRACTICAL, SCENARIO-BASED DEFENSIVE SKILLS. THE CLASS FOCUSES ON SITUATIONAL AWARENESS, DE-ESCALATION TACTICS, AND PHYSICAL TECHNIQUES TAILORED FOR REAL-WORLD ENCOUNTERS IN THE FIELD, SUCH AS PATIENT AGGRESSION, AND CONFINED-SPACE ALTERCATIONS DURING HIGH-STRESS EMERGENCIES. ALL FIRST RESPONDER PERSONNEL WILL BENEFIT FROM THESE TACTICS.**

