



URBAN SURVIVAL

Welcome to the Shockwave Defense™ preliminary tract for mental strengthening. This course is designed for the everyday person, group of people, or business owner. Individuals that seek to elevate their lives, relationships, and professional performance to the next level.

Armed with physical tools, mechanical tools, and mental strength, participants have an opportunity to make metaphor real, to take control of their physical and mental environments. You and your team will rescue a victim from armed assailants, in a home guarded by professionals. Your entry and escape will require you to exercise newly learned agility, and hand to hand tactics. This experiential exercise forces participants to engage every aspect of their recent training. Teams of newly designed warriors face the unaccustomed, but with their now fully sharpened tools, revealing an existing mental toughness with unlimited potential to grow confidence and realize heightened potential.



WHAT: URBAN SURVIVAL

WHEN: AUGUST 29TH-30TH

WHERE:

*SHOCKWAVE DEFENSE™ UNIVERSITY &

*ZERO POINT PARKOUR

COST: REASONABLY PRICED AT ONLY
\$400

SHOCKWAVE DEFENSE



Some things are worth fighting for.

637 Broadway SE
Albuquerque, NM 87102

T 505.554.3888
F 505.999.1413

www.ShockwaveDefense.com

THE URBAN SURVIVAL PRAXIS MENTAL STRENGTHENING | ATTAINABLE TO ALL

~All obstacles in life originate as a challenge in the mind. Challenges exist because resistance exists.~

Through modifying attitudes towards resistance, it's possible to grow into a more powerful, determined individual. Persons possessing the ability to augment their mental strength are able to enjoy richer, fuller lives. How does one adapt their attitudes towards resistance? With mental fortitude. The inclination to viewing failure as only a tool for improvement, and keeping that tool sharp, permits mental empowerment.

When you recondition yourself mentally, to achieve a higher caliber, the ultimate assets in life reveal themselves. These are the effects of mental strengthening.

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Life is exceptional at providing barriers to overcome. The *Urban Survival Praxis* arms participants with effective tools and strategies to overcome barriers intelligently, with conviction *and* a positive attitude. This course will teach you how to discipline your mind, develop “on-call” mental toughness, ready when you need it.

***Increase your confidence, your self assurance,
and your sense of ownership over your own faculties.***

DAY I:

The first step in *Urban Survival Praxis* is an introduction and overview of the 2-day course. Participants are provided with basic, unsharpened tools to discipline the mind, control the internal dialogue, and strategies on how to overcome weaknesses predicated by stress.

Applications:

To make basic tools more functional, sharper, facilitated discussions on how *Praxis* principles correlate to leadership, team collaboration, and direct communication.

Hands-On Solutions:

Participants are provided with experiential learning opportunities to instantly apply what they've learned, in a varied, dynamic series of simulations. Team exercises involve tactical room clearing techniques, dynamic entry tactics, as students are guided into demonstrating individual initiative in stress-induced environments. Unforeseen circumstances, favorable reactions in a decisive, authoritative manner - learned behaviors that aid in the development of mental toughness are explored and debunked. The ability to react effectively conditions life skills, skills that enable individuals to manage stress effectively, turning stress into a tool that lends itself to a life well-lived.

Perfectly timed intervals create space for participants to collaborate in small panels, reflecting on their learning experiences, offer comparisons, and work collaboratively to form enhanced strategies for the next day's challenges.

DAY II:

The Shockwave Defense™ Team takes great care to instruct students in increasingly powerful mental training exercises and conditioning techniques.

Applications:

Praxis techniques are designed to encourage lasting change and create spirited methods for solving problems, as well as a powerful mechanism and perspectives to assess self worth. Participants report discovering an innate sense of inner control, overcoming dormant fears, and accessing a higher sense of self acceptance.

Hands On Solutions:

Participants engage each other in monitored training, at everyone's respective paces, with kinetic hand-to-hand tactics. Guided practice activates the powerful psychological

tools previously learned, sharpening those strategies into utilitarian, practical everyday applications. Evasion, and mobility exercises engrain the stimuli and awareness needed for the final challenge.

THE CHALLENGE EXPERIENCE

The time is now. Armed with physical tools, mechanical tools, and mental strength, participants have an opportunity to make metaphor real, to take control of their physical and mental environments. You and your team will assume containment of a home, from trained professionals, to rescue a would-be victim. Successful entry, recovery, and escape will rest upon the ability to deliberately exercise newly learned tactics, mental acumen, and body agility, following a day of exhaustive scenarios. This experiential exercise forces participants to engage every aspect of their recent training. Teams of newly designed warriors face the unaccustomed, but with their now fully sharpened tools, revealing an existing mental toughness with unlimited potential to grow confidence and realize heightened potential.