

ITOA and WTA present:

Women's CQB Pistol and Tactical Medicine

November 14th, 2017 – 8am to 4pm – Will County Sheriff's Range
16909 W. Laraway Rd., Joliet

This intensive 1-day program is designed to enhance the female officer's fighting skills through the use of simple but effective close quarter shooting and defensive tactics. This course addresses the **"atomic structure"** of shooting so each shooter can find a strong body position and a structured grip that **reduces muzzle flip/time between shots**. These techniques are vital for women and smaller stature shooters, but are fundamental body mechanics that will take every shooter to the next level in their shooting. Body mechanics used will minimize felt recoil, minimize muzzle flip, and quickly improve confidence and performance. Drills presented will improve attendee's skill level so that they can not only **shoot more accurately**, but also **shoot faster** and **maintain that accuracy**. Throughout the course, officers will focus on enhanced accuracy and weapons handling skills and precise marksmanship. This class will end with a **segment on tactical medicine** covering a review of shock assessment and principles of blood loss. The student will learn and interactively apply various methods of field **bleeding control**, with an emphasis on tourniquet application, do's and don'ts of tourniquet use, **wound packing** and other topics if time permits.

Cost is \$75 for current ITOA members - \$125 for non-members and includes a membership.

Register on the ITOA website, training link.

Topics to be addressed include the following:

- Reduce muzzle flip and felt recoil
- Increase speed and accuracy
- Close quarter fighting techniques and tactics
- Movement off line of force/threat
 - Use of force issues
 - Safe weapon manipulation
- Wound ballistics and targeting the threat
- Introduction to the "Shield Technique" and physical fighting skills
- Verbal skills development
- Overcoming distractions
- Accurate single and multiple shot placements
- Stoppage/malfunction clearance skills
 - Reloading/magazine change out
- 360-degree awareness of additional threats
- Shock assessment and blood loss
- Tourniquet application and wound packing

Student Equipment Needs:

STUDENTS MUST BRING THE FOLLOWING EQUIPMENT TO CLASS:

- Food for on-site lunch break. There will not be enough down time to go out to get something to eat so it is imperative that you bring a lunch.

- 300 rounds of ammunition
- Hat with bill to protect face from ejected brass
- Eye protection/ear protection
- Duty handgun
- Duty belt with holster and magazine pouch(es) WITH A MINIMUM (MORE SUGGESTED) OF THREE MAGAZINES.
It is strongly suggested that the officer's street magazines NOT be used and range/practice magazines be substituted
- Soft body armor
- Comfortable clothing and boots (jeans/BDUs recommended, 5.11 tactical yoga pants are not acceptable)
- Crew neck shirt(No V-neck shirts allowed due to hot brass)
- Range is covered but outdoors so dress for the weather
- Water/sports drinks for hydration

INSTRUCTORS:

Venessa Yoosook - Venessa is passionate about empowering women to defend themselves, their families, and the right to bear arms. Currently she is the Lead Female Tactical Trainer for Henk Iverson Tactical Systems (HITS) and NEK/Cubic Corp. She is certified as an NRA Pistol Instructor and an NRA Range Safety Officer. No stranger to medicine, she has 18 years' experience as a Registered Nurse and 2 years as a Nurse Practitioner. She is NAEMT TCCC certified and holds a number of other medical and nursing certifications. She has assisted in teaching several firearms courses, including the HITS Levels 1-4 Pistol Courses, the HITS Ladies Basic Pistol Course, the HITS Home Defense Course and the HITS Level One Carbine Course. A lifetime student, she is continually trying to improve her firearms and self-defense skills.

Kimberly Heath-Chudwin – Kim has been an LE Firearms Instructor for 13 years and is now the Range Master for the Will County Sheriff's Department. She teaches pistol and rifle classes throughout the year for NEMRT and Tri-River. Kim has also taught women's shooting classes for the Ohio Tactical Officers' Association as well as instructor level classes for ILEETA. Kim is the President of the Women's Tactical Association and does a little bit of competitive shooting. Kim won the 2016 National Patrol Rifle Competition and placed second in 2017, as well as winning the 2017 Great Lakes Law Enforcement Challenge as part of the ITOA team. Kim has also done work with the NRA Women's Network, Guns and Ammo TV.