



ANZEN CORPORATION  
LEARN. DISCERN. SURVIVE.

**PROTECTION SPECIALIST & TRAINING GROUP// TRAIN REALISTICALLY TO SURVIVE REALITY**  
712 SCARBURGH WAY // ALEXANDRIA, VIRGINIA 22314 // [WWW.ANZENLLC.COM](http://WWW.ANZENLLC.COM)

**2007-2008 TRAINING AND SERVICES CATALOG**

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## **TRAINING**

### **Individual Protective Strategies Course (Basic)**

An interactive seminar designed to address personal safety and security concerns. The best way to insure a safe and secure lifestyle is the ability to understand your surroundings, identify possible threats and implement protective measures in order to minimize risk. This course addresses Situational Awareness and Response.

Topics Addressed:

- Fundamentals of situational awareness and individual alertness
- Criminal 'Profiling'
- Victimization
- Individual Protective Measures
- Self Defense Tactics
- Personal Security (Residential, Vehicle, Workplace)
- Security While Traveling
- Surveillance Detection
- Crime and Urban Violence
- Abduction and Hostage Situations

Using multi-media technology and interactive facilitation techniques, Anzen helps the attendee develop basic, common sense measures that will dramatically increase security around the home, while traveling and when interacting with people on the street. The Anzen team provides information and tools that enable you to travel safely and securely throughout the world. Each seminar will be custom tailored to the client's specific needs.

\*\*\*Seminars for High Risk Individuals are also available\*\*\*

### **Individual Protective Strategies Course ( Customized)**

Whether it's working a pipeline in South America, branch management in the Middle East, or intelligence teams on the ground around the globe- one thing remains the same for making your business successful...secure employees. This comprehensive course was designed by various military Special Operations personnel, intelligence officers and executives with vast operational experience. The Individual Protective Strategies Course (IPSC) gives individuals the tools

necessary to meet daily and event driven conflicts with confidence. The material covered is broken down into three fundamental blocks of training.

### **Security Preparation**

- Fundamentals of Situational Awareness and Individual Alertness
- Threat Assessment, Criminal 'Profiling' and Mindset
- Residential, Workplace & Hotel Security
- Travel Preparation and Security Consideration (Personal and Public Transportation)

### **Personal Protective Measures**

- Self Defense Tactics and Techniques
- Mindset Development
- Basic Surveillance Detection

### **Survival**

- Effects of Apprehension (Mental & Physical)
- Escape From Restraints
- Kidnap/Apprehension Avoidance

This course is designed for high-risk individuals who are subject to kidnap, apprehension and acts of violence. Participants will learn the proper 'profiling' of individuals along with the mental preparation required to deal with initial, temporary and possible long term confinement. All skills are mastered through hands on practical application. Participants are fully immersed in an environment (scenario) and placed under various stressors, this way participants will fully understand the reality and importance of the material taught by the Anzen team. This course culminates with scenario based exercises that are designed to allow participants to use techniques learned in a dynamic and intense setting.

### **Senior Executive Preparedness Course (SEPC)**

Similar to our Individual Protective Strategies Course, SEPC is tailored to the Senior Executive. With Executive protection, terror alerts, and corporate board liability focusing new attention for top company officers. Terror attacks in the United States and abroad, Extortion and Kidnappings have focus the spotlight o improving security for corporate executives both at home and while traveling. Anzen recognizes the unique responsibilities and risk faced by senior executives, therefore we developed a course specifically for senior executive level individuals.

### **Sudden Violence Defensive Tactics (SVDT)**

A physically intensive course designed to provide individuals, regardless of previous experience, the functional ability to survive sudden, violent close range attacks by one or more assailants.

The focus of the course is conflict avoidance through situational awareness, and integrated self defense. Participants will learn simple 'empty hand' techniques that are effective under the physical and mental effects of startle, fear and imminent danger. This course is designed to simplify physical contact and provide individuals with the skills and understanding of what it takes to survive violent conflicts and more importantly...how to avoid them. Participants will learn how to deliver powerful strikes using body weight, how to gain dominance in a confrontation and how to create space between you and the aggressor and exploit that space for survival. Although these techniques are damaging, they do adhere to the use of force continuum, the individual always chooses how much damage is delivered and when to stop. This course is designed for individuals from all walks of life and skill levels. Some topics covered include:

- Fundamentals
- Strikes
- Ground Escape/ Get-ups
- Improvised & Edged Weapons Awareness
- Weapons Retention & Disarmament
- Mindset (Active vs. Reactive and Predatory vs. Affective)
- Psychology of Survival

Anzen's Instructor cadre brings reality to self-defense training and focuses on the mental preparation, as well as the physical aspect of self-defense, in order for the individual to walk away from a violent confrontation with their life.

This course was developed by military Special Operations operators and Law Enforcement officials who understand how the criminal/terrorist mind works, and is currently being taught to various militaries and government agencies around the world. The material is fluid, dynamic and constantly being refined by individuals who are in harms way on a daily basis.

### **Domestic and Sexual Violence Prevention**

This program is designed to for women of all ages and is geared toward avoidance and prevention of violent offenses against women. Self defense is a set of verbal, psychological, and physical techniques you can use to defend yourself in situations ranging from unwanted or harassing comments to physical abuse and rape. Self defense training helps individuals with everyday assertiveness, boundary-setting as well as preparing you to fight back in physical attacks. Effective self defense training for women incorporates an understanding of the kinds of violence most often experienced by women and the common social and psychological barriers women face in learning to fight back. Women learning self defense gain both physical and verbal

defense skills and the will to use them against an attacker. Self defense classes also give women a rare opportunity to explore the broad spectrum of emotions that they may encounter when starting to understand the level of violence in our society. The focus is empowerment through action.

### **Weapons Training**

'Top Notch' Training Courses designed for the First Time Shooter to the Combat Professional, weapons handling, marksmanship and tactical training courses, taught by personable, combat proven instructors who will elevate your skills and allow you to reach new levels of performance. Our training courses were developed from the lessons learned on the streets and battlefields. Everything taught by Anzen instructors is battle-tested, proven and used by individuals whose lives depend on their weapons handling and employment. Military, Law Enforcement and civilian training requirements are recognized and represented in Anzen's curriculum. Regardless of your reason for attending one of Anzen's weapons courses, your individual needs will be addressed and your expectations met.

### **Firearms (Carbine/Pistol) Introduction/ Refresher**

This course is designed to effectively return a shooter whose skills have diminished to an effective level of proficiency. A review of proper mindset, weapons safety and use of force classes set the stage for the rest of the instruction. Participants will cover basic weapons manipulation, presentation, various types of malfunctions and qualification standards. Participants will be required to demonstrate adequate weapons safety/manipulation and marksmanship in order to participate.

### **Basic/Intermediate/Advanced Firearms Courses**

These courses are designed to develop skills necessary to carry and employ various weapon systems effectively. Course material covers the elements of basic marksmanship through advanced shooting skills including but not limited to:

- Low Light shooting
- Shooting and Movement
- Barricade Shooting
- Weak-hand Shooting
- Tactical & Wounded Re-loads
- Transition Drills and Multiple Target Engagement
- Shooting from Vehicles
- Combative Handgun/Carbine

- “Human Hunter” Tactical Tracking and Weapons Integration
- Designated Marksmanship
- Close Quarters Combat Techniques and Tactics

All courses of instruction will include classes on the physiological and psychological effects of stress, human dimensions of survival and engagement, proper mindset as well as the continuum of force.

\*\*Many of our courses are custom tailored to our clients needs. If you have specific requirements or needs do not hesitate to contact one of Anzen’s qualified operators for specifics.

### **Law Enforcement/Security Officer Survival**

Police officers may encounter sudden, violent and unexpected situation which become very fluid and dynamic. Officers who have prepared themselves mentally and physically often hold the key to survival. Anzen’s Officer Survival Course is one to three days and it’s a unique mixture of lecture and Force on Force situations.

Often our survival hinges on our perception and reaction to those perceptions. When those reactions are calculated, well-conceived, and properly executed, the opportunity for success is greatly increased. When our reactions are based on false beliefs, television, motion picture fantasy or surprise, those opportunities to survive are greatly diminished. Officers who have found themselves in sudden and violent confrontations often remark how different they really are from what they expected them to be. This intensive officer survival program will teach officers the vital skill sets that are needed to survive and overcome sudden and violent encounters. Individuals will review several officer involved shootings and other critical incidents caught on tape.

Throughout the course students will be exposed to practical exercises designed to enhance the decision making process and physical skills needed to deal with violent encounters. Officers will deploy various tools they commonly carry to react with various escalation and de-escalation of force. Students will make split second decisions and articulate their reactions. Training will occur in a variety of environments, including low light and confined spaces. New skills developed on the live fire range will be developed in practical exercises using force-on-force scenarios. Topics to be covered include:

- Combative Handgun Techniques
- Strikes
- Ground Escape/ Get-ups
- Improvised & Edged Weapons Awareness
- Weapons Retention & Disarmament

- Mindset (Active vs. Reactive)
- Psychology of Survival

Contact Anzen at [info@anzenllc.com](mailto:info@anzenllc.com) for more specific course details. If we currently do not have a course that fits your specific needs, Anzen's team of instructors can develop a package that is tailored to meet your needs and your requirements.

## **SERVICES**

### **Executive/Celebrity Close Protection**

Anzen is a global leader in the field of close protection. We specialize in both high and low risk details, and maintain the highest standards of proficiency and professionalism which are unparalleled in the industry. Regardless where your business takes you, the Anzen team will provide superior service based on years of operational experience.

### **Custom Tailored Protection Programs**

Anzen understands the need to accommodate for the comfort and lifestyle of each and every client it protects. The daily demands of clients can be difficult and detailed, but Anzen's mission is to provide a seamless and integrated program that is designed specifically to meet their every need. Our unique ability to custom tailor our services to individual specifications while maintaining the integrity of the protection operations, sets the industry standard for excellence.

### **Instructor Development Course (Train the Trainer)**

This course is for the traditional lecturer, group facilitator to the performance based instructor, Anzen's Instructor Development Course will improve the training skills for all types of trainers. The 5-day IDC provides instructors with the tools to deliver quality training and presentations based on the 14 Instructor Competencies (as outlined by the International Board of Standards for Training, Performance and Instruction).

Course topics include:

- Presentation Skills
- Communication Skills
- Lesson Planning
- Performance Based Objective Learning Preparation
- Facilitation Techniques
- Delivery Methods
- Instructional Methodology
- Evaluation Techniques

Anzen's Instructor Development Course will provide an excellent foundation for the 'new' instructor as well as the seasoned veteran.

### **Threat/Risk/Vulnerability Assessments**

The purpose of the Threat and Vulnerability Assessment (TVA) is to identify specific weakness in structure, design, security systems and security manpower which could be exploited. An experienced team of professionals, each with specific areas of responsibilities and skill sets, will analyze the criticality, accessibility, vulnerability, attractiveness to potential targets, and recoverability of assets. Upon completion of assessment the team will determine defensive posture and promote proactive security measures, analyze hazards, security lapses, recommend upgrades and necessary improvements and measures to be undertaken.

Assessment: The team will conduct an on-site survey; duration depends on size and scope of assessment which may include:

- Security probes, clandestine or planned
- Vulnerability analysis of criminal, terrorist, as well as accidental or natural threats
- Mapping, diagramming and photographing of entire area surveyed
- Assessment of infrastructure in area to include law enforcement, security, medical and EMS responses.

Upon completion the team will provide a full spectrum analysis and detailed report with recommendations and summary.

### **Corporate Team Building**

Special Operations Training (Adventure) Package

#### *Course Overview:*

The Special Operations Training package (SOT) is geared toward executives and interested individuals to provide customized team building training in dynamic settings that are interactive, emphasize business applications and most importantly, character based and result oriented to facilitate learning in an unconventional environment. SOT develops and reinforces core leadership and management skills utilizing special operations training methodologies. The SOT program combines the Spec-Op planning process, team management, and leadership development programs to focus and energize individuals and corporate teams. By teaching these time-tested tenets and relating them to the business world, translates adventure into optimal performance. Work side-by-side with clients to meet specific needs in leadership, communications, problem-solving, decision making and teamwork, utilizing high adventure

training techniques and proven leadership fundamentals that emphasize business applications and most importantly are character based and result oriented.

Some of the goals driving Anzen's team building packages include:

- Strengthen team dynamics
- Open minds and expand horizons
- Uncover future leaders
- Build a better performing team
- Maximize your greatest corporate asset
- Improve your company's bottom line

\*\*Many of our courses are custom tailored to our clients needs. If you have specific requirements or needs do not hesitate to contact one of Anzen's qualified operators for specifics. Contact Anzen for more information. Email: [info@anzenllc.com](mailto:info@anzenllc.com) or call 703-992-5460