



EFFECTIVE FITNESS COMBATIVES (EFC)

Transforming Law Enforcement Training

WHY CHOOSE EFC?

- **Real-World Applicability:** Rooted in real-world applications developed by cops for cops.
- **Comprehensive Training:** Full spectrum end-to-end combatives program, which integrates wrestling, jiu-jitsu, and striking with a focus on weapon-based considerations and encompasses a multi officer apprehension curriculum.
- **5 Core Disciplines:** Awareness, Angles, Distance Management, Mobility, and Improvisation form the foundation of our curriculum.
- **Enhanced Officer Performance:** Studies demonstrate significant improvements in officer performance under stress.
- **Proven Results:** Grand Rapids, MI reported 78% resolution of Use of Force Incidents using EFC techniques/principles and a 48% reduction in officer injuries.
- ★ **Cost-Effectiveness:** EFC implementation leads to substantial financial savings by reducing liability from officer and suspect injuries and over reliance on taser deployments.

PROVEN IMPACT

- ✔ **Reduction in High-Profile Complaints:** Immediate decrease in high-profile complaints and incidents during use-of-force cases.
- ✔ **Real-World Use:** EFC techniques are used in over 70% of GRPD's use-of-force instances. That is approximately EFC being used in 350 UOF incidents yearly.
- ✔ **Reduction in Injuries:** Significant decrease in injuries to both suspects and officers, enhancing safety and reducing liability.
- ✔ **De-escalation in High-Risk Incidents:** In 9 months, EFC techniques prevented 3 incidents involving armed subjects from likely escalating into officer-involved shootings.

KEY BENEFITS

- ✔ **Improved Ability & Reduced Liability:** Equips officers to handle the complete spectrum when encountering situations that require use of force.
- ✔ **Enhanced Officer Safety:** EFC Emphasizes control over pain compliance. Pain compliance fails two-thirds of the time and can escalate a passively resisting subject.
- ✔ **Increased Confidence:** Principle-based training enhances critical thinking and adaptability, leading to better decision-making in high-stress situations.
- ✔ **IADLEST Approved Curriculum:** Ensures adherence to the highest standards of law enforcement training.

EFC TEAM



JAY WADSWORTH

Director of Training, Jay Wadsworth and Team: Our team boasts over 250+ years of combined experience in law enforcement, Jiu-Jitsu, wrestling, and MMA.

EFC IN PERSON & ON DEMAND CERTIFICATION PROGRAMS

- **EFC Level 1 Instructor Certification:** Master essential combatives skills and learn effective teaching techniques through our comprehensive Level 1 Instructor Certification course.
- **EFC Level 2 Advanced Instructor Certification:** Advance your expertise with our Level 2 Advanced Instructor Certification course focusing on Reality Based Training.
- **Online Training and Video Resources:** Full access to our online course material, resources.

Contact Us



www.efcombatives.com



@EFCombatives