



HOME SHIELD PROGRAM

WE HELP YOU PROTECT YOUR HOME AND FAMILY

Hi, My name is Keith Carroll. I am a former Royal Marine Commando and Security Consultant with over 10 years of experience working in the protection sector. I am the founder of a self-protection training company called Combat System. We specialise in Conflict Management & Self Defence and I am excited to bring you the new program we're calling **Home Shield**. Much of what I have done over the last 12 years has been protecting people from threats, particularly while in their homes. Home Shield is designed to enhance your protection capabilities so you and your family can stay safe



This image to the right is taken from the CCTV footage of a home I was protecting while these men attempted to gain entry. This house has security measures in place, which as you can see, did not deter them. On this occasion, I created resistance against these men and they fled, however, we were prepared in other ways, including a safe room where the residents evacuated to. Training and procedures were undoubtedly the main factors of our success here. This is not my first incident and many of my clients have encountered similar scenarios where they have safely overcome these scary events.



How does Home Shield work?

My team and I will come to your home and provide you and your family with physical defence training, running from 3-6 hours. This includes running scenarios and creating procedures for you and your family to follow. Our packages include the option for a full security assessment of your property including the creation of a safe/panic room.



Which program suits your needs?

	SHIELD	SHIELD PLUS
	2- 3 hours from £395	4 - 6 hours from £595
Awareness of threats	✓	✓
Defence positions & Stances	✓	✓
Psychology of violence	✓	✓
Defence against grabs & holds	✓	✓
Defence against striking	✓	✓
Knife attack defence	✓	✓
Choke defence/ Escape	✓	✓
Blunt object defence	✓	✓
Cover drill	✓	✓
Disrupter/ head control	✓	✓
Self-defence against home entry	✓	✓
Home entry assessment	✓	✓
Safe room implementation	—	✓
Safe room drills and scanarios	—	✓
Home security assessment	—	✓

Prices vary depending on location. Prices do not include any potential costing of security hardware such as CCTV or secure door locks

For more information you can contact us at:

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