



# Outdoor Survival & Knife Combat Training

Featuring Tony Nester from Ancient Pathways & Tom Sotis from AMOK!

## *In Quepos, Costa Rica*

Each morning the group will assemble and venture into the wilderness with knives and machetes as the primary tool for surviving the environment and its inhabitants.

Tony will share essential knowledge and skills needed to survive in the rainforest, and Tom will share the principles and tactics of knife and machete combat.

Late in the afternoon we'll return to our accommodations for a couple of hours and in the evenings we will assemble for dinner at a local restaurant.

***Jan 13-16, 2010 Cost \$450 USD***

**Special rate for US Military Personnel - only \$350 USD**

If you register online at [www.edgedweaponsolutions.com](http://www.edgedweaponsolutions.com) before January 6<sup>th</sup>.

**Or \$550 USD cash only on the first day of training.**

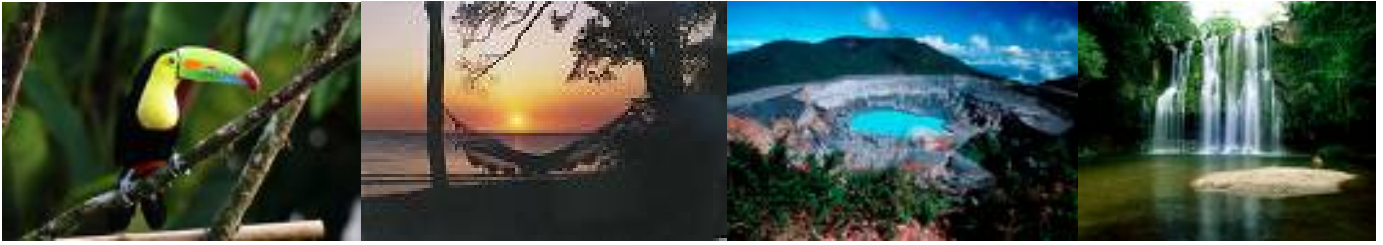
You must purchase your own air tickets and book your own lodging.

Quepos is a beautiful town with a variety of accommodations so you can choose what is right for you. In addition to training, you can enjoy swimming, diving, surfing, golf, canopy tours, rafting, horseback riding, and lots of other fun stuff. Some of the guys are already planning a day or two of sport fishing together.



Here is a site with some area information: <http://www.puertoquepos.com/costa-rica/quepos.html>

You might also consult Trip Advisor for helpful information <http://www.tripadvisor.com>



### **Tony's curriculum includes:**

- Machete** use and tools of the bushman- how to safely employ, sharpen in the field, and utilize for a variety of tasks.
- **Firemaking** using both primitive and modern methods. We will cover spark-rods, one-match fires, firemaking in wet weather, wood types, bamboo firesaw, flint & steel fires.
- Water** location and purification including myths and misconceptions.
- Shelters:** how to rig up a tarp and hammock, primitive shelters using natural materials, and clothing selection.
- Traps** and food procurement (my favorite area): carving deadfalls and setting snares along with proper placement, primitive weapons, basic tracking, fishing methods, and common edibles of the tropics.
- Survival kits:** pros and cons of commercial vs. personally designed kits. Time to practice with a variety of gear I will bring.
- Anything else that folks want to cover as well we will jump into given the time.

### **Tom's curriculum includes:**

- The Framework** – Examining the complex machinations of humans in conflict and combat by identifying one's personal *Values-Doctrine-Strategy-Operations-Tactics-Principles-Techniques-Actions/Tools*
- The Platforms** - Emphasis on Knife and Machete with cross-platform configurations with stick, pistol, improvised instruments, and empty hands.
- The Tactics** –Attacking and Counter-Attacking in the Seven Realms (situations) of weapon-to-weapon combat.
- The Methodology** – An Ultra-functional training methodology that finally puts *everything* in context so you'll know exactly how to train yourself for the skills you want.
- The Mechanics** - Practical Body Movement and Footwork for generating speed, power, and control.
- Anything else that folks want to cover as well we will jump into given the time.

For more info about us visit our websites:

Tony at [www.apathways.com](http://www.apathways.com) email: [info@apathways.com](mailto:info@apathways.com)

Tom at [www.edgedweaponsolutions.com](http://www.edgedweaponsolutions.com) email: [sotis@knifefighting.com](mailto:sotis@knifefighting.com)