

# TRAINING WING

## MILITARY - SECURITY - SURVIVAL

A Squadron's TRAINING WING offers professional military, security and survival training courses and themed entertainment events.

All packages tailored to your personal objectives and ambitions; whether professional or for fun!

CONTACT US FOR: -

- Corporate team building
- Motivational presentations
- Personal development
- Private parties
- Professional operational training & CPD



### BOB PODESTA MID

Our head instructor, Bob Podesta, spent 27 years in the British Army, 25 of which were with the Special Air Service Regiment.

COURSES INCLUDE: -

- Bushcraft
- Close protection / body guarding
- CQB (close quarter battle) / unarmed combat
- Infantry tactics
- Interrogation training
- Maritime security
- Military skills
- Navigation & map reading
- Operational planning
- Sniper school
- Surveillance
- Survival
- Weapons handling

*"Fantastic day today. Our team will be back again for another go. Thank you all, you have given us the building blocks to organise our team."*

*"[Bob] spoke in unprecedented detailed operational terms... He is obviously an authority on [the] subject... Bob delivers an enthralling presentation."*

*John Parkinson  
Assistant Chief Constable*

*"...so interesting and enlightening, learnt a lot."*

BESPOKE COURSES TAILORED TO SUIT: -

- All ages and abilities
- Male and female
- Industry professionals

NO previous military experience required.

### EXAMPLE SCHEDULE

- 0930 Arrival & registration
- 1000 Introduction
- 1015 AM - theory, demos, training, PT/games
- 1130 Break - tea/coffee
- 1300 Lunch
- 1345 PM - training continues, final exercise
- 1515 Break - tea/coffee
- 1545 Debrief
- 1700 End/social/war stories



**A Squadron Limited**

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