



TACMOBILITY
CONTROLLING THE MIND & THE MACHINE



FIGHT OR FLIGHT RESISTANCE TRAINING

AZ POLICE :

SLOWING DOWN THE PACE IS AN
OUTCOME, NOT A "HOW-TO".
LOWER YOUR CRITICAL INCIDENT
LIABILITY & IMPROVE DECISION MAKING

INCREASE
RESILIENCY



LOWER RISK
OF INJURIES

IN SERVICE

JAN 8 & 10
FEB 20 & 21

Scottsdale Headquarters
8401 E. Indian School Road,
Scottsdale, AZ 85251



FIGHT OR FLIGHT RESISTANCE

Live training aids to induce and help students decelerate Fight or Flight symptoms for better decision making and de-escalation.



ON-DUTY INJURY RECOVERY

Customized recovery techniques consisting of Lacrosse ball mobility and static stretching to improve range of motion and reduce tension - upper back, low back, neck or knees.



RESILIENCY DEVELOPMENT

Evidence-based research on the science behind stress, how to identify and manage stress symptoms and how it relates to mental health problems and chronic pain.

www.tacmobility.org

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