

ANNEX "A" REQUIREMENT

1. Requirement

The Offeror must provide qualified instructor(s) to deliver Combat System Courses, derived from Chukido Kwan Combat Systems (Combat Hapkido and Chinese Kempo), to military personnel (students), for the Department of National Defence (DND), Post Recruit Education and Training Center (PRETC), at Canadian Forces Base (CFB) Borden, in Borden Ontario Canada, on an "as and when requested" basis, during the period of the Standing Offer.

2. Joining Instructions Combat Systems

The joining instructions Combat Systems information forms a part of this Standing Offer and is attached hereto as Appendix 1, Instructions - Post Recruit Education Training Armed Combat (PRETAC).

3. Background

The primary mission of the PRETC is to manage assigned personnel so that time spent awaiting training is minimized and the value of that time is optimized to both the CF and the member.

4. Objectives

Expose Military members (trainees) to a quick and effective self defence option. Expose the trainees to another reason and opportunity to remain physically and mentally fit. Demonstrate what survival is dependant upon.

5. Scope

The two week training cycle will cover the following topics:

- The importance of fitness
- Flexibility development and cardio training
- Break Falls
- Defensive / Offensive Stance
- Locks
- Pressure Points

- Choking Escapes / Chokes
 - Front
 - Side
 - Rear

- Gun Disarm
 - Front
 - Side
 - Behind

- Knife Attack / Disarm
- Ground Survival
- Improvised Weapons
- Tactics against Strikes
- Tactics against Kicks
- Defensive Block

6. References

Unarmed Combat copy written American Martial Arts 25 October 2009. (UCM)

Combat Training Overview, WO Kim Brown
Combat Training Overview (revised), WO Kim Brown
Training Schedule (example), WO Kim Brown

7. Tasks

The Offeror will provide expert instruction as well as positive motivation in the following areas:

1. Prescribed morning warm up and work out, IAW Unarmed Combat Manual under supervision of BFTA / AFTA.
2. Level A instruction carried out over a 4 day session, IAW Combat Training Overview and Training Schedule.
3. Level B instruction carried out over a 4 day session, IAW Combat Training Overview and Training Schedule.
4. Level C instruction carried out over an 8 day, two week cycle with a 3 day (Friday, Saturday, Sunday) recovery period built in. Run separate from Levels A and B, IAW Combat Training Overview. (revision to follow).
5. The Offeror is to be aware that the agreed upon number of trainees is to be 24. All activities, number of staff etc., will be based upon this quantity.

8. Deliverables

The Call-ups will be based upon the total number of trainees that begin the training. Despite the diligence of the Offeror's best efforts it is notable that injuries will occur and we (DND) realize that this is an inherent risk in this type of training. As such the Contractor must have the experience necessary to be able to tailor the intensity level to the trainee group to ensure that the majority of the trainees (18) complete the training from Level A, four (4) training days to completion of Level B, four (4) training days comprising a minimum 7.5 hours of training per day.

With respect to the advanced training, Level C, the training is to be conducted in two calendar weeks similar to the schedule of Levels A and B.

During the training there should be no catastrophic injuries incurred by either the Contractor or trainees. This is to be monitored closely by the Contractor during all phases of the training.

9. Progress

The Offeror will be permitted to photograph and/or video tape training sessions as required, to demonstrate the physical progress that the trainees make throughout training. This will prove to be beneficial as both a progress monitoring mechanism as well as a training aid that can be played back for the students to be able to observe their own movements.

Roll call will be performed by the Military staff to ensure attendance of the course by the students enrolled as trainees of the Offeror.

The Offeror can be available during the initial daily warm up and work out but as it is to be overseen/ administered by a BFTA / AFTA it is not a requirement of the Offeror to conduct this portion themselves.

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W0113-100138/A
 Client Ref. No. - N° de réf. du client
 W0113-10-0138

Amd. No. - N° de la modif.
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 File No. - N° du dossier
 BOR-0-32349

Buyer ID - Id de l'acheteur
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ANNEX "B"
BASIS OF PAYMENT

For the period from:		01 April 2012 to 31 March 2013 .	Option 1 01 April 2013 to 31 March 2014	Option 2 01 April 2014 to 31 March 2015
Item	Description	Firm Unit Price	Firm Unit Price	Firm Unit Price
1	Combat Systems Course - Training Services Level A , based on four (4) training days during the work week, 7.5 hours of training per day for approximately twenty-four (24) students x 2 sessions) = 48	\$ _____ / per student	\$ _____ / per student	\$ _____ / per student
2	Combat Systems Course - Training Services Level B , based on four (4) training days during the work week, 7.5 hours of training per day for approximately twenty-four (24) students x 2 sessions) = 48	\$ _____ / per student	\$ _____ / per student	\$ _____ / per student
3	Combat Systems Course - Training Services Level C , based on eight (8) training days, two (2) week cycle with a three (3) day, Friday, Saturday, Sunday recovery period built in for approximately twenty-four (24) students (X 2 sessions) = 48.	\$ _____ / per student	\$ _____ / per student	\$ _____ / per student

It is anticipated that there will be a requirement for up to 6 courses per year .