



TACTICAL ATHLETIC

FUNCTIONAL TRAINING CONCEPT FOR SPECIAL FORCE UNITS

balanceSCHMIEDE

PRODUCTS

What is TACTICAL ATHLETIC



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» Evolving exposure profiles for special force units of military, police & homeland security «

As experts of applied sports science and movement function – based in the south of Germany – we bring high quality know-how to all special forces of European countries.

TACTICAL ATHLETIC is focusing the individual operation capacity of every special force man and woman.

So the aim of the TACTICAL ATHLETIC concept is to build specific skills in addition of necessary functions and evolve them with all the special tactical tasks. All Coaching and Consulting by TACTICAL ATHLETIC connect equipment and tactics on the functional and motoric skills of special force members.



CONCEPT

SCIENTIFIC BACKGROUND



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“Special Forces need special solutions” – our coaching and consulting in physical skills are addressed to the specific need of any unit we work with, including items of

- **applied scientific training**
- **functional anatomy / biomechanics**
- **modern brain research**
- **tactical education for special operations**

Main points of tactical mission preparedness

- » best tactical education
- » best mission equipment
- » **HIGHEST MOTOR & FUNCTIONAL SKILLS**

The central issues depends on the equipment, tactics and tasks of the unit. With sports scientific know-how and functional background we analyze and clarify individual questions. Function professionals and tactic teams work together on high quality solutions to give special force members perfect conditions to operate safe and effective in trained techniques combined with specific gear.



SENSIBILITY RESPONSIBILITY



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deals with sensible informations of tactics and specific gear.

It is only a service for official authorities.

To join our classes you have to identify you as a member of police, military or homeland security by an official document.

PRODUCTS:

- **PRIVAT CLASSES**
private authorized persons can join these training classes
- **SPECIAL CLASSES**
authorized persons with special application can join these classes



PRODUCTS



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PRIVATE CLASS

HALO SESSION

[„HALO high altitude -low opening“ = enter fast and do a great job]



user: members of police, military and homeland security
duration: 2 days / day1: 4 hours & day2: 8 hours
location: BalanceSchmiede, Bad Tölz (BY/D)
content: functional training (sport), functional training (tactical), theoretical basics
your equipment: 2x shirt, 2x sweatpants, indoor shoes, outdoor shoes, towel
loan: tactical gear

conditions: NO PAIN and healthy, min 20 puhs ups, min 8 pull ups, 5km run in less 40 min

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PRIVATE CLASS

HALO SESSION

day 1

1400	arrival & welcome ceremony
1415 – 1515	lecture (theory)
1515 – 1615	training session (sport)
1615 – 1630	break
1630 – 1715	lecture (theory)
1715 – 1800	training session (tactical)
1800 – ...	dinner (included in price) & convivial evening



day 2

0900 – 0930	„Good morning“ warm up (session)
0930 – 1030	lecture (theory)
1030 – 1145	training session (sport)
1145 – 1200	break
1200 – 1300	training session (tactical)
1300 – 1400	lunch (self)
1400 – 1500	safety briefing parkour: ropehandling, location
1500 – 1630	training session (tactical at parkour)
1630 – 1730	competition parkour
1730 – 1800	official farewell

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SPECIAL CLASS

TACTICAL ATHLETIC for Tight Radii

is focused on skills needed in urban warfare.



coming soon!!

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SPECIAL CLASS

TACTICAL ATHLETIC for Vertical Missions

is focused on skills needed for vertical acting on buildings.



coming soon!!

BACKGROUND



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TACTICAL ATHLETIC is a concept by BalanceSchmiede – Centre of applied Sports Science



Long-time professional
experiences and how-how in
competitive sports



more than
10 participants of
world and olympic
games

more than
14 sports disciplines
on national and
international level

cooperation with
professional clubs
and national
coaches in 3 nations

A tactical scene set within a brick building. In the foreground, a soldier is seen from the side, wearing a helmet and holding a rifle, aiming it towards the right. In the background, another soldier is crouching in a doorway, and a third soldier is partially visible on the right. The scene is filled with smoke or dust, creating a hazy atmosphere. The lighting is dim, with some light coming from the doorway.

To stay healthy and effective in tactical operations
you don't need „THOR'S HAMMER“...

... you need a sword
and the skill to use it like a needle!

TACTICAL ATHLETIC is a functional training concept with sports scientific background.
As professionals in structured evolution of exposure profiles for special forces we clearly dissociate from any “crossfit concept”.
In TACTICAL ATHLETIC we deal with all necessary mental, neural and biomechanical/ -chemical tasks!

HEAD PROFESSIONAL



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persönlich. nachhaltig. effektiv.

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