



Kotana Australia® Pty Ltd

The Secret to *Elegant & Simple* solutions in Business

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DEFENSIVE TACTICS OVERVIEW

SECURITY TACTICAL TRAINING

For Security Trainers Association, Victoria

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Tactical Overview

Security is a people business. We are all in a people business, no matter what you do, you always interface and connect with people.

Business is 95% people and 5% systems. To have a successful business you need employees who have great "People Skills"

Common sense does not equal effective people skills. Commonsense is learnt from family and friends and usually teaches bad habits! It is also country and culture specific.

Successful businesses are good communicators and trainers. Employees need to understand what is needed and have the skills to deliver.

Developing effective staff requires 2 key elements:

1. Theory – **Content** Based
2. Experience – **Context** Based

Content = IQ..gaining of qualifications through education

Ongoing learning and personal development through theory

Context = EQ..gaining of skills through experience

Developing competency through the use and interaction with others, e.g. self defence, etc.

Information by itself is a poor substitute for knowledge

Knowledge without understanding and action... A c h i e v e s N o t h i n g!

Principle based training for content and context provides the foundations.

The building blocks from which you can develop a response to any situation...this is not information!

Information needs to become knowledge and then communicated to be useful.

Knowledge are "Guidelines" that need to be interpreted...for the situation

Understanding Principles provides the real **content** and experience gives the perspective of **context**.

1. Theory - Content

Interacting with people requires a base understanding of how people think, communicate and respond to external circumstances, only then can security provide the appropriate response.

Key subject areas proposed are:

- ◆ Practical Neuro – Linguistic Programming (NLP)
 - Mindset
 - Values & Beliefs
 - Awareness
 - Perspective
 - Attitude
 - Behaviour
 - Emotional Filter systems
 - Representational systems
 - Communication – verbal & visual, pattern interrupts, Reframing
 - Rapport Techniques



- Negotiation & Command Techniques – Agreement frames, Chunking
- Body Language

- ◆ Body
 - Neuro logical control – 3 brains
 - Physiological Responses - Fight & Flight / Rest & Relaxation
 - Energy Response
 - Anatomical
 - Bio Mechanical Responses – Natural, Pain & Trained

These learning principles provide knowledge on the internal functions both mental and physical that the every person experiences as a result of external stimuli, e.g. stress, anxiety, fear, anger, etc.

Through various role and scenario simulations students develop skill in understanding how people react and respond in different situations and learn to identify an appropriate response.

Note: Legal, OH&S guidelines, etc. are considered to be covered through other segments of the Security Certificate course.

2. Experience – Context

Context based training also includes relevant content or theory relative to the skill being taught. This section is focused on the interaction between the security personnel and potential confrontational situations with individuals (subject) and groups.

Security personnel will have developed:

- i. Tactical knowledge through practical application
- ii. Skill and improved competency levels
- iii. Situational flexibility and responsiveness
- iv. A set of practical tools to use on the job

Training methods used are practical and hands on, and based on a set of controlled conditions and standards for safety purposes, i.e.:

- a. **Learning Speed** – slow and low power levels, compliant subject
- b. **Training Speed** – 50% actual speed, medium power level, complaint to non-complaint subject
- c. **Pressure Testing Speed** – actual speed, medium power levels, non-compliant and aggressive subject
- d. **Subject Response** Levels – Compliant, Non-compliant, Aggressor
- e. **Security Response** Levels – Pre-emptive, Reactive
- f. **One Plus One** – situational force application

Using **Principle Based Training** as compared to application based training methods provides a greater situational and responsiveness flexibility. It provides a process which can be used from first contact through full escalation with a subject.

At the same time it provides the duty of care and safety required for Security personnel and the subject by ensuring the appropriate response to the situation at hand. The approach and intent is based on **Harm Minimization** to the subject; i.e. the physical response is based on minimized harm given the circumstances and control.



It provides a set of base principles that can be applied to any event, and uses the body's natural laws to develop responses using the appropriate motor skills, i.e. gross, fine or complex depending on the stress initiator, i.e.

- **Physiology** – flight & flight response; rest & relaxation response
- **Natural movements** – flinch, flow and pain responses
- **Vision limitations** – tunnel and peripheral
- **Mental processes** – Hick's Law – applied to subject and security
- **Power versus force** generation and application

Key subject areas proposed are:

- ◆ Control Principles
 - Awareness of environment
 - Body Balance
 - Bio Mechanics
 - Law of Complementary Opposites
 - Movement
 - Relative Positioning – single, team
 - Distancing – reactionary gap
- ◆ Defensive Principles ①
 - Natural responses & Trained movements
 - Positional Guarding – Ready, Attentive, Passive
 - Body Alarm Reactions (BAR)
 - Entry Options – Gap closer / cover
 - Control Zones
- ◆ Defensive Actions ①
 - Defensive flow:
Distraction, Controlling, Balance, Motor Control, Clearing
 - Distraction: Pattern interrupt, Reframe, Redirect
 - Controlling: Defensive – release and control points via pain and flinch reflex responses
 - Balance: Body movement and displacement control, leverage and release points
 - Motor Control: Counter strike with "Stun & Control" response, i.e.
Stun: Anterior Triangle, Posterior Triangle, Plexus Areas, Nerve Zones through application of: BAR ++, Spacing, Slap, Palm fist, Elbow, Knee
 - Clearing: Restraining – Shoulder, arm, wrist
- ◆ Escalation Stages
 - Force Continuum
 - Verbal Direction – Distraction & Redirection
 - Indirect – Soft Empty Hand
 - Direct – Hard Empty Hand
 - Control & Deescalate
- ◆ Advanced Material
 - Situational specific techniques
 - clinch control, takedown and restrain
 - Shoulder pin restraints. Leg restraints
 - Advanced control points – Neurological shut downs
 - Weapons – knife and batons



Note: ① The mindset of Security personnel must be Assertive to ensure effective use of the principles and actions.

Scenario Example 1: Subject Resistive & Verbally Aggressive

Situation:

Subject resistive and verbally aggressive

Security response:

- Slow down speech pattern
- Control the distance between subject and self
- Adopt dominant body language
- Adopt similar body positions to subject
- Mirror subject body positional changes
- Control the distance by adjusting with flow of movement
- If gestures being used, security use similar gestures except smaller and slower
- During subjects verbal outgoings, ask subject questions of a personal nature, out of the blue, i.e. what do you do for work?; It's cold out tonight?, etc.
This breaks the subject pattern and forces them to try and think rationally
- If the subject tries to change distance, adopt positional guard stances
- Give verbal requests and directions when needed or appropriate, using command tonality

Scenario Example 2: Approaching Situation That Has Initiated & Escalating

Situation:

Subject/s is resistive, verbally aggressive and escalating to physical aggression. The situation is about to get out of hand

Security response:

- Approach slowly on a 45° angle from either the front or preferably the back
- Control distance between subject and self
- Adopt dominant body language
- Keep peripheral vision wide to be aware of potential threats and responses
- Engage subject – Ask: Is there a problem?
Response: Yes -> Could we talk else where?
Yes -> Walk them to the door.

Response: No -> Use de-escalation methods :

- ➔ Body balance method to move subject -> walk
- ➔ Control moves -> walk
- ➔ Stun -> Control -> walk

At all times be aware of subject/s friends, your distancing, your safety and your backup (if any)

STT Information

Handout

Security Tactical Training

Defensive Tactics Training Module

Introduction

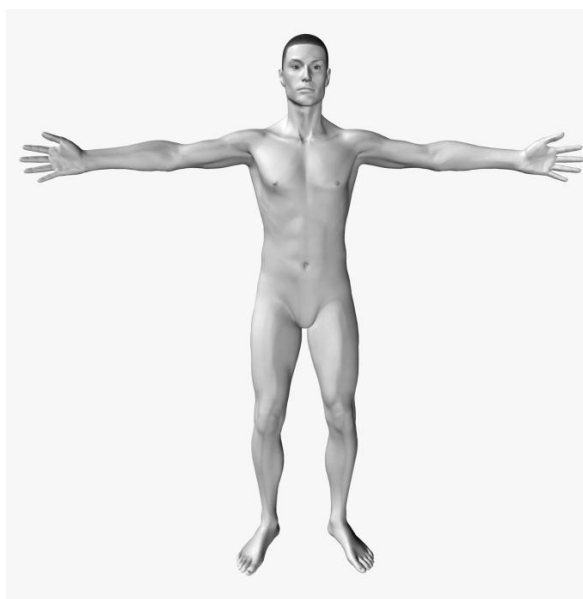
Before we get on to the correct striking areas there is some “science” that needs to be understood.

This is the science of **The Laws of Complimentary Opposites**, this means at a basic level, that front is opposite to back; Top is opposite to Bottom and that left is opposite to right.

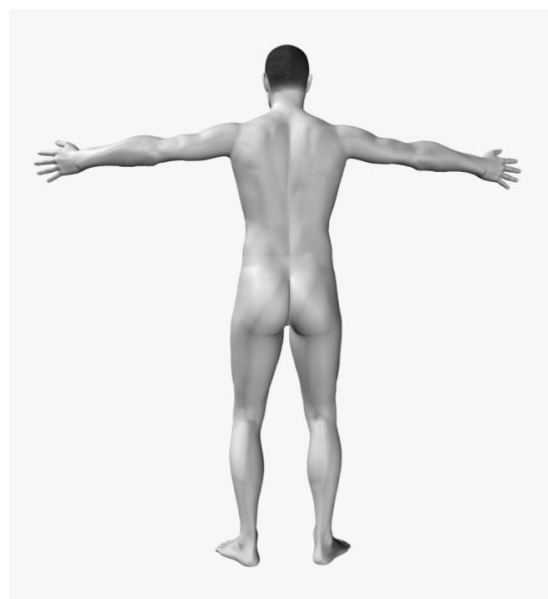
How does this help a Security Guard, Crowd Controller, etc. when dealing with an assaultive subject?

Well, once you understand this Law, then the application of your Defensive Tactics techniques becomes MUCH easier. In fact you can make it up to 5 times easier to apply a technique using this Law than without.

Brief Pictorial explanation below



The Front of the Body



Is opposite to the Back of the Body

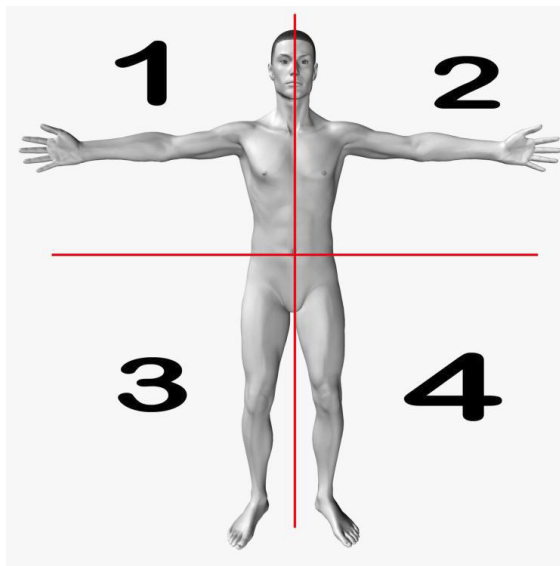
This means, at a basic level when you make this comparison, that a strike to the front of the body, followed by a strike to the back of the body (or vice versa) will have a greater systemic effect on the body.

Let's take this one step further for greater clarification.

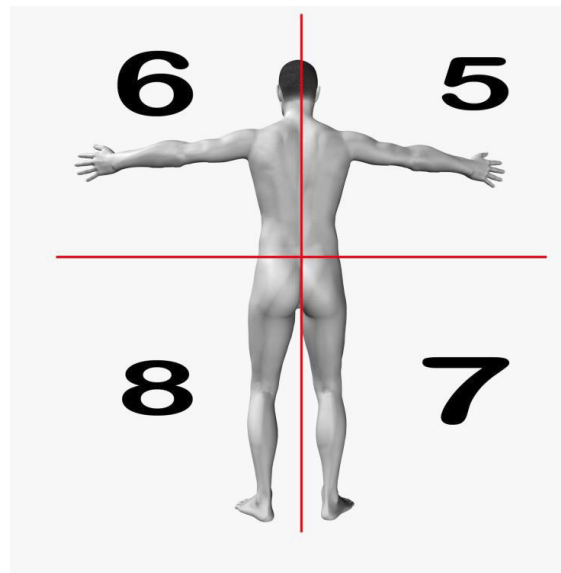
Security Tactical Training

Defensive Tactics Training Module

Introduction



The front of the body is split into top/bottom and left/right



The same at the back of the body. These "quadrants" have been numbered for ease of analysis

Again, how does this help to control a potential attacker or criminal to restrain them or hold them for a Law Enforcement officer, etc.?

If we take a very simple example to make the point;

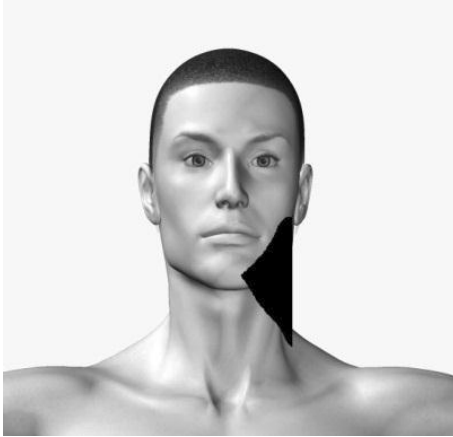
If you are attempting to apply an arm bar to the assailants right arm, you are in quadrant 1. Remember that the further away you go, then the more systemic the reaction. This means that "ultimately" a strike to quadrant 8 would be best, that is, however, unfeasible in a fight.

So, you would take your next best option if available, usually quadrant 3 or 4.

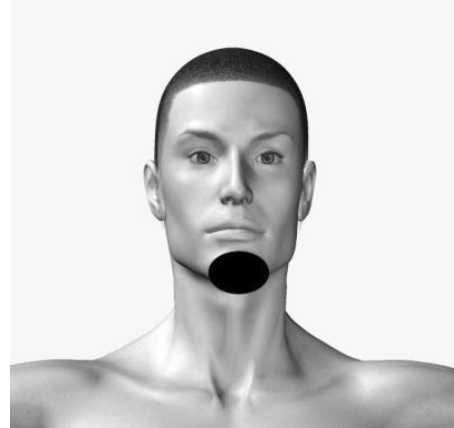
Security Tactical Training

Defensive Tactics Training Module

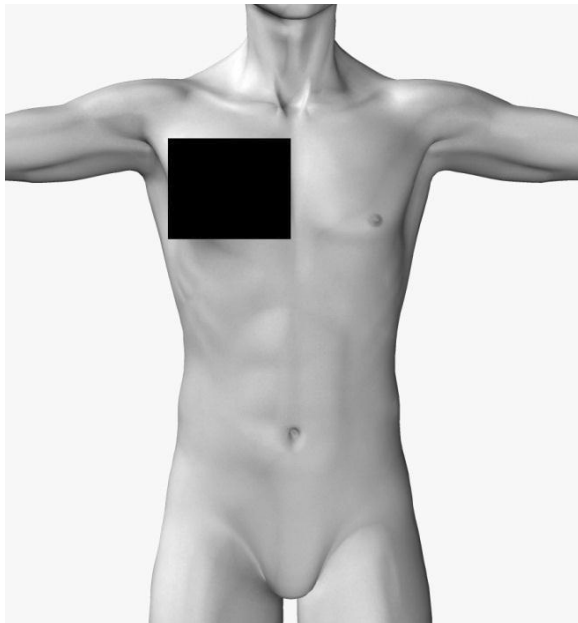
Striking Areas



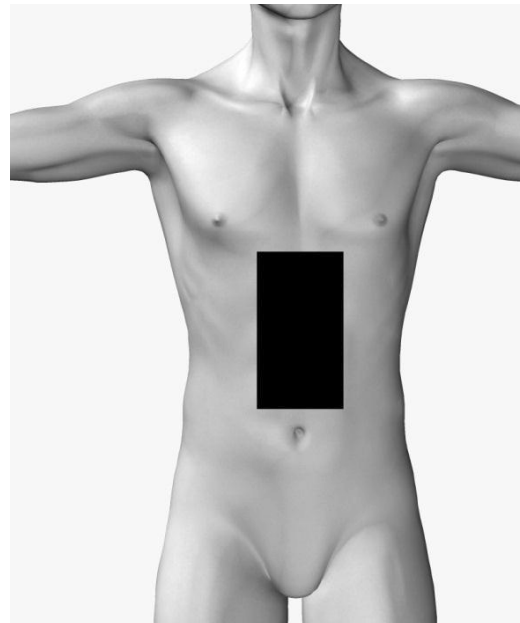
Your open hand Power Slap should connect to this area for the best affect. This is non-injurious to the assailant but results in a very easy and quick Knockout



Your Palm fist can connect here for a very quick knockout. The alternative area of attack is the same as for the elbow



Your elbow strike should hit this area. When struck this causes massive shock to the system and also to the Lung operation. This makes the assailant “short of breath” and go into “panic” mode. Usually resulting in a collapse to the floor.

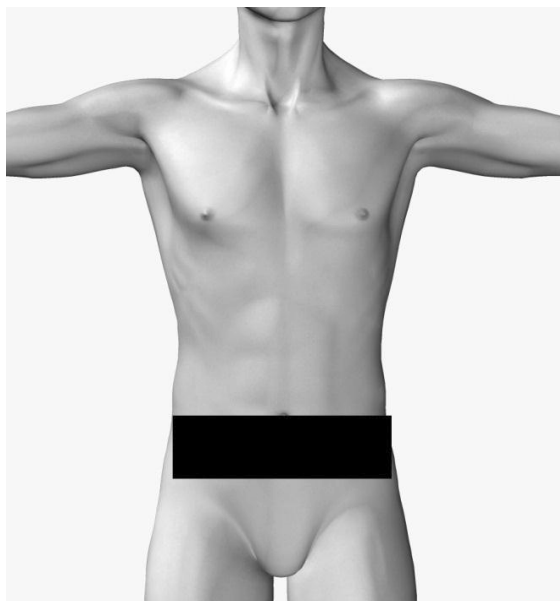


Your shoulder /head butt can go into this area. This results in a massive shock to the system, followed up by a “doubling” up of the body, thereby assisting in the Control and restraint.

Security Tactical Training

Defensive Tactics Training Module

Striking Areas - Additional



Your punch can also go into this area. When struck in and down through the body, this can have several major effects.

Light strike – doubling up of body, head comes forward and down. Massive shock to the system

Medium strike – as above plus the assailant feels a desperate need to urinate. The shock goes very deep and lasts for several seconds up to one minute.

Heavy strike – as above plus. The assailant can lose control of Bladder and Bowels for a few seconds. Usually resulting in a total collapse to the floor.

Reference:

The material developed in this handout is provided in conjunction with PPDT's- Russell Stutely, UK.

This Defensive Tactics Module has been adapted from the PPDT courses that have been developed by OCFM (Open Circle Fighting Method) Founder – Russell Stutely after years of research and practical experience in real life situations. A summary of Russell's background is as follows:

- **Europe's No.1 Pressure Point Expert**
- PPDT International Instructor
- **OCFM International Coach - Martial Arts / Self Protection Coaches**
- BCA Senior Instructor - The UK's most prestigious Self Defense Org.
- **6th Dan Karate Jutsu**
- Fight Coach
- **Dan Grades in Various Arts - About 5 now!**

PPDT courses started in mid 2009 and are now running in USA & UK, for LEO, security and martial artists; of which Paul Mracek is certified as a Level 6 Instructor.

Security Tactical Training

EXAMPLE ONLY – ADVANCED TRAINING

Personal Defensive Tactics

Habitual Acts Of Violence

Offences Male Against Male

How many of us practice self defence in our training to a degree of realism that gets us ready for the ferocity and venom of a real attack? How many of us make our “reality training” realistic? Sure, we might train real hard and have loads of black eyes and sore limbs to show for it. We might learn how to grapple on the floor for hours on end, we might learn to box for 10 rounds, we might practice hitting real hard; we might learn loads of Bunkai. But, do we know what type of attack we are most likely to encounter?

Do we practice against this type of attack? To make our self defence training as realistic as possible we MUST practice against what we are MOST likely to encounter. Has anyone EVER seen anyone throw a Yoko Geri on the street? To train realistically we must know what we are likely to face.

Below are the 10 most common attacks, male on male, taken from Police figures, witness statements etc for UK and Europe. These are listed in frequency order:

1. One person pushes, hands to chest, which is normally followed by the pushee striking first, to the head
2. A swinging punch to the head
3. A front clothing grab, one handed, followed by punch to the head
4. A front clothing grab, two hands, followed by a head butt
5. A front clothing grab, two hands, followed by a knee to the groin
6. A bottle, glass, or ashtray to the head
7. A lashing kick to groin/lower legs
8. A broken bottle/glass jabbed to face
9. A slash with knife, most commonly a 3 to 4" lock blade knife or kitchen utility knife. (Apart from muggings, sexual assaults and gang violence, the hunting/combat type knife is seldom used)
10. A grappling style head lock.

Now, compare that list to the way you train self defence. If what you train is not on that list, I would suggest that you might want to hold back on training it for a bit!

Most of our self defence training is against a swinging punch to the head. As can be seen, it occupies the top two spots. The only difference is that the top spot is a reactive attack and the 2nd spot is a “pre-emptive” type of attack.

In other words, in the first attack, you as the defender have pushed your attacker away and he simply comes straight back at you with a swinging punch to the head. Now, as 85% of people are right handed, I would suggest you train for only a right hand attack.

Security Tactical Training

EXAMPLE ONLY – ADVANCED TRAINING

Personal Defensive Tactics

Habitual Acts Of Violence

The defence is the same. You either go in with 100% commitment or you get out with 100% commitment. Anything in between is likely to get you hit.

Attacks 3, 4 & 5 Any type of clothing grab means trouble! For one, you have let your opponent get too close. Practice maintaining your distance. Then move onto the grab, this is because you got it wrong and did not maintain distance. Then practice the grab from different scenarios, e.g. a surprise grab, or an argument then a grab etc.

The defence against a grab is always the same, attack back hard and fast with 100% commitment. Completely ignore the grabbing arm/s. If you try to do anything with them you will be hit. Try it and see. Wear a head guard, have someone wear a boxing glove and grab you and try to K.O you.

If you ignore the grabbing hand and just attack you will be o.k. not K.O!! If you try to block you are doomed, from our training experience about 7 out of 10 times. In training, when trying to do something with the grabbing arm the defender loses 10 out of 10. By the defender ignoring the grabbing arm and the punching arm and just attacking, we have such a low figure of being hit that it is less than 2% of the time! That is not bad odds!

Attacks 6, 8 & 9 A weapon to the head, knife, glass, bottle etc. It is shocking that weapons now account for 3 out of top 10 attacks! There is no realistic defence against a weapon attack. The odds of you getting hurt have just gone through the roof. Again, we come back to commitment, you have to go in or get out at 100% commitment. Anything else will probably get you scarred for life or scarred for death! Try utilising exactly the same attacks as 1, 2, & 3 but this time with an armed attacker. Start slowly and build up. Let your confidence build slowly.

Attack 7 Lower level kick to leg or groin. You should see this coming a mile away! Most people can not or do not kick when in close. They usually want to punch you! When defending against this attack try not to just move backwards. REMEMBER; Your opponent can move forwards quicker than you can move backwards. Take a 45 degree angle either in or out.

Attack 10 Grappling style headlock Practice it as a surprise grab. Practice it from a scuffle. Practice it with just the lock. Then try it against a lock and someone trying to punch you in the face as well. Then practice against someone wanting to face drop you to the pavement.

Security Tactical Training

EXAMPLE ONLY – ADVANCED TRAINING

Personal Defensive Tactics

Habitual Acts Of Violence

Offences Male Against Female

These are listed in frequency order, domestic violence is not covered as this is a specific subject of its' own:

1. The victim was approached from the rear/side/front, a threat was made with a weapon, and then the weapon was hidden. The victim's right upper arm was held by the attacker's left hand and the victim was led away
2. A silent or rushing approach was made from the rear, and then a rear neck/head lock applied and the victim dragged away
3. Same approach as in #2, with a rear waist grab. The victim was carried/dragged away, normally into bushes/alley etc.
4. Pinned to a wall with a throat grab with the attacker's left hand. A weapon-shown threat was made, and then the weapon hidden, and the victim led away
5. Approached from rear/ front/side. The attacker grabbed the victim's hair with his left hand, and then dragged away.

The Most Common Wrist Grips, Male On Female

1. The attacker's left hand, thumb uppermost, gripping the victim's raised right wrist. The attacker threatens/ gesticulates with his right hand
2. When the right arm is down, the attacker grips the victim's right upper arm with his left hand and her right wrist with his right hand
3. The victim raises both arms, with both of her wrists gripped. The attacker's hands are vertical with the attacker's thumbs uppermost
4. When the arms are down, the attacker grabs both upper arms
5. When the right arm is down, the attacker's left hand grabs just below the right elbow, and his right hand grabs her wrist.

Research has shown that women who violently resist, irrespective of the case of the attack being successful or not, do cope with the aftershock and trauma (Post Traumatic Stress Syndrome) better than those who go are submissive and hope they won't be hurt. Statistics have shown that when people do resist they are not badly bashed or cut.