

## TABLE OF CONTENTS

### INTRODUCTION

### CONCEPTS

#### 1. USE OF FORCE

In this chapter, we examine research studies conducted by various entities to include the International Association of Chiefs of Police (IACP). From this, we learn who attacks officers, the types of attacks officers face, and the circumstances that lead to injuries and lawsuits. Using this data, a systematic program of self-defense and survival was developed to address critical safety issues.

#### 2. DYNAMIC RESISTANCE-RESPONSE MODEL (DRM)

Traditional Use of Force models have been used successfully by plaintiff's attorneys to attack officers and confuse juries. How? Traditional models indicate a pattern of escalation of force and focus first on the actions of the officer and then belatedly look at the actions of the resistor. In this chapter, the Dynamic Resistance-Response Model (DRM) is presented. The DRM first appeared in the September 2007 issue of the *FBI Law Enforcement Bulletin*. The DRM is the only model which clearly shows an officer's preference and intent is to seek compliance in every Use of Force encounter. The DRM simplifies training as it provides officers with a clearer understanding of force options, thereby enhancing safety.

#### 3. CHOOSING TO SURVIVE: THE WARRIOR MINDSET

It's not about the size of the dog in the fight, but the size of the fight in the dog. With the proper attitude and preparation, officers are able to survive the dangers of the street. Tips for increasing awareness and developing a professional, goal-driven mindset are provided. We control our destinies – not our enemies.

#### 4. STAYING SAFE

Prior to beginning any physical exercise, it is important to review safety guidelines. We should take every reasonable precaution that we are not injuring our own people during training. Stay healthy and injury-free in practice so you can keep fighting the good fight!

#### 5. ESSENTIAL FUNDAMENTALS

This chapter presents the building block approach used throughout the book. Essential fundamentals and concepts are provided and establish the basis for all other DT applications. Do you have proper body mechanics? Do you know how to use your weight and balance to maximum effectiveness? As in any physical endeavor, it is not the person with the trick play or secret technique who consistently wins; it's the one with the best fundamentals.

#### 6. GET OUT OF THE WAY!

In this chapter, the most important concept and the foundation of the book will be presented. The best response to an attack will be provided. What is your objective when someone tries to punch, kick, tackle, or stab you? Don't get punched, kicked, tackled, or stabbed of course! But how is that accomplished? The answer is simple and almost 100% effective, but very few programs concentrate on this life-saving maneuver.

## **COMPLIANT/NON-RESISTANT**

### **7. HANDCUFFING AND SEARCHING**

It's the little things that will kill you. This chapter provides the tactical considerations of handcuffing and searching. Statistically, officers are most likely to be injured during the approach and handcuffing of a subject.

## **PASSIVELY RESISTANT**

### **8. SUBJECT CONTROL**

This chapter discusses subject control techniques for a passive resistor. Surprisingly effective yet simple take-downs and controls are presented. As is true throughout the book, success is achieved by understanding and applying all-encompassing principles, not in studying thousands of techniques.

## **AGGRESSIVELY RESISTANT**

### **9. THE ART OF NOT GETTING HIT**

In this chapter we look at defensive skills. It doesn't take too much talent to walk up and slug someone. It takes awareness, proper tactics, proper distance, and the strategy covered in Chapter 6 to avoid getting hit. As law enforcement officers, we do not have a "first-strike" capability. We are always reacting to the initial threat; therefore, it is imperative our defense is top-notch.

### **10. COUNTERING COMMON ATTACKS**

Based on studies of Use of Force incidents, we know the types of attacks on officers.

This chapter reveals effective counters to common attacks.

#### 11. GENERATING POWER WITH YOUR PERSONAL WEAPONS

Every DT program teaches personal weapons (i.e., punches, kicks, elbow strikes, etc.), but personal weapons are useless unless they hit with enough impact to cause damage. Very few officers strike effectively. There is a “secret formula” to generating power. Okay, it’s actually a well-known physics equation, but it is rarely presented in DT training. Understanding the practical application of the formula will allow you to maximize your body weight and speed to strike more effectively. Explained in this chapter is how to generate power and how to use specific personal weapons more effectively. The chapter ends with the one personal weapon that can be used successfully by any officer regardless of size or strength.

#### 12. SURVIVING THE GROUND WAR

Much has been written on the likelihood of a struggle going to the ground. Facts and fallacies are explored. There is a difference between sports application and a life-or-death struggle. As officers, we always have to be cognizant that the weapons we carry may be accessible to subjects. We also have to be aware there may be more than one subject who intends to do us harm.

#### 13. BILATERAL VASCULAR RESTRAINT (BVR)

The BVR is a medically researched control technique similar to the carotid. However, it has a slightly different application which will increase its effectiveness, leading to increased officer safety and increased safety to the resistor.

#### 14. IMPACT WEAPONS

Since the days of the caveman, a good stick has proven to be a useful weapon. Chapter 14 discusses a variety of impact weapons.

#### 15. PEPPER SPRAY

This chapter discusses the law enforcement use of Oleoresin Capsicum; more commonly referred to as pepper spray. Pepper spray has proven to be effective and allows the officer to diminish the fighting capability of an attacker while maintaining a stand-off distance.

#### 16. ELECTRONIC CONTROL DEVICE (ECD)

Chapter 16 presents the proper use of an Electronic Control Device (ECD), often referred to by the most popular brand name - TASER. TASER has a record of demonstrated success, helping officers safely subdue aggressively resistant subjects.

### **DEADLY RESISTANT**

#### 17. WEAPON RETENTION AND DISARMING

Each year approximately 10% of the officers killed in the line of duty are murdered with their own service weapon. Weapon retention and disarming techniques are covered in this chapter. Both handgun and long gun retention and disarming are discussed. What is the most

important aspect of a retaining your handgun? What is the most important aspect of a disarming attempt? The answers are surprisingly simple yet effective.

## **LIABILITY**

### **18. JUST FOR LAW ENFORCEMENT EXECUTIVES AND USE OF FORCE INSTRUCTORS**

The final chapter is specifically for law enforcement executives and Use of Force Instructors, but the information is useful to all officers. In this chapter, we look at how plaintiff's attorneys attack officers and departments. More importantly, I address how to combat these tactics and minimize liability.

## **CONCLUSION**

## **EXCERPTS**

### **INTRODUCTION**

The purpose of this book is to make every officer safer, to minimize the possibility of an officer lying on the ground, looking up into the barrel of a gun, and relying on a criminal's mercy for survival. It should prove useful to officers who wish to increase their survival skills, instructors with the objective of improving a current Use of Force program, and law enforcement executives interested in reducing liability while enhancing officer safety and professionalism.

Presented here are advanced concepts (rather than simply techniques) with a broad application to increasing officer safety. The focus is on defensive principles and tactics which are easily taught, understood, retained, and applied by officers. The tenets presented are based on extensive research and actual street experience. Using a Risk Management approach, the most common and dangerous attacks on officers were identified. Actual assaults on officers were studied, the best response to attacks was developed, and the Survival Sciences Defensive Tactics (SSDT) program was devised to successfully overcome those situations in which officers get injured, sued, or killed.