



**OFFICER**  
**MEDIA GROUP**  
OFFICER.COM OFFICER

# BASIC ATTACK DEFENSE

1

---

---

---


---

---

---

---

---



- ▶ On the ground, especially on your back, is a bad position to be in
- ▶ Space management and reactionary gap are vitally imperative
- ▶ Don't mistake UFC ground-fighting as a model
- ▶ "Sprawl and brawl" is highly desirable to the opponent/criminal suspect

TAKEDOWN DEFENSE

2

---

---

---


---

---

---

---

---



- ▶ Watch the body language - lowered stance means incoming attack
- ▶ Get one leg back to open your stance and gain greater balance
- ▶ Offer only one leg, but get both hands and arms onto the opponent's back

TAKEDOWN DEFENSE

3

---

---

---


---

---

---

---

---



- ▶ If you can stay on your feet while they go to their knees, good option
- ▶ Open stance supports going into the guard position
- ▶ Closed stance (both feet grabbed) usually results in mount position (officer disadvantage)

TAKEDOWN DEFENSE

4

---

---

---

---

---

---

---

---



BADGE GRAB DEFENSE

5

---

---

---

---

---

---

---

---



- ▶ Agencies no longer wearing metal pinned on badges help prevent this
  - ▶ embroidered badges or flex/hook-n-loop patch badges
- ▶ Badge grab is a declaration of intent

BADGE GRAB DEFENSE

6

---

---

---


---

---

---

---

---



- ▶ Pre-emptive strike to chin - straight in w/ palm - creates distance and minimizes impact of incoming attack
- ▶ accompany with strike down on opponent's grabbing elbow
- ▶ Follow on strikes until control is attained

BADGE GRAB DEFENSE

7

---

---

---


---

---

---

---

---



KICK DEFENSE

8

---

---

---


---

---

---

---

---



- ▶ Distance management and reactionary gap are vital
- ▶ Targets are typically waist height or below
- ▶ One arm block against an incoming kick are under power / not realistic
- ▶ EVADE to inside or outside of the opponent

KICK DEFENSE

9

---

---

---

---

---

---

---

---



- ▶ Counter-attack while opponent is off balance
- ▶ Counter to inside is better than taking the kick
- ▶ Counter to outside is most advantageous because you end up behind attacker
- ▶ Disciplined kicks are indicators of a greater threat - trained opponent

KICK DEFENSE

10

---

---

---

---

---

---

---

---



PUNCH DEFENSE

11

---

---

---


---

---

---

---

---



- ▶ Never assume you'll have time to see attack coming
- ▶ Never assume you are have a higher skill level than the attacker
- ▶ Simple parry - move from hips and duck head

PUNCH DEFENSE

12

---

---

---


---

---

---

---

---



- ▶ Second option, protect with support hand - keep strong hand to counter attack
- ▶ "Only defending" equals barely surviving

PUNCH DEFENSE

13

---

---

---


---

---

---

---

---



BRACED CHOKE DEFENSE

14

---

---

---


---

---

---

---

---



- ▶ When your back is against a wall or vehicle
- ▶ Room to move means room to get away
- ▶ If attacker is using both hands, no hands to attack or defend otherwise

BRACED CHOKE DEFENSE

15

---

---

---

---

---

---


---

---

▶ Defending officer has both hands to defend and attack

▶ Support hand strikes down on opponent elbow, strong hand palm strike to face

▶ Defense to single-hand choke means attack opponent's extended elbow, strike to face with opposite hand



BRACED CHOKE DEFENSE

16

---

---

---

---

---

---


---

---

▶ After breaking choke, shove attacker away and make room to defend

▶ Forearm "smash" - strike to distract and make room

- ▶ into "chicken wing" arm bar - to push and make room



BRACED CHOKE DEFENSE

17

---

---

---

---

---

---

---

---