

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

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-nloop patch badges
- ▶Badge grab is a declaration of intent

BADGE GRAB DEFENSE



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

⊳ Co	unter	r-atto	ack v	vhile	oppon	ent is	off	bal	ance
	100	100	100						



- Counter to inside is better than taking the kid
- 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



13



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



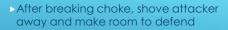
Defend	ing c	officer	has	both	hands	to
defend	and	attac	k			



- 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





- Forearm "smash" strike to distract and make room
  - into "chicken wing" arm bar to push and make room

**BRACED CHOKE DEFENSE**