



**OFFICER**  
**MEDIA GROUP**  
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**GENERAL DEFENSIVE TACTICS INTRODUCTION**

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- ▶ The simple demonstrable value of training weapons –
  - ▶ Using actual duty weapons **always** contains the unavoidable risk of live fire through accident or negligence
- ▶ To avoid that risk, use training weapons
  - ▶ Available in neon easily recognized colors
  - ▶ Made to exacting dimensions for compatibility with holsters/gear

**REALISTIC TRAINING WEAPONS**

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- ▶ For practicing / reinforcing mechanical skills, use of Simunitions™ or airsoft type weapons is of value
  - ▶ Still additional safety protocols and risk from projectile injury
- ▶ Inert training weapons and tools available: handguns, rifles, subguns, shotguns, knives, batons, radios, flashlights, OC, magazines, box cutters, etc.
- ▶ Training weapons are great for practicing draw and presentation and other basic skills

**REALISTIC TRAINING WEAPONS**

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- ▶ If issued at beginning of basic academy training, realistic yet inert training weapons can be used to train higher levels of competency for basic skills: seek cover, draw, present, sight alignment, sight picture, finger OFF the trigger, verbal engagement.
- ▶ By using that training order, student officers would have fewer skills to master on the live range. Stance, grip, sight alignment and sight picture would already be learned. Breath control, trigger press and follow through would be of greater focus.

REALISTIC TRAINING WEAPONS

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TUELLER DRILL

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- ▶ Often referred to as "the 21 foot rule"
- ▶ Research of Dennis Tueller measured reaction time as translated to distance and attached potential threat
- ▶ Time versus Distance comparison: 21 feet = 1.5 seconds
- ▶ Time versus Distance comparison: 42 feet = 2 seconds
- ▶ At increased distance, inertia and momentum of attacker increases volatility of attack

TUELLER DRILL

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- ▶ Exsanguination = "bleeding to death"
- ▶ Good center-mass hits that effectively stop the heart do not remove oxygen from blood and muscle
- ▶ There may be anywhere from six to fourteen seconds of function remaining in the muscle tissue
- ▶ Even after good center-mass heart-stopping hits, a violent aggressive subject may have enough oxygen in blood and muscle to move another 84 to 294 feet (28 – 98 YARDS)



TUELLER DRILL

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- ▶ "Lethal threat" doesn't only exist within 21 feet (attacker armed with edged weapon or bludgeon)
- ▶ Absolute need for obstacles between officer and violent attacker
- ▶ "Totality of circumstances" determines existence of perceived lethal threat – be prepared to articulate
- ▶ Proper shot placement and evasion are imperative



TUELLER DRILL

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**GROUNDLED VS STANDING**




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- ▶ Unless the opponent is beneath you, you are ALWAYS defending if you're in a grounded position
- ▶ Create stability by positioning on one hip, that same side leg length in contact with ground and that same side forearm in contact with ground

GROUPED VS STANDING

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- ▶ Use one foot to kick toward/against attacker to maintain distance as much as possible
- ▶ Switch sides/hips/hands as opposed to turning. Rolling from hip to hip is faster and empowers maintaining distance
- ▶ Recognize goal is to regain a standing position – must be done with proper timing

GROUPED VS STANDING

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- ▶ Weapons can be deployed from the ground – you don't have to be standing to deploy baton, ECD, OC or firearm
- ▶ Imperative to train drawing and deploying from the grounded position and while moving from hip to hip
- ▶ To stand up: Create distance sufficient to get to your feet without attacker being on top of you. Stand, back up or create distance as necessary with hands in guard position or deploying appropriate weaponry

GROUPED VS STANDING

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## BODY MECHANICS VS PAIN COMPLIANCE

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- ▶ There is a significant difference between using body mechanics to control a subject and attempting to use pain compliance for the same purpose
- ▶ Pain compliance depends on the subject's susceptibility to pain.
- ▶ A myriad of things affect pain perception: altered mental state, drugs, simple personal pain threshold

## BODY MECHANICS VS PAIN COMPLIANCE

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- ▶ Body mechanics should work no matter the subject's pain tolerance EXCEPT to the extent that the subject won't feel broken bones or dislocated joints
- ▶ Body mechanics incorporated with control holds should work despite pain tolerance of subject
- ▶ Keep your center of gravity as low as you can without sacrificing mobility

## BODY MECHANICS VS PAIN COMPLIANCE

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