

Jim Wagner Reality-Based Personal Protection Everything-you-need-to-know-for-self-defense **DEFENSIVE TACTICS**

Course 1 of 10

Student Course Outline: Revised January 2016

Section 1. Conflict Indicators and Defensive Stances

1.01 Threat Zones (demonstration of three full scenarios)

- A) **Red Zone** – touching distance
- B) **Orange Zone** – arm's reach distance
- C) **Yellow Zone** – step in distance and beyond (within sight and sound)
 - 1) Minimum reaction distance for an armed attacker (edged weapon or impact weapon) is 21 feet / 7meters = 2 seconds)
- D) Two types of potentially hostile people
 - 1) Unknown (no weapon visible)
 - 2) Man with a gun, woman with a knife, etc.

1.02 Criminal Assault Cycle (lecture)

- A) **Selection** (Crime of opportunity or personally targeted)
- B) **Contact or Positioning** (movement to target or ambush)
- C) **Assault** (Conflict)
- D) **Get Away**

1.03 Conflict Indicators (warning signs of a physical attack) (lecture)

- A) **Hand Position** (Rule: The hands are what will kill you)
 - 1) Hidden or view obstructed
 - 2) Concealed weapon (90% of all weapons carried in waist band area, which includes pockets)
 - 3) Clenching fist
- B) **Body Position** (conflict stance)
 - 1) Subtle suspicious movements
 - 2) Posturing
 - 3) Imminent Conflict Stance
- C) **Facial**
 - 1) Eyes
 - a) Fixated
 - b) Scanning

- c) Under the influence of a controlled substance
- d) Mentally disturbed (thousand yard stare)
- 2) Skin
 - a) Flushed
 - b) Sweating
- D) **Physiological reactions**
 - 1) Rapid breathing
 - 2) Nervous twitch
- E) **Verbal communications**
 - 1) Implied or direct threats
 - 2) Increased voice level
 - 3) Profanity
 - 4) Sudden silence

1.04 Alert Stance (demonstration and imitation)

- A) **Body angled** (primary side, weapon side, back) (step forward)
- B) **Weight distribution** 50%-50% on each foot, which are directly under the shoulders for immediate and sustained mobility
- C) **Hand position** (hand gestures)
 - 1) Raised in casual manner (physical and psychological barrier)
- D) **Neutral facial expression**

1.05 Imminent Conflict Stance (demonstration and imitation)

- A) **Body angled**, knees bent (step forward or back for preparation)
- B) **Hand Guard Position** (guard the center line with lead hand)
 - 1) Timid position when hands are too close
 - 2) Aggressive position when hands are in proper position
- C) **Chin down**
- D) **Eyes on attacker's chest**
 - 1) Use of peripheral vision
 - 2) Avoids deception or intimidation
 - 3) Disclaimer to female students, "It's not to be a pervert."
- E) **Aggressive facial expression**

Section 2. Movement During Conflict (On Foot)

2.01 Occupy the Enemy's Space (demonstration and lecture)

Military terms: Blitzkrieg (German), Shock & Awe (American), Kadima (Israeli), Boots on the Ground

2.02 Forward Step Direction 1 of 10 cardinal directions (mathematics)

- A) Step & slide
- B) Start and end in the same body position

2.03 Backward Step Direction 2

- 2.04 Horizontal Step** (right and left) Directions 3 & 4
- 2.05 Vertical** (jump up or go down to the ground) Directions 5 & 6
- 2.06 Diagonal Step** Directions 7, 8, 9, 10 (secondary-intercardinal directions)
- 2.07 Rapid Stance Change** Usually when wounded
- 2.08 Forward Run** (practice sprint runs at home)
- 2.09 Zigzag Run** (anti-tracking maneuver through a series of diagonals)
 - 1) Fleeing from a firearm
 - 2) Fleeing from edged weapon or impact weapon
- 2.10 Hasty Retreat**
 - A) Keeps you facing the suspect while rapidly tactically retreating
 - 1) Ability to detect rearward objects with heel or butt
 - a) Step and slide
 - b) The heel or the butt will make contact with an object or wall first instead of the back or the head
 - 2) Rapid stop and counterattack
- 2.11 Run, Stomp, Stop & Counterattack**
 - A) Contact Shot
 - B) Empty Hand Technique

Section 3. Arm Strikes (Closed Fist & Open Hand)

- 3.01 How to make a closed fist**
 - A) **Strike with index and middle knuckles**
 - B) **Index and middle finger bones aligned with forearm bones**
 - C) **Untrained men tend to use closed fist in a fight**, and women tend to use open hand strikes and grabbing in physical conflicts
 - D) **Closed Fist Advantage**
 - 1) Superior for all weapon systems
 - a) Impact weapons
 - b) Edged weapons
 - c) Firearms
 - d) Empty hand
 - E) Strike to “stop” the opponent
- 3.02 Elements of an Arm Strike**
 - A) **Start from a Imminent Conflict Position**
 - B) **Advancing Strikes** Occupy Opponent’s Space
 - C) **Straight Line Trajectory**
 - 1) Economy of motion

- D) **Stopping Power** (power combined with speed)
 - 1) Strike to stop, not to injure
- E) **Target Acquisition**
 - 1) Target Selection
 - a) Center mass
 - b) Target Penetration
 - c) Do not create a *pause in conflict*
- F) **Recovery Phase** (retraction)
- G) **Follow-Up** (Continued strikes and target selection)

3.03 Arm Strike Cardinal Directions

- A) **Forward Lead Hand Strike**, Direction 1
- B) **Forward Rear Hand Strike**, Direction 1
- C) **Backward Hand Strike**, Direction 2
 - 1. High strike
 - 2. Low strike
- D) **Horizontal Hand Strike** Directions 3 and 4
 - 1. Glove under armpit aid
- E) **Vertical Hand Strike**, Directions 5 and 6
- F) **Diagonal Hand Strike**, Directions 7, 8, 9, 10 the letter "X"

3.04 Close fist Combinations using all directions

3.05 Open Hand Strikes

- Unable to close hand due to injury
- A) Use palm strike using all closed fist striking principles

3.06 Open Hand Weaker Subject Submission Strikes

USED TO REDUCE INJURIES AND LIABILITY

- A) **Forward Lead Hand Strike**
- B) **Forward Rear Hand Strike**
- C) **Horizontal Strike**
- D) **Vertical Strike**
- E) **Diagonal Strike**
- F) **Legal Explanation** (demonstration and lecture)

3.07 Do not tell "war stories"

- A) Do not discuss details about the conflict until after litigation

Graph 1. Assault Elements (lecture)

Graph 2. Use-of-Force Ladder (lecture)

- A) Universal Declaration of Human Rights (United Nations)
Article 3: Everyone has the right to life, liberty and security of Person

Section 4. Deadly Force Techniques (Arm Strikes)

4.01 Target: Eyes

- A) Finger Thrust
- B) Finger Rake
- C) Thumb Thrust

4.02 Target: Ears

- A) Palm Strike to the Ear

4.03 Target: Throat

- A) Closed Fist Strike to Throat
- B) Grab and twist

4.04 Target: Neck, Spinal Cord

- A) Twist Neck Break
- B) Forward Grab and Hang
 - 1. Gravity assisted technique
- C) Rear Grab and Hang

4.05 Target: Solar Plexus

4.06 Target: Spine

4.07 Target: Kidneys

4.08 Target: Genitals

Section 5. Arm Strikes (Tactical Pushes)

5.01 One-hand Push (impact off centerline)

5.02 Two-hand Push (impact off centerline)

- A) Spin and Takedown or Choke follow-up

Section 6. Arm Strikes (Elbow Strikes)

6.01 Elbow Strike Cardinal Directions

- A) **Forward Elbow Strike** (Controlling Force)
- B) **Backward Elbow Strike**
 - 1. High strike
 - 2. Low strike
- C) **Horizontal Elbow Strike** (left, right)
- D) **Vertical Elbow Strike** (up, down)
- E) **Diagonal Elbow Strike** ("X")

Section 7. Hand Grabs

7.01 Clothing Grab

7.02 Head Target Grabs

- A) **Hair Grab**
- C) **Ear Grab**
- D) **Lip Grab**

7.03 Body Target Grabs

- A) **Groin Grab** (against males)
 - 1. Legal issues
- B) **Breast Grab** (against females)
 - 1. Legal issues

Section 8. Arm Blocks

General Blocking Rule: Arms to arms, legs to legs

8.01 Rotate & Block Drill (both arms up) (muscle contraction principle)

- A) **Inside Block Hands Open**
- B) **Outside Block Hands Open**
- C) **Inside Block Hands Closed**
- D) **Outside Block Hands Closed**

8.02 10 Cardinal Arm Block Directions

Blocking is instinctive (blocking demonstration)

- A) **Forward Block** (push or jam)
- B) **Backward** (lean back or step back)
- C) **Horizontal Blocks** (inside, outside)
- D) **Vertical Blocks** (up, down)
- E) **Diagonal Blocks** ("X")

8.03 Arm Shield Blocks

- A) **Front Arm Shield**
- B) **Side Arm Shield** (defense against high kicks)

Section 9. Arm Block Drills

9.01 Aggressive Defense Drill

9.02 Know Your Enemy Drill (make student play role of the enemy)

- A) Short Duration Light Physical Contact Drill
 - 1) Arms only

- B) Students each play the role of attacker

Section 10. Leg Strikes with Feet

10.01 Technique Train for Leg Strikes

- A) **Conflict Position**
- B) **Line of Trajectory**
 - 1) Door Kick Concept
- D) **Recovery Phase** (recock and follow through)
- E) **Stopping Power** (power and speed)
 - 1) Strike to “stop” the opponent
- F) **Target Acquisition**
 - 1) Target Selection
 - a) Pelvic and below
 - i.) Center of Gravity (CG)
 - ii.) No natural protection
 - iii.) Gravity assisted kick

10.02 Forward Lead Leg Strike (Push Off)

10.03 Forward Rear Leg Strike

- A) Walking Front Kick (Suspect Blocking Path)
- B) Advancing Subject Stop Kick (Suspect Advancing)
 - 1) Verbal command “Stop!”
 - 2) International hand signal for Stop
 - 3) “Line in the sand” minimum reaction distance

10.04 Backward Leg Strike (heel or sole of foot)

- A) Static kick
- B) Anti-sandwich backward kick
- C) Vertical Down Leg Strike to foot (trainer’s shoe or focus glove)

10.05 Horizontal Leg Strike (heel or sole of foot) Gravity assisted kick

10.06 Vertical Leg Strike Up

10.07 Vertical Leg Strike Down

10.08 Diagonal Leg Strike (Striking Area: ball of foot)

10.09 Leg Sweep

Section 11. Leg Strikes with Knees

11.01 Forward Lead Leg Front Knee Strike

Ineffective

11.02 Forward Rear Knee Strike

11.03 Backward Knee Strike

Ineffective

11.04 Horizontal Knee Strike

Ineffective

11.05 Vertical Knee Strike Up

11.06 Vertical Knee Strike Down

A) Knee Controlling Force

B) Knee Drop

11.07 Diagonal Knee Up

11.08 Diagonal Knee Down

Ineffective

Section 12. Leg Blocks

General Blocking Rule: Legs to Legs, Arms to Arms

12.01 Stop Kick Block

A) Raise foot

B) Guard centerline

12.02 Stop Knee Block (knee in front of groin, centerline)

A) Short Duration Light Contact Conflict (arms and legs)

Section 13. Head Strikes

13.01 Forward Head Strike

A) Striking area: forehead curve or the corner of forehead

B) Target area: bridge of nose, eye sockets

C) Grab opponent's head if possible for isolation

D) Clench teeth to avoid biting off the tongue

13.02 Side Head Strike (also known as an Australian Whisper)

13.02 Back Head Strike

A) Curve of head

B) Clench teeth

C) Use body for delivery

- 13.03 Spearing Head Strike** (also known as an Algerian Head Butt)
A) Entire body is launched into the air
WARNING: DO NOT TRAIN IN THIS TECHNIQUE. It may cause severe injury to the spinal cord due to axial loading (each vertebrae will take the force and act independently)

Section 14. Biting

- 14.01 A daily routine action**
A) Bite & Tear for self-defense
- 14.02 Decontamination** (risk of blood borne pathogens)
A) Rinse
B) Obtain medical attention (check ups)

Section 15. Butt Strikes

- 15.01 Rear Butt Strike** (against Rear Body Hold)
- 15.02 Drop Butt Strike** (rapid sitting)
A) Gravity assisted technique

Section 16. Spontaneous Target Selection

- 16.01 Instinctive Response to Injury Drill**
A) The human body will react to injury
- 16.02 Action & Reaction Drill**
A) Three Strikes and Three Reactions (unarmed)
B) Two Strikes and Pick Up Weapon (improvised weapon)

End of Defensive Tactics Course 1 of 10