

DEFENSIVE TACTICS: BASIC POSITIONS, STANCES, AND TAKEDOWNS
(PROGRAMS: 35917, 47317, AND 81817)

Presenters: Walt Bushey, Jesse Collins, Chelsie Young

The following manuscript is a word-for-word transcription of the course audio files. This is not intended to represent an edited publication document and may not contain critical information contained in graphics and other visual aids utilized by the course speaker. This document is provided solely as a supplemental resource for the video presentation.

COURSE OBJECTIVES

- * Explain the importance of employing a tactical mindset.
- * Demonstrate standing and kneeling tactical stances.
- * Demonstrate a defense to strike from the interview stance, and an interview stance block.
- * Demonstrate how to defend against a violent takedown by utilizing the open the door, kick block, and the scissor sweep takedown techniques attacker's.

My name is Deputy Walt Bushey. I'm a defensive tactics instructor with the Lubbock County Sheriff's Office. I also teach defensive tactics for tactical solutions group, gladiator defense group, and law enforcement agencies all around west Texas. I've got 39 years formal martial arts experience, the last 11 of which have been specifically dealing with law enforcement defensive tactics. We draw our techniques from our real world experience at the Lubbock County Detention Center, Detention Response Team, and from security assignments all around west Texas. With me: Sergeant Jesse Collins, Officer Chelsie Young.

Sgt. Collins: My name is Jesse Collins. I'm a sergeant with the Lubbock County Sheriff's Department. I've been teaching defensive tactics for about 9 years and I am the assistant team leader for our current team. I've been a student of Sensei Bushey here every chance I've got for the last 8 or 9 years. That's about it on me.

Officer Young: My name is Officer Chelsea Young and I have been defensive tactics instructor for Lubbock County Detention Center for two years now. I've been trained a lot by Sergeant Collins and Bushey. We work every day with the officers and law enforcement to help them with their safety on their every day job.

Deputy Bushey: Our goal is to bring practical solutions to tactical situations for first responders. We're living in a really funny time right now. Firemen, EMS, medical personnel are being assaulted on the job. These courses are created to give tools to these individuals to

defend themselves and even their patients in hostile environments and that's what we're going to be demonstrating today.

The first segment we're working with is called: "Tactical Mindset." Police officers are trained through the academy whenever they respond to a call to already run through the scenarios in their head when they pull up on the scene. Is the door open? Is the door closed? Do they hear noise out back? They run through these worst-case scenarios in their minds so they're not caught "deer in the headlights" when something happens. They already got a preconceived plan of action. What we in law enforcement want to do is turn that over to the pre-hospital, the EMS, the paramedics. We want them to start thinking tactically like we do.

When they show up on a scene, they don't want to focus just on the patient on the ground. We want them to take a quick second to scan. Are there other people? Do they notice any weapons? Is somebody blocking a potential exit? Are vehicles moving in behind their vehicle to pin them in? These are tactical situations that they would not normally think of. So, we want to bring that in when they're walking to a scene -- use the car windows around as mirrors to see behind them, to see if somebody's circling around; if they're in a house not to block their exit out -- to make sure that they position themselves in a way where they have an avenue of escape. These are things that most medical personnel probably don't think about but in law enforcement it's a daily occurrence with us. We want to translate that over to them so they have the same capability of safety that we have in the times that we're living in right now.

Within tactical mindset we have skillsets that we teach ourselves and we use. One of those is called the OODA loop -- Observe, orient, decide, act. Every person uses this every day. I'll give you an example. You walk into a convenience store. You see a guy with a gun. You observe. You orient yourself to what is happening. It's a robbery. You decide "I need to leave." You act. You leave. We go through this every day. Somebody cuts you off in traffic. You do the same thing. You see the car, you observe, you orient yourself. He's going to hit me. You decide, I need to turn the wheel. You act. You turn the wheel, hit the brake, and do this entire series of events in half a second to avoid hitting the car.

We use this in hostage rescue and in conflict resolution. A hostage rescue scenario used solely by law enforcement specifically probably SWAT teams and I'll show you this scenario. Say this individual has a gun to this person's head. What would you expect this officer to say to this guy? What would he be expecting this officer to say? Probably something along the lines of, "Don't shoot. Drop the gun." Something along that line. He's already thought that out. To reset his thought process, you say something completely off the wall. You might say something like, "Do you like bananas?" That makes him go, "Huh?" You've just taken him out of what he was thinking and completely shut down his mind. He has to reset his OODA loop -- his observe,

orient, decide, act. By resetting his OODA loop, if I were a hostage rescue sniper I would take the shot at that point because he's not thinking about squeezing the trigger. He's only thinking, "Huh? What's going on?"

If you show up on a scene and you have a really irate person and he's just not letting you talk and you come off the wall with, "Do you like yellow?" And he just stops in mid-sentence, well, you've broken through his anger and you can now say, "Okay, come here. I need to talk to you." You've broken through his preconceived mindset. That's where the OODA loop comes in to use that. That's one of the techniques and skills we'll be adding to the tactical mindset for you.

Now, we're going to get into some of the physical aspects. Tactics is about using a tactic rather than a technique. If you have good tactics, you often don't need the physical technique. The first thing we're going to learn to do is stand tactically. You can't just talk right up to somebody and start standing like this. In a position like this, it may look neutral but my hands are trapped in my pockets. I'm off balance with my feet. As a police officer and deputy sheriff, we carry a weapon. I don't want that weapon within easy grasp of an individual, so I'll stand with my weapon side back. A person, say Officer Younger comes up. She stands in front of me right here. This hand can reach this hip. This hand cannot reach the weapon side. By leaving this a little bit further out of range, it takes away the impetus that they might want to try to grab it.

I further enhance that by making my talking distance just outside of my finger range. From this position and distance, the average person's punch can't reach them so now they have to make an overt movement of stepping in and moving and that tips you off that there's hostility coming and greatly enhances your chances of blocking that. Thank you.

For interview stance, take our feet. Just take a half a step backward. With your dominant side ... if you are a left-handed person, it's going to be just the opposite. When we step back, we're going to do something with our hands. I don't want to stand aggressively. I don't want to stand like ... That can enhance the negativity of a situation. But I don't want them to be useless. Even with my back ... I don't want him here, I don't want him here. These can't do anything. What I'm going to do is something very specific. The weak points of the human body: the groin, the solar plexus, and the face. Those are the primaries that you have to worry about. By taking my hands and placing them right in front of my solar plexus, I've now put a barrier against the sucker punch right here so I can't take their wind. If you take their wind, they can't get on the radio; they can't speak. By putting the hands here, I've created a neutral position that still is tactical. It's still protecting the solar plexus. Now, which hand should I put where? In reality, you can put it any way you want, but one thing. If my dominant hand is my right hand, I don't want it on top. Officer Young, if she switches her positions, you can see that her dominant

hand ... this is the hand that she'd go to her weapon. This is the hand that would go to her radio. If somebody suddenly grabs, they're grabbing the dominant hand. Now, this hand cannot get to her weapon, this hand is not her dominant hand so it's not used to coming to the radio so now you have reset her OODA loop. She's "deer in the headlights."

By simply switching that and lining up the left hand with the solar plexus, if you are suddenly grabbed, you're sacrificing the offhand but her primary hand remains free. It can now grab the weapon, it can go to the radio, and it can strike. It can do all the things that her dominant hand would normally do.

So, we've got our feet bladed back, we've got our hands in a neutral position right here. We can move fairly easily from here. We want to have stability -- forward, back, left, and right. If we line our feet up on one railroad track, we have no lateral stability so we're off balance either way. If our feet are too far forward standing straight, then we're good laterally but we have no forward-back. We can be shoved backward. In this particular position, with the dominant side back, you can simply move back, move forward, and move off -- either way with a simple slide step. That allows us to get out of the way of something and with our distance that we talked about, now he makes an overt gesture I can then come back, de-escalate before having to get into a block or strike situation by creating further distance. A person this close to somebody might think that's an easy shot, but if she has her distance ... Face me in a [Inaudible 00:10:57] stance, please. And she's this far away, I'm thinking I'm going to have to cheat in. If I start cheating in, she's already going, "Wait a minute." She's already started her verbal, "Why are you moving in? Why don't you just stay right there? Stay right there and let me talk to you." Now, you've shut down their attack before their attack has happened. This is why we stand this specific way. It's very neutral. It's non-threatening, but it is very defensive.

If I have a large individual like this, I may not want to be standing this close to him. I might create my distance ... "Stay right there, sir. Right there." Now, I'm completely out of his hand range. He's going to have to seriously lunge in to reach me which gives me my avenue of escape. Tactically, when I showed up I didn't put myself against a wall. I left myself an avenue of escape and if this guy's approaching me, I can move however I need to. "Stay right there, sir. Please. What's your problem?" I can now talk to him at a safe distance. I'm still not hostile, but he can't sucker punch me and I have what we call "time and distance." I have more time and he has to cover more distance to react.

From that position, say we want to deal with the head, the three vulnerable areas here. We have groin, solar plexus, and the head. If I'm facing this individual ... Come over right here. This way just a little bit. I'm just out of range. I'm talking. He can't hit me here. What he can hit is the groin. If I don't move at all and he takes his back leg and he kicks up, boom. I get caught in

the groin. I don't want to do this. I don't want to go, "Oh, he's kicking me" and put down my hands because I put my head down, I'm right into his fist. He's going to have total control of me. What can I do from here? Well, I can take my knee, turn it, and collapse it inward, shutting this "V" down so that when he kicks the groin, I jam it. I'm still stable. My hands are still here, and I can push off and create distance and get on my radio. We call that a "collapsed knee block" and how that would look is either the back knee, foot turns, comes in, or the front knee turns, comes in. I don't want to just leave my toe forward because you can see how that rolls over on the ankle. We don't want to create a bad situation for ourselves. Turning it. Both feet stay on the ground, my body stays upright, my vision stays upright and I can create distance. He comes up, kick, boom. I can check. Stay back. Or I can draw whatever I need to to de-escalate this situation or defend myself. Good. Okay, switch angles. Straight up into her groin. There.

That's called the "collapsed knee block", but what if he throws a punch? I'm in a situation like this. He throws a punch. Boom. I take my hands, I bring them from here, keeping them together and I raise them, creating what's called a "wedge" and as it comes up, you can see my eyes are even with the insides of my elbows and I've created this diamond shape. It comes up like a pyramid over your head. It doesn't matter which hand he punches with and it doesn't matter whether it's straight or circular. He can't really throw a boxing uppercut because I'm this far away. I've negated any close punches just by my distance. He has to reach for me. When he reaches, say he takes this hand, this back hand and he throws a wild haymaker at me. Boom. I've stopped it. If he takes his back hand and throws it straight at me, I've still stopped it. If he takes his front hand and throws it straight, again, either way, that comes up and it knocks any punch so you don't have to think right, you don't have to think left, you don't have to worry about which hand is coming. He's already having to step in and reach me, so it's an awkward punch.

How do I create an immediate distance from that? I use what we call a "sledgehammer." We'll do this slowly. I'm standing here talking to him, he's getting agitated, I'm creating some distance and he throws a punch. I block it. My hands stay together, smashing down on his head and immediately backing up, telling him "Get back!" Get on the radio. Get back in your vehicle. Do whatever you need to do to get safe, but now this attack has been stopped. You made it an awkward punch instead of an effective punch. You blocked it without having to think, "Which hand do I have to block with?" That's all out of it. We've removed all of that from the equation. It's simply up, bam, in a simple motion. This requires repetition but it doesn't require months. It requires minutes. Most of this we do. We teach this to law enforcement all the time. In 20 minutes, these people will be able to do this against a full power, closed fist, 100% thrown punch and they will stop it.

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HEALTH.EDU

That's where the repetitions come in so we're going to use ... Officer Young is going to be the officer and Sergeant Collins is going to have his hands behind his back and he's not going to know which hand is coming at her face. So, she's standing there talking to him in her interview stance and he suddenly lunges in with a punch. She's going to block it. Go.

Now, leave your hand there for a second so we can show and demonstrate. Go ahead. Do it again. Throw the punch. Freeze. Now, she has to come in immediately. That's where that footwork we did, and just hit. Something stunning. Bridge of the nose. If she's shorter than him, she can hit the collarbone. If she has a pen in her hand, say she's an EMT or pre-hospital and she's writing with that, that pen is in her hand and she jams that pen down in there. That's an improvised weapon. If she's got a notebook, that becomes an improvised weapon. If she's got any piece of equipment in her hand that becomes an improvised weapon that force multiplies the strike. She hits him. He moves back. She creates distance. Now, his next attack has to cover all of this distance which gives her the opportunity to escape. That's where tactic comes in. I don't want him to hit her; I don't want him to get her on the ground; I don't want him to dominate her. She stops the initial hit, stuns him, and gets away.

That's the whole purpose of this, so I want to see this from a couple different angles. Let's do it right here very slowly. Interview stance. Okay, good solid bladed. You stay here. Now, throw your shot from there out. Blocks it. Okay, you got a different target area here so run in and hit it. Move and back up. There you go. Now, let's switch it around over here. Let's see it from a different angle. Okay. Now, you as the EMT, you as the paramedic, you create the distance you want. If somebody keeps walking up to you, you control the distance. You can back up, you can tell them to back up. That's where the verbal comes in. You want to take control of the situation. You don't want this attacker to be the one in control. You don't just let him walk up on you and you do nothing. You tell him, "Stay right there. Stay right there." You keep him at an awkward distance. There's a reason he's trying to inch in on you. You know this. You just keep backing up. That thwarts the attack before it ever happens. But if it comes, this is how you stop it.

Throw the punch. Okay, now, she had his face. Back up. There you go. That is a wedge block with a sledgehammer strike to create distance. In this one, put your hands at your side like an inmate or a perpetrator. See, you're letting him croach in on you. You get him at the distance. Now, make him throw it, whenever he's ready. Okay, now step in. There it is, and create the distance. Come straight in, boom, and back up.

The next physical skill we're going to impart is a technique called "open the door" and it's basically getting out of the way. You've got a freight train coming at you. You're not going to stand there. You've got to move. From this, the front foot is the pivot point and it pivots out.

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HEALTH.EDU

Your body simply moves out of the way of whatever's coming. If there's a direct line coming straight at me, if I stand here and try to meet force on force ... Sergeant Collins. Stand right here. The bigger guy is going to win. He's going to end up shoving me back and dominating me. This technique is if he comes up to shove and as he comes, I just move out of the way and push him by, creating distance.

Go ahead and stand right here with your back and we'll do it in both ways. So, he comes at me. I move. Let's do this really slowly so they can see the footwork. He's coming in real slow, right there. This is where I was, faced chest to chest. I move my back foot off line, I'm completely gone like a door swinging open. He comes by and I continue shoving him by. If we're facing this way, it would be the same thing coming this way. Opening the door. You can see how he would come right through. This position gets us out of the way and creates distance.

Now, a lot of pre-hospital, EMTs, paramedics, they do standing but they also spend a lot of time on their knees down in a position. Now, the ones we've worked with, they either work with one knee like this, both knees on the ground, or the other one up. We're going to teach a technique but it doesn't matter which knee. You simply open the door. From this position, you can do the same technique if he's coming at me by simply picking up one knee. If the freight train is coming here, the attacker is coming, this is all I'm doing. I'm creating that space so he can come by. I don't want to get shoved back onto my back. I don't want to be in a position where I'm completely submissive. I don't want to be in a position where I can't have an avenue of escape.

If I prefer to move the other way, I simply pick that knee up and that's all we're doing. Raising a knee, moving the foot out of the way. Raising the knee, moving the foot out of the way. This is if you're using the both knees down stable position. If I am in this position and he's coming up, I can do two things. There's two techniques. I can just pivot on this knee back. The person comes into shove. Sergeant Collins, very slowly. He comes in to shove, I simply move and pull him by.

The second technique comes in where I drop this knee and open the other knee and pull up. Stay right there. And in that one as he comes, I just drop one and raise the other. Just like this. Both of those techniques, whichever one that the operator feels comfortable is the one they should use. It works the same way on the other side -- drop this knee, raise this knee, or simply just pivot out of the way. Both techniques work really well.

We're going to go ahead and demonstrate that a few times. Officer Young, let's try it from this angle first. Go ahead and get down here. She's working in the both knees down position. Sergeant Collins is the aggressor. He's going to come up and all she's going to do is get out of the way and let him go by. Good. Come back. Let's do that just a little bit slower. Notice

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HEALTH.EDU

she's taking her hands and pushing him by. Now, let's go the other way so they can get a film of your left hand pushing him by you. There. Just helping him by; maintaining an avenue. The next move she would do is get up, create distance from the attacker. Very good. Come back. Let's get a few more angles of that. Why don't you get right there with your back toward him and have you come that way? Back down. Now, switch places and you get right here, Officer Young. He'll come this way and they can see the angle of him going by you.

Alright, thank you. You can see that she's dealing with any power. He's much more powerful than she is. She can just get out of the way, raise up, avenue of escape, or get to a partner.

Okay, the next technique we're going to be doing from the downward position. From the stable to a knee down position, we're going to be dealing with a person who may be kicking at you. They may not try to shove you. There may be a body down here and they're maybe trying to kick at you, but you've still got to defend yourself and have an avenue of escape. I'm going to go ahead and turn sideways here and use Officer Young. First we have to stop it from hitting us. To do that, we're simply going to move our forearms into an "X" and stop it. If I'm working on somebody and she comes up and kicks, that stops it from hitting me. I'm not turning my wrists sideways where the single bone will take it, but I'm turning it where the flat of both bones on each side will stop the kick. I'm going to grab and just push down on the knee, taking them down. Now, that allows me to then get up and retreat to safety rather than stand here and have another attack come. We'll do it again slowly. It doesn't matter which leg she kicks with. If I'm down here working on somebody and she comes up and kicks, stop it, push, and down they go. If her leg happens to kick and it doesn't stay in the air, it hits the ground in front of me. She comes up, I stop it, and she steps ... Boom. I can still do it. Hook behind, drive on the knee, she still goes down, I still get up and get to safety.

I'll have these two demonstrate this from several different angles. Sergeant Collins, go ahead and do it facing them on the first angle. So, you're down and she's kicking. Okay, you come up, demonstrate the kick, block. Now, just go ahead and grab, push her down. One more time. Okay, do the block one more time. I want to show the position. Freeze. Stop. You want forearm, forearm, and then grab however you need to. There you go. Okay, switch the angles this way, sideways so they can see it. Now, this time kick and land your foot on the ground right there where it landed. Do it again. From that position, kick. Now, set your foot down. In this particular one, the hand is coming behind ... Say, she's a large individual, he can drive his entire forearm into that knee and drive forward, taking her down. Okay, you're working. Go ahead, kick. She blocks it and hook and drive. Block, hook, drive, and what I want her to notice is she's got to pull back so he can't kick at her while he's down. If she stays leaning forward, she could

potentially get hit. So, as soon as he goes down, she's going to raise her back up, backing away from any potential attack.

Worst-case scenario, you do get knocked on your back. We always have to train for the worst-case scenario. For whatever reason, if Officer Young did end up on her back, she could still use her legs to do the same scissor take down. First she's going to protect herself by rolling to one side or the other depending on where the attacker is. If I am the attacker and I move around to this side, she's going to roll this way. Roll to this side. Protecting her inside and she still has her legs that she can kick up. If I were to move toward her backside, she simply rolls over. As we come back, what she's going to do to do the leg scissor is the bottom leg, when you roll onto your side there is a top and a bottom. The bottom leg is going to hook my leg.

She's going to keep her hands here to protect herself. Her top foot is going to go just above the knee while the bottom hooking foot trapped my leg ... Let go just a second ... So, I can't pull back because if you don't hook the bottom leg ... see, she's trapping my leg. I can't pull it out. Then, she's going to push with this one. When she does and pushes, that's going to lock out the leg and force me to fall. From there, she can now roll away, get up, and create some distance from me. We're going to demonstrate that very slowly. Go ahead, Sergeant. If Sergeant Collins is the attacker, here she's fairly neutral because she's facing him right on. He may try to come around this side. When he does, she stops. She's going to roll right over to that side, keeping her internals protected and her face protected. If he tries to come around this side, she's going to roll this way, looking at him.

Now, rolling has a distinct purpose. It creates a bottom leg and a top leg. With this particular technique, you'll notice the bottom leg is hooking. We're hooking that foot so that he can't pull his foot back. The top foot then goes just above the knee. From this position, she's going to reverse this situation. She's going to pull with the bottom foot, push with the top foot until he falls and then she's going to get out of there as fast as she can -- creating distance. Let's try that again. Very slowly. Okay, walk up. Stop. Freeze. You can see how it's hooked here. She can still kick with this. She can still keep him away while he's trying to mess with this leg he can even grab that leg. It doesn't matter. This one hooked, then she's going to pull down and push. As she pushes, then she's going to create distance by getting away from him so that he can't strike at her while he's down. Let's reverse that situation so he falls that way please. Okay, he walks up, rolls, bottom hook, top pushes. She creates distance and we have a successful escape.

Okay, now we're going to show there's a couple different places he can push. Go ahead. If he steps in and rolls here ... Freeze. She can push toward the back of the knee which is going to turn our attacker and he's going to drop to this knee so as she does, you can see how he falls with his back to her. Get back up. But if it presents itself ... Switch your feet ... This way ... Same

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HEALTH.EDU

thing. She's going to turn and down. Get back up. Now, face her more like that, hook this leg. She can push outward of the knee and you can see how buckling outward, it creates a difference. He's going to fall instead of with his back toward her, he's going to fall facing her. Doesn't matter. One is not any better than the other. Your goal is to get them on the ground and you get up. Don't get locked into "I have to kick on the outside of the knee or I have to kick on the inside of the knee." What you want to avoid, though, is this is a big guy straight on. Put your knee in. Because if he leans into that right here, he could have some strength, but she's going to change that dynamic by simply pushing out and you can see how that buckles. It negates all of the strength if he's moving in is to hit him here or here, but not necessarily straight on. Let's go. Yes. Next. Very slowly.

Again, we train for the worst-case scenario. If a person attacker happens to get inside, it's too close. She can't use her ankles. She's going to have to do what's called a "thigh scissor take down." Now, she's going to use her bottom thigh as the blocking point and she's going to use her bottom hand to lock it in and you can see that locks it in. From here, she's going to use her shin. Freeze. Let me step out of this. Either leg she can hook. Okay, freeze. Sergeant Collins. Now, obviously, she's too close to use her feet and she can't move back. She's trapped here. She's going to keep this hand here just in case he's trying to strike. This is the lock-in. The shin comes up now. Now, she's going to use the incredible power of the hip. She's going to lock this in and then shove just below the knee on the shinbone. She's going to shove, take him down. Now, she's much closer than she was before so she has to be cognizant of that foot. She's going to move away from him getting up so that he can't kick her.

Let's demonstrate that a few times from a few different angles. Again, he moves up. Say he comes over to this side. Freeze. You can see how she can't get her feet in, so she uses her bottom hand to lock it in. She's got her shin there. She's still protecting her face. Take him down. Move away from him. Okay. Let's give them a few repetitions. Very slowly. Freeze. Next. Next. Shin. Just below the knee. Slowly, very slowly. Look at the push and then ... start moving away out of range. Very good. Next. Next. Next. Take him down. Push away, get up.

Everything we do has a tactical advantage, even getting up. We need to get up in a stable platform. In law enforcement we have to be able to draw a Taser or a weapon from any position. The same thing here. You want to get up with your surroundings still able to fight even if you're halfway up. We'll learn how to get up, tactically.

The first thing she's going to do is roll to one side. Her top foot is going to plant. She's going to raise up onto her right hand. All the way up on your hand. There you go. Now, from here she can push, bridge up, and push this knee back and now she's in a stable kneeling position. Now, put the hand back down, bring the knee back, and we'll go right back to our

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HEALTH.EDU

starting position which is on your back. Roll to your side, plant the foot, and come up to the hand. You can see how she's in a sitting position here. To move back, she bridges, lifting her butt up and pushing the knee back. Now from here she can safely stand, scanning her horizons but she's still able from one knee to deal with an attack coming on.

She's going to demonstrate this from several different angles. Go ahead. First, roll to a side. Roll. Plant the top foot. Come up to your hand. Now, that's raising to a sitting position. Knee back, to one knee, and raise up. Let's do it on the other side. Roll to your left side, plant the top foot. Raise up to your hand. Bridge. Drive your knee back and raise up. Roll and plant the top leg. Notice, it is right in front of the shin of the bottom leg. Now, raise up to your hand - the lower hand -- the hand that is on the ground. That side is going to prop you up to a sitting position. Now, she's going to bridge up, drive her knee back. From there she can scan, she can draw, she can defend, and then stand. Okay, roll to your side and plant the top foot in front of the bottom shin. Raise up to your bottom hand. You can see it's flat and stabilizing. Now, drive your knee back and under to the kneeling position and then stand.

Now, there's a specific reason why we do this. Sergeant Collins? If she's on her back and she takes him down, however ... and she does the **[Inaudible 00:44:34]**, takes down, if she tries to get up in an untrained fashion, say she just pushes forward, he can kick her. He can grab her. He can sit up and pull her right back down, so any advantage that she just had she just lost. Our goal here is time and distance. We create time and distance. Come back. The minute he goes down but before he can strike, she is already moving back. That's where she plants and moves away so he takes her down. Before he's even hit the ground ... Go. Take him. She's planted and pushed away. From this distance, he cannot kick her, he can't reach up and grab her. Go ahead and try. There's no way. She is now safe to stand up and take control of the situation. Getting up is one of our fundamental things. Everything is tactical.

She does the take down but she fails to get up tactically and loses her entire advantage to a larger opponent because she didn't create time and distance. Now, let's try it correctly. Okay, push. Plant. Freeze. Hand. Push back and kick. Boom. Freeze. Now, Sergeant Collins, lunge at her like you're grabbing. Okay.

In the law enforcement field not everyone is in the prime of their physical fitness and I'm sure the medical field as well. We have people with preexisting injuries that maybe can't do these techniques as we taught them, so we've come up with alternate techniques for people that can't, say, raise up on one knee because of a previous knee injury. In this particular case, Officer Young is going to do a roll away technique. As she takes Sergeant Collins down, but for whatever reason she can't plant or roll, she's going to roll quickly creating the distance. Freeze. You can see she's created the distance where he cannot grab her and then she can get up

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HEALTH.EDU

however she needs to or come to a kneeling position and draw her duty weapon or get on the radio or do whatever it is she needs to do.

Let's demonstrate that one more time, please. This is the roll away. She'll take him down and immediately roll away, creating that distance to get up. Now, go ahead and come up. Okay. Now, let's demonstrate that a couple times slowly. Sgt. Collins: Slowly roll.

Dep. Bushey: Okay. Take him down. Freeze. Okay, pull your knees in, turn, and start to roll. There she's created the distance. She can roll once, she can roll twice -- whatever she needs to to create the distance to get away. One more time, please. Let's go a little bit slower. Go slowly. Knees up into the chest and start your roll ... and get up.

Okay, we're going to debrief everything we've covered today. The first thing we covered today was tactical mindset. This is you stepping out of your comfort zone and looking for potential threats, potential dangers, and thinking of ways to thwart them before you even enter that scenario. The second thing we covered was how to stand tactically. The interview stance to create distance and the distance at which you would engage somebody. We learned how to use our knee to protect the groin; our hands together in the interview stance to protect the solar plexus; and the wedge block sledgehammer. We learned how to do that to defend against a strike to create distance. We learned how to improvise a clipboard, a cell phone, a pen -- and any other object you have -- to enhance or force multiply the strike, creating time and distance.

We then went on to the "open the door" technique against aggression coming out you, how to step out of the way. We learned how to do this kneeling, from kneeling positions and standing positions. From the kneeling positions, left knee, right knee, both knees, we learned how to do an "X" block to stop a kick coming at you and how to use an arm scissor take down to take them down. From that position we went to worst-case scenario. You got knocked on your back, so we did a foot or leg scissor take down in which you use the bottom foot and top foot and take the opponent down and if they get past your feet and get too close to your body, we learned how to use a thigh scissor take down when your hand engages and your shin pushes them down.

Then we learned how to rise up tactically, how to create distance from an opponent, how to roll to your side, plant your foot, raise up and bridge back. For people with physical disabilities that cannot do that, we learned a roll away technique, creating the same time and distance so that the downed person cannot re-attack you as they're getting up.

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HEALTH.EDU

We hope you'll adapt this to the pre-hospital setting, the EMT, the paramedic, the man on the street, and the first responders. You need to take this and adapt it to your job. Until then, I'm Deputy Bushey. This is Sergeant Collins and Officer Young and we'll be teaching you again in the next segment.

Presenters: Walt Bushey, Jesse Collins, Chelsie Young

SLP: 092817 (Edited/revised)

This program is intended for the private use of Health.edu subscribers. Any rebroadcast or redistribution of this program without the express written permission of Health.edu is prohibited.

The clinical treatments described and recommended in this video are based on research and consultation with nursing, medical, and legal authorities. To the best of our knowledge, these procedures reflect currently accepted practice. Nevertheless, they cannot be considered absolute and universal recommendations. For individual applications, all recommendations must be considered in light of the patient's clinical condition. Health.edu and its presenters disclaim any responsibility for any adverse effects resulting from the suggested procedures, from any undetected errors, or from the viewer's misunderstanding of the information presented.

Health.edu recognizes that the use of this product/service does not imply or constitute endorsement of the product/service by the American Nurses Credentialing Center (ANCC) or of the Texas Nurses Association (TNA).

Transcription typed verbatim as recorded on video and not responsible for content or context of document with occasional corrections for pauses, etc. (HHT).