

# PROTECTING OTHERS

Self-Defense Strategies and Tactics  
for Third-Party Protection



**JIM WAGNER**

**BLACK BELT  
B.O.O.K.S**

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for Third-Party Protection**

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**BLACK BELT®**  
P R E S E N T S

# PROTECTING OTHERS

## Self-Defense Strategies and Tactics for Third-Party Protection

**JIM WAGNER**

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Photo courtesy of Jim Wagner

Jim Wagner and instructors under him are hired by families to teach home security and self-defense. Here, instructor Frank Mayson plays the role of an intruder; a New Jersey housewife reacts.

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Photo courtesy of Jim Wagner

Tim Stinson in Afghanistan, working as a private security contractor.

## FOREWORD

I am a former U.S. Marine, a combat martial arts instructor and a professional security operator who worked for 41 months in Helmand Province, Afghanistan. In between tours to Afghanistan, I attended Jim Wagner's Reality-Based Personal Protection program for instructors in California in 2007.

I train constantly and keep current on my skills and tactics that I have been required to use in real-world conflicts, and I am always striving to learn more. Jim Wagner does not teach "sport fighting and conditioning." Jim teaches professionals and civilians how to deal with situations that we all hope will not happen to us: muggings, kidnappings, stabbings, shootings, random assaults of all kinds and, the most important lesson of all, situational awareness.

On returning to Afghanistan after training with Jim, I found that many of the tactics he shared with me proved to be essential while performing personal-protection operations, as well as during actual close-combat situations with hostile individuals. I am very grateful for having met Jim Wagner and studied his Reality-Based Personal Protection system. I was not only able to use some of his techniques, but I also had the honor of teaching some of Jim's weapons-disarm techniques to U.S. and British military personnel who were able to use those techniques during security operations when searching and disarming suspected insurgents.

Protecting people professionally requires total concentration and commitment, for their lives are entrusted in your care. Training with Jim enhanced my abilities to perform this duty. Lessons learned from Jim were simple and common-sense actions and reactions that I used to prevent loss of life and equipment. In addition, it was information easily passed on to my team members who worked with me in the conflict zone.

I continue to stay in touch with Jim Wagner to this day, and I consider him my friend and brother in arms. Jim's dedication and commitment to the continued education and training of military, security operators and law-enforcement personnel is to be commended. Jim's seminars are packed with information, just like this book, and the techniques can be learned in a short period because they are user-friendly for anyone, regardless of experience.

We pay for the training voluntarily, but we pay a bigger price if we do not practice what we learn. As Jim Wagner always likes to say, "Be a hard target."

—Tim Stinson  
[betyourlifecombativefightingskills.com](http://betyourlifecombativefightingskills.com)

## PREFACE

I first began protecting others as a police officer with the Orange County Costa Mesa Police Department in California from 1988 to 1998. By the time I was on the SWAT team, I was being asked by outside police and military units to teach defensive tactics, tactics and live-fire firearm courses. In this capacity, I ended up teaching units tasked to protective services—the U.S. Marshals Service Special Operations Group, Los Angeles Air Force Base Police, U.S. Diplomatic Security Service and some local SWAT teams. I even had a few Secret Service agents attend a sniper course I was teaching in the Bay Area, and they gave me a wealth of information about protecting others. This close contact with various teams sparked an interest in me for bodyguard tactics, and I embarked on formal training.

When I left the Costa Mesa Police Department, I became a reserve deputy at the Orange County Sheriff's Department. I had left Costa Mesa because I had my own training company that was landing me contracts all around the world, but I still wanted to keep my hand in law enforcement, too. The Sheriff's Department had more opportunities. There, I was promoted to the rank of sergeant and became the team leader for the newly formed Dignitary Protection Unit.

My first mission as team leader was to protect the then-treasurer of the United States, Rosario Marin, and other dignitaries at a Latino Coalition function at the Performing Arts Center in the city of Santa Ana, California. I was in charge of a 10-man team for the inner perimeter and several uniformed deputies for the outer perimeter.

While serving with the Sheriff's Department, I continued to teach police and military courses through my own training company. One of the courses I taught on a regular basis was protective services, and by this time, I had plenty of training and experience under my belt. I provided instruction for the U.S. Marines Provost Marshal's Office, Drug Enforcement Administration's San Diego office, San Diego Sheriff's Department Prisoner Transport Unit, U.S. Marshal's Service Fugitive Task Force and Brazilian GATE (Special Tactical Action Group).

On September 11, 2001, al-Qaida terrorists attacked the United States. In response to the threat, I served as a federal agent for the Federal Air Marshal Service, which had a field office in Los Angeles. I, along with my team members, protected passengers on 146 missions. Eventually, I resigned from the federal government and returned to teaching police and military units full time.

Wanting to also teach civilians, I formally created the Reality-Based Personal Protection system on January 21, 2003. A couple of months later, I was sworn in by the Phoenix Police Department in Oregon as a reserve sergeant with the responsibilities of defensive-tactics instructor and a member of the tactical team. This was the same time when *Black Belt* and I produced the popular DVD series titled *Reality-Based Personal Protection*.

As I was trying to grow my system, I accepted private bodyguard assignments from numerous celebrities and celebrity events. I protected some Hollywood elite types at the 63<sup>rd</sup> Annual Golden Globes Awards pre-event party and I also worked the less glamorous job of protecting some vehicles that were to appear in the 2005 Disney movie *Herbie: Fully Loaded*. In the end, all these experiences helped me understand the civilian bodyguard culture, which is much different than when you have the authority of

a badge. It also helped shape many of the techniques I would be teaching in my self-defense system.

From 2001 to 2003, I received some good bodyguard training from my friend Maj. Avi Nardia of the Israel Defense Forces. I also taught at the National Police School of Finland (Poliisikoulu) in Tampere where I taught a few members of the Finnish president's protection detail. I customized many techniques to meet their needs.

In 2004, I was asked by Constable Chris St-Jacques of the Royal Canadian Mounted Police Prime Minister Protection Platoon to design a new defensive-tactics program for his unit. As I was putting all the elements needed into it, I thought it necessary to ask the question, "Do you have any techniques for protecting the prime minister against a hand-grenade attack or suicide bomber?" When St-Jacques answered in the negative, I created the grenade-survival technique that is found in this book and is now taught all over the world.

I do a lot of teaching in Europe every year. One of my clients is the Dutch government. I have trained the two national police organizations in the Netherlands: the Koninklijke Marechaussee (the federal police) and the Politie Amsterdam-Amstelland (Holland's largest municipal police). This includes members of the Queen's protection detail, the instructors of the national police academy, SWAT teams and counterterrorists of the Schiphol International Airport.

I also have trained a number of private security companies and bodyguard schools, including AASW Bodyguard School, Brinks Diplomatic Security Services Germany for the U.S. Embassy Berlin, Roland Security, IPS and several others in Europe.

Currently, I am serving as a staff sergeant (reserve) in a military police unit in the United States. My official title is NCOIC (noncommissioned officer in charge) Anti-Terrorism/Force Protection Cadre. My job is to make sure that the troops in my battalion are informed about terrorism in general and to train them for terrorist attacks against our base. Naturally, some of my former bodyguard training gets woven into my courses and in the communiqués that I pass down. I also continue to take military and law-enforcement courses that keep me informed on the latest techniques for protecting others.

—Jim Wagner  
2011

Photo courtesy of Jim Wagner



**Jim Wagner at a Military Operations Urban Terrain (MOUT) site.**

## INTRODUCTION

**S**elf-defense is exactly that—self-defense. Most martial arts instructors today teach people how to defend themselves, but they fail to teach their students how to defend those with them during a criminal or terrorist attack. Those few instructors who do offer a few techniques on protecting others are sparse and usually inadequate for today's violence.

The fact that you are reading this book means that you know that you may have to protect someone in the future, be it a loved one, family member, co-worker or even a stranger who is being unjustly attacked. In this world, there are a lot of dangers out there that may call for you to defend someone who is unable to defend themselves. Events may include a school shooting, an office massacre, a home invasion, a gang attack, a terrorist attack on public transportation and the list goes on. The people you may choose or have to protect may be as varied as the attacks: young, old, trained, untrained and unpredictable, at the “moment of truth.”

As I mentioned before, most martial arts instructors don't include bodyguard or tactical techniques in their curriculums, and that weakens their programs for protecting others; this tends to be more true for instructors who teach traditional- and sports-based systems. Those systems generally teach basic movements, punches, kicks and gun take-aways that are mainly for one-on-one low-level conflicts. In addition, end-users are taught that all they have to do is stay in front of the person they are protecting and the techniques taught to them will be sufficient enough to provide protection. Also, because many civilian martial arts instructors are not professional bodyguards, they lack the knowledge to deal with modern conflict situations: armed robberies, drive-by shootings, child abductions and hand-grenade attacks. Bodyguard tactics are needed for such confrontations, not to mention small-unit military tactics. Learning how to protect others requires many skills from many sources.

To obtain the skills and training you need to learn to protect others would require you to attend a bodyguard school, which can take up to six months, boot camp (eight weeks), a police academy (23 weeks), SWAT school (two weeks), counterterrorism school (five weeks) and a whole host of other related courses. Other learning modules could take decades to acquire. Fortunately, I have done the legwork for you by living such a life and offering you what you need through my Reality-Based Personal Protection system. In this book, you will get techniques and up-to-date training methods that, up until now, have been mainly taught to professionals. Hopefully, what I am about to present to you will help you save somebody's life, if the need arises. What all this training and experience provide to you are information, techniques and training methods that will teach you how to protect others.

If you are a traditional-based or sports-based instructor and you were offended by my earlier statement that I do not believe most martial arts instructors are qualified to teach their students how to protect others, then take it as a personal challenge. Your current training can easily be converted into “reality-based.” Know your system's limitations and fill in the gaps with this book.

If you are a professional bodyguard, I know that you can glean a few tidbits from this book, or at least get another perspective on techniques you may already know. The cost is worth it anytime you can walk away with one or two new pieces of information.

For you beginners who are just delving into self-defense, here's some advice that I give to all my students, even if they are Special Forces students at the top of the food chain: "If you can't master a self-defense technique in five minutes, then it will never work in a real situation. You need to throw that technique into the trash can." True lifesaving techniques are easy to learn, and they should be easy to apply. But learning the warrior mentality is the real key to surviving a physical conflict while protecting others.

Be a hard target.

Photo courtesy of Jim Wagner



German special-forces soldiers evacuate a "diplomat" during a terrorist chemical attack scenario in November 2010. Jim Wagner also teaches a version of the scenario to civilians.

# Chapter 1

## Bodyguard Basics

**W**hen I first started protecting others in my official capacity on the Orange County Sheriff's Department Dignitary Protection Unit, using the U.S. Secret Service model, it was a hard transition at first. In police patrol work, you think of your own safety first and you get behind the nearest cover if somebody shoots at you. Cover is any object you can get behind that will stop bullets, fragmentation and, in some cases, chemical weapons. As a patrol officer, I followed the adage, "You can't help others if you yourself become a casualty." However, the philosophy of bodyguarding was, "Protect the principal above all." The principal is the person you are protecting. There is a good reason why government bodyguards are called "bullet catchers." They literally stand in front of the protectee and absorb the attack, even if it means taking a bullet for the principal. After a few months on the job, I adjusted to this new mentality and I was truly ready to put my body between the threat and the principal, even if I did not personally like him or her.

Obviously, it is a lot easier and almost instinctive to protect a family member or a close friend. A parent who perceives that a child is in danger does not need urging to protect that child. Parental instincts are very strong, and most parents would not hesitate to exchange their life for that of their child's. However, the further away a person is from the inner circle (your nuclear family and outward), the more hesitant he or she may be in protecting others. Then once a decision has been made to protect another person, your main goal is to put yourself between the protectee and the threat, which is the hostile person who is launching the attack.

### Violence as a Tool

If you really want to be able to defend yourself and protect others, violence has to be a part of your training, or at least your mindset. If you are only learning self-defense techniques but are not imagining and simulating inflicting injury on your opponent, you are not preparing your mind for actual physical conflict. If violence is not part of the equation, then you are not training for real self-defense.

Most people do not use violence to solve their problems. In fact, it is the opposite. Most people try to avoid violence at all costs. Unfortunately, the big bully, the wife beater, the criminal and the terrorist are not your average people. These types of people use violence as a tool. The more they use violence the more they understand that it generally gets them what they want—be it money, property or power—through intimidation, or even inflicting injury on others, just for the sport of it.

Many traditional- and sports-based martial arts systems do not adequately prepare their students for the raw violence necessary to survive an attack. Oh, sure, martial arts instructors teach people how to punch and kick, which can induce injuries, but they are not teaching students how to use violence as a tool. Nor are they teaching students how to skip civilities when needed. To better understand what I mean by "civilities," let me quote one of my field-training officers from when I was a rookie for the Costa Mesa Police Department. He said, "Treat the citizen like a citizen, and treat the crook like a crook." In other words, if people are civil to you, you must be civil and polite to them. However, if someone means

you harm, you must speak that person's language, even if it is in an impolite manner; fight fire with fire. Don't expect a bad guy to respect you.

One reason violence is not taught in martial arts schools is that most people associate violence with bad people. Therefore, they think violence is bad. In dealing with this topic, I'll give you an illustration that my longtime friend and one of the top police defensive-tactics instructors in Canada, Constable Garth Hoffman, always gives his students:

Imagine if you heard the news that a rapist and murderer had broken into your neighbor's house. The uninvited man went into the kitchen to grab a knife and proceeded to the bedroom to carry out his evil deeds. Your unarmed neighbor ended up confronting the criminal in the hallway. During the conflict, the burglar slashed your neighbor's throat and fled. You, like all of us, would say, "That's horrible. The criminal is a vicious killer."

Now let's take that same rapist and murderer who goes into your neighbor's kitchen to grab a knife in the middle of the night. In the hallway, your neighbor confronts him and manages to get the knife away from the attacker. In the process, your neighbor cuts the criminal's throat in the struggle. What would people say? They would say, "He's a hero," or "He did what he had to do."

The bottom line is that bad people do not own violence. You, too, must own violence and use it as a tool when needed. The difference between you and evil people is that you use violence in accordance with the laws of the land.

## The Use-of-Force Ladder

There is an old proverb that states, "There are two fights you must fight. One is for your life, and the second fight is for your freedom."

When someone attacks you, or attacks the person you are protecting, you have the legal right to protect yourself and others. That is the "first fight." However, if you use excessive force in protecting yourself or others, you may find yourself on the wrong side of the law and get punished for it, even if you were in the right initially. The taking away of your freedom through incarceration in jail or in prison is possibly the consequence of losing the "second fight."

Every police department has what is called a use-of-force continuum, represented in a variety of graphical forms, depending on the agency. It is a general guideline that lets the police officer know what amount of force can be used in response to a suspect's actions. In the U.S. military, the continuum is called the rules of engagement or ROE. Soldiers cannot just fire on anybody they want, even if they are in a war. There is a distinct difference between a combatant and a noncombatant. Even if a person is the enemy, there are certain rules that must be taken into consideration before firing on said enemy. For example, if an enemy soldier is surrendering, he should not be fired on and should be treated humanely once in captivity.

In a civilian situation, if the authorities believe your self-defense actions were not justified, you will be

questioned by the police and brought before a judge in a court of law, whether you know the ROE or not. Being ignorant of the law is not a legal defense for your actions. Yet getting a grasp on what you can and cannot do in any given physical conflict is really not all that complicated. With a few examples, and the use-of-force ladder in this book, you will start to understand how the law may determine whether your protective actions were reasonable or unreasonable.

## The Levels of Conflict

As a military man and a police officer, I was exposed to a wide variety of ROE graphs in the various units and agencies I worked for over the years. Some of these use-of-force graphs were easy to understand, while others were somewhat complicated. However, none of them were adequately suited for civilian usage. Police officers and soldiers have a wider selection of weapons than most civilians, and their use-of-force or ROE graphs do not always apply to civilian situations.

Although the use-of-force ladder in this book, which was first introduced in my 2003 book *Reality-Based Personal Protection*, is very simple to understand, designing it took me many months. Most graphs look like steps, concentric circles or even plain text. I had to start with a blank sheet of paper and come up with something original, and something that everyone would understand and appreciate. Thus, I came up with the ladder concept. Everyone understands the workings of a ladder.

The use-of-force ladder has four rungs to make the use-of-force levels easy to remember. Cops often complain that their own use-of-force continuum graphs are difficult to remember. You won't have that problem with this one. This ladder will be easy to remember in any conflict situation.

Rung 1, or Level 1, starts at the base of stability and ends at Rung 4, which is an unstable and unpredictable height. A prudent person stays off the ladder if he or she can help it. Yet, when you do come face to face with hostile subjects wanting to hurt you or someone you are with, you may have no choice but to take some action. There are three reactions humans will have in a conflict situation: 1. Flight (get away) 2. Fight (defend yourself) 3. Submit (give in to the subject's demands or actions). I want you to remember this rule, which will help you understand the levels of this ladder: **The subject's actions will always dictate your actions.**

**Level 1:** At Level 1, a person shows visual indicators of potential hostility. In other words, you will feel that there is possible danger based on things that you see, like a suspicious subject approaching you, somebody who is looking around nervously, a car slowing next to you, etc. At that moment, the subject is breaking no laws, or none that you are aware of. However, you know something is wrong, so you prepare yourself mentally for all possibilities. First, you take on a confident demeanor. This means that you look confident and not afraid. Your facial expressions indicate that you are aware of your environment and know how to use it to your advantage. Confident demeanor also means that you look like you are prepared for an encounter. Or you can use a confident demeanor to make a tactical retreat. In other words, you don't let the potentially hostile observer know you are aware of danger, but at the same time, your demeanor allows you to make your seemingly normal movement confidently out of the kill zone. Live to fight another day.

**Level 2:** At Level 2, things start to heat up. The verbal indicators by the subject are warning you or others around you that an attack is about to happen. However, the subject's verbal indicators are just short of direct threats. The conflict cues can be anything from the subject's tone of voice to implied threats or even things you overhear, such as suspicious passengers in an airplane whispering about how "this is going to be a short flight." Those are not alarming words in and of themselves, but with some visual indicators, you might suspect a possible terrorist attack is about to take place. Of course, words will not hurt you physically, but words will be a good indicator that something may escalate to a physical confrontation. Note: If a subject is trying to start a fight with you, the best thing to do is to try to calm that person down or ignore him or her altogether. This is known as a verbal deflection. By reacting in this manner, you will not incite the situation any further. However, in some situations, you may have to use a firm, confident voice to talk some subjects down. In other situations, you may have no choice but to try to intimidate them.

**Level 3:** At Level 3, you enter into actual physical contact with the subject or multiple subjects. The physical contact may be a cursory push or a punch to the nose, or it could even be a sexual touch (sexual battery) made to the person you are with, be it an adult or child. If someone simply pushes you to intimidate you or to get you to swing first, you cannot launch a side kick to blow his knee out. Nor can you come crashing down on him with a drop knee to the spine. If you do, even though you have a right to defend yourself, you would most likely go to jail because you used unreasonable force for the situation. For example, if the subject throws a few swings at you because you're throwing him out of your party, you can't rip his head off. The law won't allow you to do that, even if you did sustain minor injuries from his blows. Because there are no hard-and-fast rules on what you can and cannot do in a self-defense situation, the law will judge you by a simple rule: **What would a reasonable person do in the same situation?** The cop who questions you knows what is reasonable or not, and the jury who listens to you will determine what is reasonable or not. By the way, cops are not judged by what a "reasonable person" would do in the same situation but rather what a "reasonable peace officer" would do, because they are bound by a lot of restrictions that civilians are not. Of course, at Level 3, you can get injured—a broken nose, cuts, bruises, scrapes, soreness, etc.—but they are neither serious or life threatening.

**Level 4:** At Level 4, death or serious bodily injury is likely to result, whether to the subject, yourself or someone you are trying to protect. If a subject does attack you in which death or serious bodily injury is likely to result (felony assault), then you have the right as a citizen to use deadly force. This not only applies to felony assaults against you but also if you choose to protect someone else. If someone is trying to harm a family member or co-worker in your presence, you may, but are not required to, use deadly force. However, if the case goes to court, you will still be judged based on reasonableness of the force. You may be asking, "What constitutes serious injury?" Well, serious injury is any permanent condition, such as losing an eye, losing a limb, hearing loss, disfigurement or the breaking of a major bone such as the skull, hip or spine. Normally, a broken arm or leg does not constitute a serious injury. Examples of felony assaults include attempted murder, mayhem (putting out an eye, severing a limb, ripping off an ear, etc.), rape, caustic chemical attack, robbery, etc. In

other words, and remember these words carefully, **you must have fear for your life or the life of another** to use Level 4 force.

On a real ladder, you do not always have to go up the ladder rung by rung. If you choose to skip a rung, you can. However, by doing so, it is always more unstable. In a real conflict, you may have to skip a level. For example, let's say that you have a visual indicator that a man has a belt bomb strapped to himself, which is a very real possibility in our society. Although you never truly know the intention of the person—it could be a prank—the “bomb” itself implies intent to blow himself and anything around him up. Thus, you can go directly from Level 2 verbal indicators to Level 4 deadly force, skipping Level 3 reasonable force altogether based on what you saw.

Of course, the higher you climb any ladder, the more unstable it can become if you are climbing it by yourself. If you are alone when a subject confronts you, you are the only one who can help yourself. Yet, if you have other people with you (strength in numbers), they can help support you. Once you go beyond the ladder, you will experience death or injury, just as you would if you stepped off a real ladder from the top rung; the top of both arrows are black, indicating the possibility of death or serious injury. In other words, you must always maintain control, no matter what level you are at.

Just know that in some situations, you may climb the ladder progressively, and in other situations, what may have started off high could de-escalate.

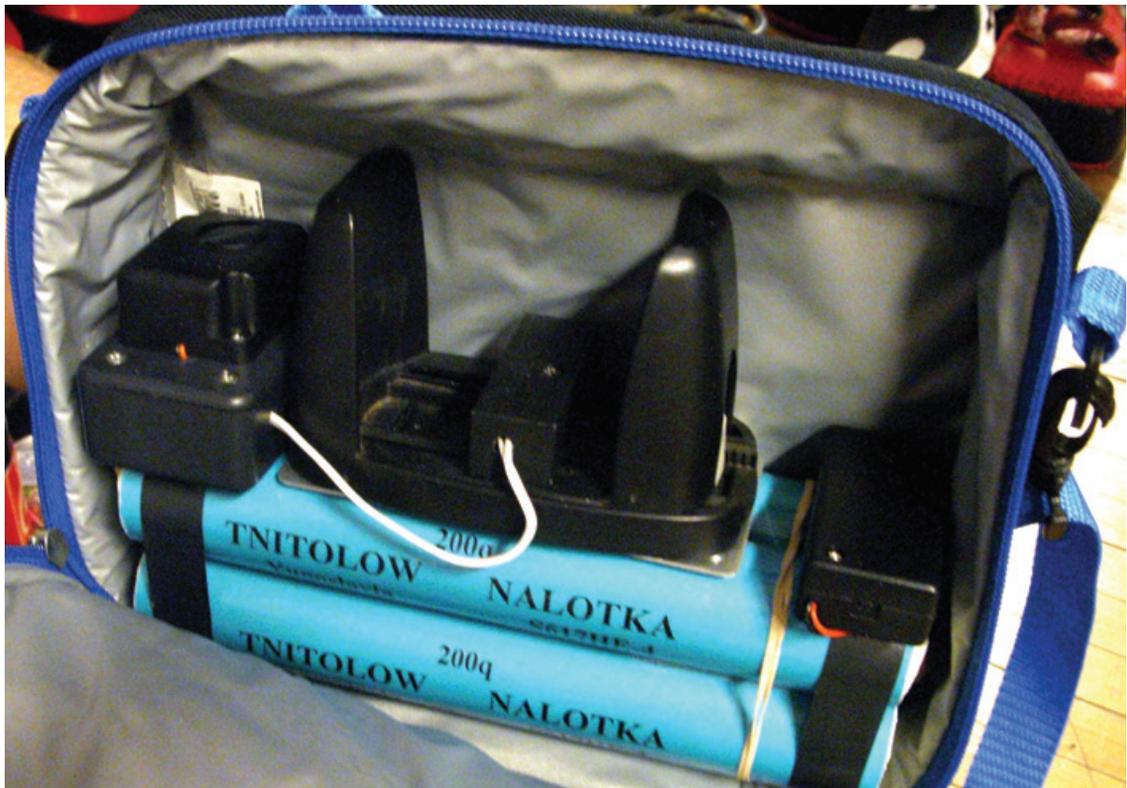
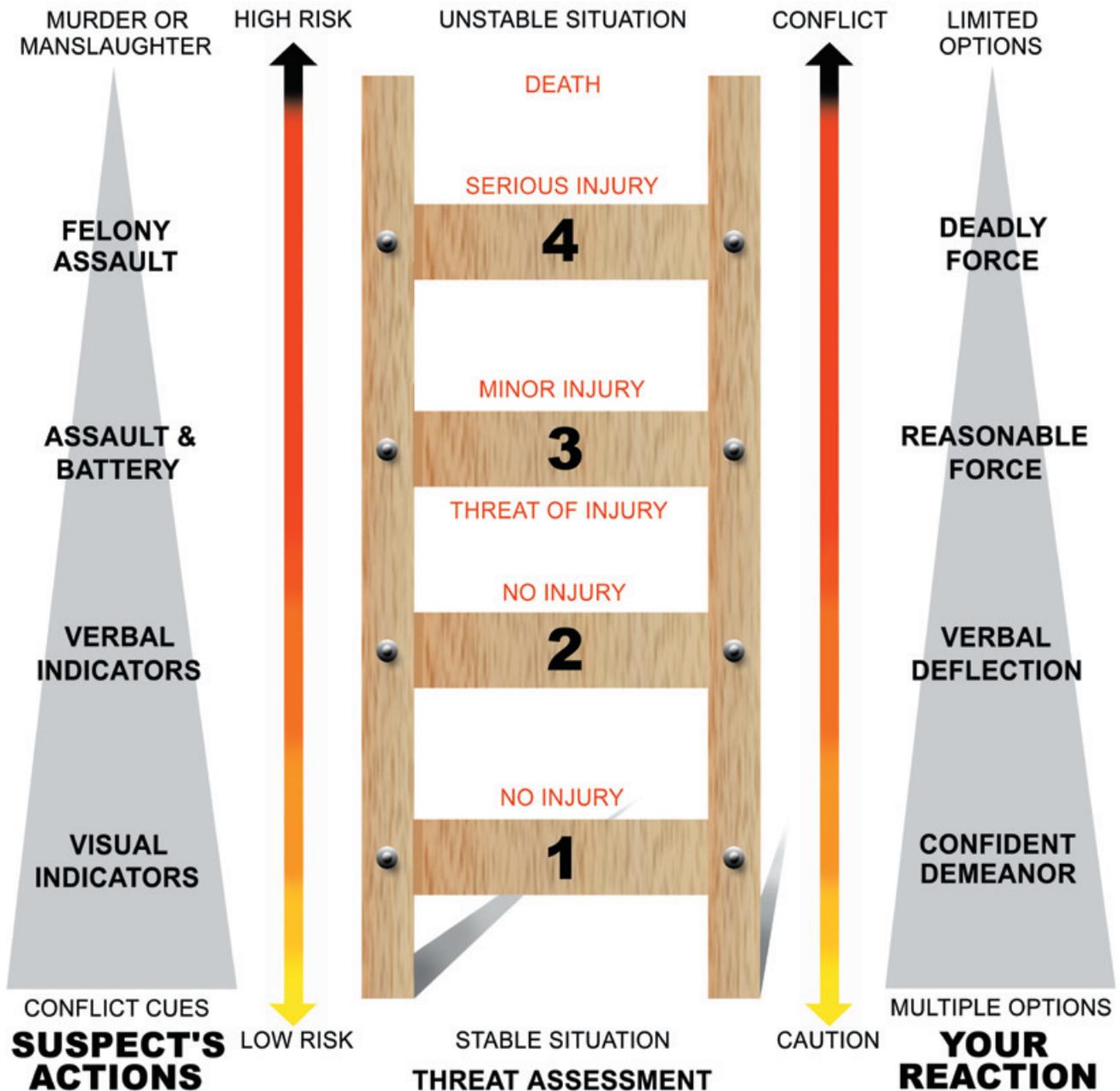


Photo courtesy of Jim Wagner

**This inert terrorist bomb was made by a U.S. Department of Homeland Security instructor to teach students during training scenarios what to do once it is discovered. The device is packed into a bomb belt.**



# JIM WAGNER REALITY-BASED PERSONAL PROTECTION USE-OF-FORCE LADDER FOR CIVILIAN SELF-DEFENSE



**DEADLY FORCE:** Any force that is likely to cause death or serious bodily injury.  
**REASONABLE FORCE:** The level of force that a reasonable person would use in a similar situation.  
**VERBAL DEFLECTION:** Words, or silence, used to diffuse a situation rather than to incite.  
**CONFIDENT DEMEANOR:** Physical appearance of self-confidence and determination.  
**THREAT ASSESSMENT:** Anticipating likely conflict paths before they occur (at all levels).

Courtesy of Jim Wagner

## The Colors of Conflict

Like a ladder that you would lean up against a building, the most stable place to be is not on the ladder but on the ground. Likewise in daily life, you are always safest when you avoid conflict. Once you get on the first rung of a ladder, there are risks because you can get injured even from a foot or two off the ground. The same thing goes for life; trouble can find you or the people you care about when you're going about the simplest tasks.

Before you go up any farther on the ladder, notice that there are two triangles and vertical areas. Notice the left arrow of the graph starts at the bottom of the ladder as a low-risk situation, then escalates to a high risk situation, while the arrow to the right starts from being cautious to being engaged in physical conflict. The left triangle represents your attacker's actions, while the vertical arrows are color-coordinated with a gradient. The attacker can be a wide variety of characters: a homeless person asking for money, a gang member coming at you with a knife, a robber or even a wild-eyed terrorist. The vertical arrow corresponds with my Conflict Color-Code System. Each color on the arrow represents the level of danger. They are as follows:

**White (Secure):** This color underneath the ladder represents staying off the ladder altogether. At this level, you are in a secure place, like home, work or a social event. A conflict is not anticipated. This does not mean that you are totally secure. At Code White, you must have emergency plans in place in the event that the peace is disturbed. In other words, you must prepare for all likely attacks before they happen, and hopefully they don't. For example, if you are home, you should have a home security plan, like locks on the doors and windows, outdoor lighting, a good alarm system, surveillance cameras and escape routes in case of a home invasion. At work, you must have an escape plan should there be a workplace shooting and so forth. In addition, although your company may have emergency plans, you may want to formulate your own. For example, your company plan may direct employees to exit the building by a front exit in the event of a bomb threat. However, your plan might be to exit the side door because you're aware that a car bomb could just as feasibly be in the parking lot. After all, what if the attacker is aware of the company's plans?

**Yellow (Caution):** This is the level that you must always maintain when you are in public. You should always be aware of your environment, including people, vehicles, the possibility of danger behind large objects, dark areas, etc. This is not a state of paranoia but of prudent caution known as situational awareness. That's why the arrow extends below the ladder and into the white area. You should be alert long before you get into a conflict. Once there is any indication of a conflict, the yellow color blends rapidly into orange. On the ladder, the yellow turns darker when a subject is giving visual indicators that you should beware, such as a hard stare (mad-dogging you), posturing or wearing gang colors.

**Orange (Danger):** At this level, there is a real possibility of danger because the subject or the bad guy is giving verbal indicators, such as direct threats or suspicious words. The intensity of this pre-conflict phase can escalate or dissipate depending on the hostile person's intent. The potential for conflict can be rapid, steady or gradual. Although words cannot hurt you physically, words will determine your course of action. If someone is threatening to hurt you, there must be three elements

present before you can take physical action: *means* (the wherewithal to harm you), *opportunity* (the immediate ability to harm you) and *intent* (the thought to harm you, whether implied or verbalized).

**Red (Conflict):** At this level, you are in any kind of physical conflict. Does this mean you can use whatever self-defense techniques you would like to protect yourself and others? No. There are many levels of conflict. Even in warfare there are differences, such as low-intensity conflict (guerrilla warfare or terrorism) and high-intensity conflict (all-out war or limited actions). Someone who pushes you because they are rude will not be treated like someone who is trying to stab you with a knife.

There is good reason the two arrows in the graph point upward and downward. Conflict situations can start at any level and at any time. You may find yourself in Code Red without going through all the previous rungs. For example, if you're standing in a bank and bank robbers barge in blasting their guns, then you're in the Code Red zone instantly. A situation does not need to start at Level 1 and work up to Level 4. A situation can start at any level. Likewise, you may start at Level 4 needing to use deadly force, but if suddenly your attacker surrenders, you must drop down to the appropriate level. A lot of it is common sense, but unfortunately in this day and age, common sense is not so common.

## Means, Opportunity and Intent

Notice that the gray triangles next to the ladder start off with broad bases, then taper off to mere points. The right triangle represents the options you have in a conflict situation. When you start with Level 1, there are multiple options: You can walk away, call the police, yell for help, etc. However, by the time you are engaged in a life-and-death conflict, there are limited options. If someone is trying to stab you, you have basically one option—control the weapon. If you don't block the knife or grab the hand that controls it, you could be dead.

Of course while the use-of-force ladder will justify your level of force, you must be able to articulate to a law-enforcement officer why you were legally justified in defending yourself or another person. In order to legally use physical force against a hostile subject, three elements must be present. They are:

**1. Means:** The aggressor must have the tools or skills readily accessible to commit the crime. If a drunken person tells you that he is "going to shoot everyone in the building" but has no firearm, can you use lethal force against him? The legal answer is no. If the man has no weapon to carry out his threat, then he does not have the means at that moment. I definitely would call the police and report the incident because this guy may indeed be serious and go get a weapon and come back. On the other hand, if this same person says, "I'm going to shoot everyone in the building," and he starts reaching into his coat pocket as if to get a weapon, then I would take necessary action. The act of reaching into the pocket after the threat demonstrates that he has the means to carry out his threat. Of course, anyone who displays a weapon in a hostile manner has obvious means. Note: There does not have to be a weapon to determine means. If someone is empty handed and he threatens to beat you up or the person you are with and you can see that he is physically fit enough to do so, then you can deduce that the aggressor has the means. Yet, if the aggressor is so drunk that you know that his uncoordinated

strikes will do little damage, you can't unload on him like you would a terrorist. An overly intoxicated person simply does not have the means to effectively carry out his attack.

**2. Opportunity:** The aggressor must have the immediately favorable conditions to commit the crime. If a man threatens to assault you or the person you are with but he is a paraplegic confined to a wheelchair, you cannot start pounding on him. After all, a reasonable person and his protectee would protect himself by just moving to an area that the man cannot get to. On the other hand, if you find yourself in an elevator and the man in the wheelchair threatens to attack you both, you may have to push him away or strike him to make him stop. The close proximity gives the aggressor the means as well as the opportunity. On the other side of the coin, someone may have the means and the intent to harm you and the one you are with but may lack the opportunity. For example, if a disgruntled employee calls and tells you that he is going to kill you and everyone in the office and that he has a gun in his hand, you cannot grab your shotgun, drive over to his house and try to shoot him before he can shoot you and your co-workers.

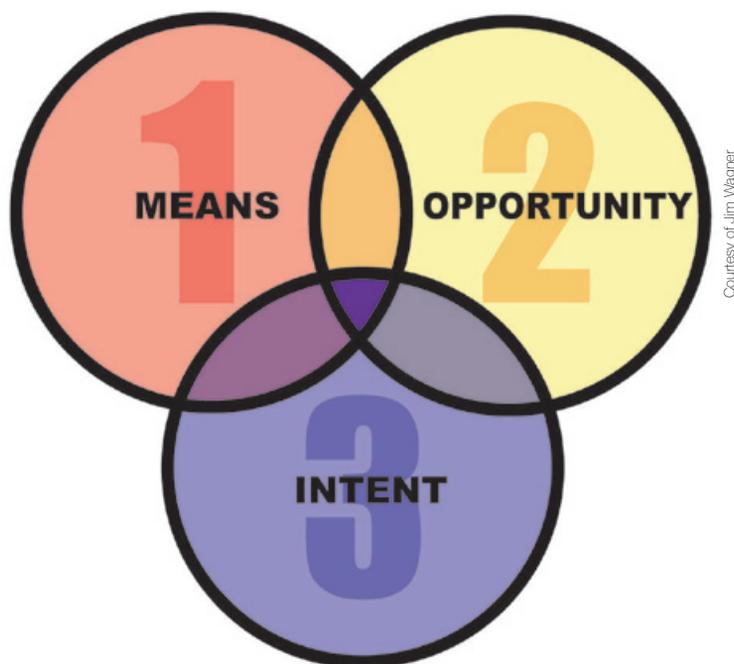
**3. Intent:** Intent is the mental state of the aggressor at the time of the crime. Obviously, no one can really know what a person is thinking. However, you can make an educated guess based on the totality of circumstances. This is known as implied intent. For example, if I am at an ATM withdrawing money and a man walks up to me with a knife in his hand, I can make a reasonable assumption that he is about to rob me. With the knife in his hand, I know that he has the means. I know that he has the opportunity because I am at the ATM, which is often a location of robberies, and I can infer the intent of robbery because a normal person would not approach another with a knife while he is withdrawing money. Only a robber would do such a thing. On the other hand, if a man is across the street wandering around in a confused manner with a knife, I could not assume he is about to commit a robbery. He may be a mentally disturbed person instead. He may have just committed a crime or may be in the process of committing a crime. But because he is not approaching me and I do not know his intent, I cannot run across the street and use physical force on him.

In order to legally defend yourself and others using physical force, all three elements must be present. If these three elements do not come together, you may find yourself in the position of being arrested for excessive force in the eyes of law enforcement and the judicial system. Let's return to the example of the disgruntled employee. If the disgruntled employee is standing before you with a gun and telling you that he is going to kill you or anyone else in your workplace, then you have all three elements present—means, opportunity and intent—and you can do whatever it takes to protect yourself and anyone else in that office, even to the point of lethal force. However, for the person calling you on the phone spewing threats, the element of opportunity is lacking. Your response would be to take the threat seriously with the correct procedure of calling the police. Such a threat comes under the heading of "terrorist threats" in most states.

It's important to be able to explain to a law-enforcement office why you were justified in using physical force to defend yourself or another person. I learned the three key assault elements when I was in the police academy and I have never forgotten them. You must memorize them, too.

## JIM WAGNER REALITY-BASED PERSONAL PROTECTION

# THE ASSAULT ELEMENTS



- 1. MEANS:** The tools or skills readily accessible to commit the crime.
- 2. OPPORTUNITY:** The conditions immediately favorable to commit the crime.
- 3. INTENT:** Mental state at the time of the crime (implied intent).

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## The Conflict Cycle

Any human conflict that you engage in will have a predictable cycle. Whether the conflict involves a heated argument with a hostile subject or taking down a terrorist in a life-and-death situation, the cycle is always the same and always goes in sequential order. Obviously, the type of conflict and how you deal with it will determine the time and intensity you spend in each phase of the cycle. Having seen a great deal of action as a former corrections officer and a street cop, I have experienced the cycles of conflict more times than I can remember. Over the years, I also have noticed that all conflict shares a common pattern. As I developed my system for civilians, I spent years thinking about this cycle and working and reworking a graph that would best display this cycle in a simple but comprehensive fashion. The final result is the Conflict Cycle.

The Conflict Cycle is divided into three components: pre-conflict or before the conflict; conflict during the visual, verbal or physical attack; and post-conflict or after the conflict. Within each section are numbered and color-coded lines.

The numbering and color-code system of the Conflict Cycle are detailed elements within each conflict component. Although actual conflict is a seamless event, the individual lines help to explain

specific events that will take place within the timeline. This not only will let you know what to expect in a real fight, should one come, but also let you know how to better analyze what transpired in a logical sequence after the conflict.

The base line of the cycle, indicated on the graph by a black dashed line, extends to infinity in both directions. It represents your normal daily life—behavior, thoughts and habits—without conflict.

## JIM WAGNER REALITY-BASED PERSONAL PROTECTION

# THE CONFLICT CYCLE



- 1. EDUCATION:** Knowledge Domain (preparation for conflict through training).
- 2. INITIATION:** The event that starts a conflict (conflict cues).
- 3. ESCALATION:** Immediate or gradual increase of danger (indicators).
- 4. CONFRONTATION:** Use of force (Jim Wagner Use-of-Force Ladder).
- 5. STABILIZATION:** Escape or citizen's arrest, triage/first aid, police contact.
- 6. NORMALIZATION:** Possible hospitalization, contemplation and litigation.
- 7. EVALUATION:** Debriefing and learning from experiences; adjust training.

- 1. Education:** The green line that sits on the base line represents your preparation before a conflict. Everybody prepares for a conflict one way or another. Even *not* preparing for a conflict is still doing something by doing nothing. This preparation is the Education phase of the Conflict Cycle. It is impossible to predict the future, but you can still prepare for the types of conflict that you are most likely to face when protecting yourself or others. In other words, you educate yourself about “your reality.” (This is why the third branch of the martial arts is referred to as reality-based, while the other two branches are traditional-based and sports-based.) The types of conflict you are likely going to face when you are protecting someone will depend on your environment and your purpose. The bodyguard protecting diplomats in Afghanistan has a different reality and purpose than a housewife in a small town in Nebraska who pulls her child away from a stranger. Thus, the risks and the dangers will differ in nature and intensity from person to person. Changing either your environment or your purpose will change your reality. Either way, proper preparation will help you meet the challenge if you are faced with a conflict.
- 2. Initiation:** The second pre-conflict phase is Initiation, which is the yellow line. It corresponds with my Conflict Color-Code System and the Use-of-Force Ladder. The yellow means caution. Conflict does not just happen. There has to be a starting point. Sometimes you will see it coming, and other times it will appear instantly. Thus, the Initiation phrase can be as simple as someone looking at you wrong or as complex as a couple of terrorists making subtle hand signals. The more familiar you are with various forms of violence, the more perceptive you will be at spotting the initial phase of a conflict. Earlier, we called this situational awareness. (See Page 18.) For example, you see a man walk into a bank wearing a baseball cap and sunglasses. He does a 360-degree scan of the area before entering. That may be the cue that he is about to commit a bank robbery, and it is also your signal to a) start making your way to an exit with your associate or b) position yourself near some cover.
- 3. Escalation:** After initiation, there will be escalation, which is represented by the orange line. Orange means that a conflict is imminent; you are on the verge of pre-conflict and conflict components. Escalation can be immediate—a terrorist pulling a hand grenade from the pouch around his waist—or gradual—somebody starts to raise his voice at the person you are with. These are strong warning signs. How far the escalation goes up the Use-of-Force Ladder depends on the nature of the conflict. Sometimes you will be able to diffuse an escalating situation, and at other times, you will have no choice but to merely react to it. Just as with the Initiation element, your training and experience will hopefully be enough to detect the escalation and counter it in time.
- 4. Confrontation:** This is the phase where physical conflict takes place, and it is represented by the color red for danger. The line goes up and down like a mountain range because a fight can go up and down. One second, you can be losing, and the next moment, you are winning, then you’re losing the advantage once again. This is the point at which the things you learn in this book will be put to the test. If your training closely parallels the incident you find yourself facing, you will be ready for it. If, on the other hand, your previous training was unrealistic or even nonexistent, then this will obviously be a disadvantage to you that could prove disastrous. Over the years, I’ve had many

black belts tell me they had trained hard for years but were defeated in a real-life encounter for one reason or another: They were not prepared for the attacker to throw sand in their eyes, the attacker kept thrusting the knife at angles they weren't expecting, they weren't used to fighting with objects littering the ground, and the list goes on. These same people are the ones who become advocates of learning various styles and later gravitate to reality-based systems.

You will also notice that the red line extends into the post-conflict component slightly. This is because you are not truly safe until you have completely escaped from the threat, your attacker escaped or is incapacitated, or you have subdued the attacker(s) until the authorities have arrived. You may have indeed made a successful citizen's arrest after the fight, but until you hand over your prisoner to the police, the subject still poses a threat to you and the person you tried to save. The attacker may still break free, possibly strike you even while restrained, or escape. Even if the subject runs from the scene, did he really flee or is he just going around the corner to retrieve a weapon and double back? Therefore, you must still stay alert even after the initial hostilities have ended. One more glaring illustration is a suicide bomber. You may have survived the first blast, but you had better clear out of the area in case there is a second suicide bomber who plans on killing the first responders. When you are clearing out of the area, this is a good time to take a wounded person with you and protect others.

**5. Stabilization:** The gray line begins the post-conflict component; the color is gray because there may be uncertain variables at this stage. Now that the conflict is over, what do you do with the subject? Do you walk away? Do you flee for your life? Do you make a citizen's arrest? If the attacker has fled, this may be the time for self-triage or first aid. After you have checked yourself, you need to check the person you were protecting. (I'll cover this aspect in length in this book.) If a crime has taken place, there will be police contact, so do you notify the authorities yourself? Or will they show up because of another caller? You will be interviewed and you may even be required to make a written statement. There are many things that may take place after your attack, and you will have to make an attempt to sort it all out.

**6. Normalization:** The severity of the conflict will determine how far you dip below the base line. This normalization phase is represented by the blue line because you may feel very blue at this time. (This is an area virtually ignored by self-defense instructors but essential for you to know.) At this point, the conflict is over. Your mind and body seek to return to your base-line normal life. If serious injuries were sustained, you and/or the person you tried to protect may require hospitalization. Another casualty can be psychological health in the form of post-traumatic stress, experienced by you or the person you were helping. If it was an office shooting or a school shooting, you may end up talking to a lot of people after the incident, even months afterward. Depending on how traumatic the conflict was, you may experience fear, fatigue, regret, performance disappointment, depression or any number of negative emotions. How long you and the others stay below the base line depends on a lot of things, like your general outlook on the situation, your previous training and experiences, and your support group. The more familiar you are with conflict, the less time you will spend below the base line. Experiencing time below the base line is normal, but staying there too long can lead

to some serious problems. One of the greatest strengths of the Reality-Based Personal Protection system that you'll learn in this book is that it will expose you to very realistic scenarios in training. Its true-to-life realism—using costumes, environmental manipulation, scents, props, scripts, etc.—gives students a taste of this phase of the Conflict Cycle because it parallels the same stimuli that will be present in a real conflict situation. Therefore, these experiences will not be as foreign to them when they face the real thing.

**7. Evaluation:** At some point, life does return to normal for everybody. The base line is once again reached and is subsequently indicated by a green line. The conflict experience can make the person grow, or it can demoralize him and leave him with the victim mentality. For some, conflict is a wake-up call and an opportunity to adjust their worldview and training accordingly. This phase of the Conflict Cycle does not only occur after real-life situations; training can induce this part of the cycle, as well. I have been in real knife fights in which people wanted to kill me. I have seen stabbings, and I have trained thousands of police officers, SWAT operators and Special Forces operators in knife survival. I have had many martial artists change the way they train after learning how criminals or terrorists use a knife. These converts went through a realistic training environment attack, experienced the seven elements of the Conflict Cycle, then decided to change their training regime to reflect their newfound knowledge. Ultimately, that is what phase No. 7 has to be: a time of evaluation and constant restructuring.

## Preparing for Conflict Stress

How will you actually perform when trying to defend yourself or save another person's life? What's going to happen to you emotionally when you're locked in mortal combat? Will you have the will to survive? Or will you be so paralyzed with fear that you'll hesitate during the first few critical seconds? Or maybe you won't be able to move at all? The answer is that you won't know until you can say, "Been there, done that." However, you can start preparing physically and mentally for it.

In the reality-based self-defense system I teach, my students learn how to turn on and turn off violence like a tap. To do this, I have many exercises and drills that condition their minds and their bodies for conflict stress. Here are some examples:

**Scenario Training:** To properly train yourself how to protect others, you must either place yourself in a micro-scenario (a point in time chosen to practice a particular technique) or run through full scenarios (a beginning, a conflict and a realistic ending like you would experience in a real conflict situation). You need to stick to modern conflict scenarios that you are likely to face when protecting someone—drive-by shootings, office or school massacres, street robberies, terrorist attacks, criminal-style knife attacks or an aggressive homeless person begging for money.

**Stage Blood:** Use Hollywood stage blood in your self-defense training. Sometimes dab some stage blood onto the boxing gloves that you and your partner are using so that when you do your light-contact fighting, you are transferring "blood" when strikes are made. To see the blood on someone's face after a strike reinforces the fact that there will be injuries and blood in a real conflict. You can also do what I do in my Knife Survival course: Pour stage blood into the hands of your "attacker"

and into your own hands. Then place your protectee in a corner and you in front of them. Have the attacker come at you full speed with moderate contact with a rubber knife. In a real fight, people get cut. You will get cut. Defense wounds are bloody, so with this exercise, you will learn how to deal with the slippery physical aspects of blood. You are also getting “violence inoculated” because you see blood all over yourself and on your attacker. Having the protectee behind you makes the scenario training feel that much more real.

**Injury Reinforcement Training:** Include a drill in which you get three “free” hits on your training partner who is playing the role of attacker. Your partner receiving the light-contact hits will simulate what would actually happen to him in real life. For example, if you simulate poking an eye, what would be his natural reaction? Most people would put both hands to the injured eye, turn away from the attacker and moan in pain. By seeing this reaction, you then see an attack opening, which may be the groin. What happens to most people when they are kicked hard in the groin? You see what I am getting at? This kind of drill not only lets a student see the results of using violence but also helps with target acquisition.

## Thermal Shock Training

When the human body is subjected to extreme cold, there are predictable physiological conditions that occur; the body pulls blood from the limbs and concentrates it in the inner core to give warmth to vital organs. Digits get numb, reaction time slows, fine-motor skills are reduced, and the thinking process is dulled.

In actual combat, the body can experience similar stresses: Fine-motor skills give way to gross-motor skills, breathing becomes rapid and shallow, and reaction time may be slowed. To simulate this stress takes nothing more than cold water.

In the privacy of your own shower, turn on the cold water and let the water run all over you. The sudden shock to the body is close to the shock that you’ll experience when your life, or that of someone you are trying to protect, is on the line. Under such conditions, it’s hard to carry on normally, but that’s exactly what you have to train yourself to do. When you’re running the water over your body, your breathing must be deep and rhythmic. The better you control your breathing, the more relaxed your muscles will be and the clearer your thinking will be. Without slipping in the shower, perform disarm moves, throw a few punches or imagine yourself evacuating someone out of a building under gunfire. Build up your tolerance a little each time you’re in the cold water. Your reward will be a warm shower afterward.

In the U.S. Navy SEALs, Marine Corps Force Recon, Army Special Forces or other units who train extensively in waterborne operations, personnel are subjected to cold conditioning—most notably standing in the cold surf without thermal protection. Before reaching hypothermia, they are ordered out of the water and are required to perform strenuous physical exercises, then sent back into the water. Cold is a great demoralizer, and dealing with it takes mental fortitude.

A word of warning: Prolonged exposure to cold can cause injury and/or death. Don’t put yourself in a state of hypothermia. Do the training only enough to shock the body and perform a few physical and mental tasks. Before you start to shiver is the time you should gradually increase the water’s temperature.

## Conflict Communications

On American warships, the front of the ship is called the bow. The rear is called the stern. The left side is called the port, and the right side of a ship is known as the starboard. These words, so I've been told while training with U.S. Navy and U.S. Coast Guard special-operations teams, revert back to plain English—front, back, left and right—in times of combat.

Similarly, bodyguards have a simple combat language, also known as conflict communication. While protecting “the principal” (a term that refers to a diplomat, movie star, high-profile prisoner or any person you are protecting if you are a professional bodyguard) when an attack is launched against this person (be it with a gun, hand grenade or a just a pie in the face), many teams use one of these four, to-the-point warnings: “Gun front!” “Gun rear!” “Gun left!” or “Gun right!”

In military and law-enforcement circles, effective teamwork requires clear and concise communication between members of the team. It doesn't matter whether the team is made up of two cops making a car stop on a country road or a 140-man counterterrorist team hitting a compound in a foreign country to rescue hostages. Good communication is just as important as using proper tactics and techniques.

Right from the start, be it in boot camp or the police academy, recruits are taught how to communicate with each other in routine and crisis situations, and it continues throughout their careers. Unfortunately, most people who study self-defense fall short in the area of team communication and teamwork because there is an assumption that the person will be a sole defender. This mindset is evident when you take a close look at traditional martial arts schools. The majority of these schools train for one-on-one situations or one-person-against-multiple-attackers scenarios. There are very few civilian martial arts instructors who teach multiple defenders how to work together for mutual survival, be it against one dedicated attacker or many.

There are many instances in which you could find yourself teamed up with a person by choice or unwittingly. Examples of this include a group of employees huddled together during an office shooting incident, a classroom full of students in a school shooting, your family during a carjacking, or a group of friends enjoying an evening out who suddenly find themselves jumped by several gang members.

Because it is likely you may be fighting alongside others in a real combat situation, you must incorporate techniques and scenarios that deal with such eventualities into your own training regime. If you only train to protect yourself and you do not train to work and communicate with others, then the odds of overall failure increase.

## Command Presence

Most people tend to freeze up in violent crisis situations. When confronted with harm, their voices crack, their eyes display panic, their breathing is rapid and shallow, and they may display shaking, crying, moaning or other signs of fear. You must be the person who can immediately assume the leadership role, the “voice of reason,” so to speak, in a crisis situation. In cop-speak, that's called “command presence.” Command presence means having “the appearance of calm,” a strong authoritative voice, and well-thought-out actions that, once acted on, are carried out. The person who seems to appear self-confident and sure of what action should be taken is usually the one people tend to follow. This makes it much easier to protect people.

The best way to learn command presence is through scenario training. For example, one person assumes the role of the aggressor. You are the defender, and one or two others are the ones you must protect because they are afraid or unable to offer assistance. Just before the conflict, you must show a strong command presence by ordering the protectees to get to a safe spot in the room or to have them immediately call the authorities on a cell phone. It sounds elementary, but in times of crisis, people will just stand there and do nothing. Oftentimes, you have to jump-start some people into action. “You! Stand over there and call the police! Now!” Just like on warships or orders given to a dignitary protection unit, all communication must be in plain, simple language loud enough to be heard.

This is also readily apparent in the post-conflict component of an attack. Once a crisis is over, you must have the presence of mind to deal with the aftermath—injuries, preserving the crime scene, calling the authorities, evacuating people, or whatever the case may be. Post-conflict deals with events after a fight. Oftentimes, survivors are either in a state of euphoria or sheer panic. They tend to just stand there while their minds and bodies attempt to establish normal and routine base-line patterns again. However, if you’ve got other people around you to worry about, you don’t have the luxury to just reflect like an untrained person would. You need your command presence and conflict-communication skills to get things done.

There are many scenarios you can work on to develop your post-conflict responses. One such example would be to have an attacker armed with a rubber knife attack a “victim” while two “witnesses” view the attack. After a few slashes and stabs, the attacker will retreat from the scene, leaving the designated victim wounded. The two witnesses will just stand around and reflect on what has just transpired. They do not know what to do. This is where you come in: You yell to the witnesses, “You, check the victim for wounds! You, over there. Call the police and an ambulance!” Now that you have succeeded in your conflict communications, you render the victim first aid. You also could tell one of the witnesses to call the police and give the authorities the location, a description of the suspect, and the suspect’s method and direction of travel. Note: Post-conflict training is a great teaching tool because it reinforces the fact that a crisis doesn’t just end when the hostilities cease.

## Direct Control

While maintaining a good command presence, you want to practice direct control of your protectee. This means using firm verbal commands or physically controlling the protectee.

Let’s say you must protect a 6-year-old child—your own or somebody else’s. A couple of attackers are trying to harm you and the child. If you just start swinging away without a plan, that child could run off and inadvertently into the arms of one of the attackers. A direct-control response would be to grab the child by the hair with one hand and pull them to your backside, using your own body as a shield; you would then hold the child there. By doing this, you will know where the child is at all times and you can move together as a unit. Grabbing a child by the hair may sound cruel, but it is the only way to adequately protect the kid.

Another example of direct control is in a situation in which you must force someone to the ground during a shooting to keep you and the protectee from getting shot. This may sound easy, but how are you going to accomplish it? Are you just going to tackle them to the ground, then jump on top of them? What if they resist you?

In actual shootings, most people just stand around seeking no cover or concealment for the first several seconds until it finally registers in their mind that they are in real danger. Most people interviewed after a real shooting state, “I thought it was just firecrackers at first.” This may sound funny, but I’ve seen a shooting in which everyone stood frozen like a deer caught in headlights while the gunman capped rounds.

One easy direct-control technique you can use to bring someone down safely to the ground is to get behind the person you intend to protect. Reach around his or her waist with one arm and bend the person over with your other hand by placing it on the back of his or her head and pushing downward. Once the protectee is “folded” and on the ground, order him or her to stay put while you go back to the fight. You might also shield the protectee with your body, depending on the circumstances.

Until you have practiced direct-control movements, they will not be smooth, and they may not even work effectively. That is why in your training you must practice using direct control. One easy way to practice this in a training environment is to have a training partner stand near you. When you or someone else yells out “bang,” practice taking the designated person to the ground a few times. Each time, you want to practice taking the person to the ground from different positions and distances. By practicing this, you will soon discover what variations of the technique works best for you. Also, because most people are not used to manhandling someone else, practice will make it more familiar and help you overcome being delicate with someone.

Another training scenario is to stand side by side with another person while taking on three thugs. If the person you are with knows how to fight, then a direct-control technique would be to shove your partner toward one of the attackers with an order. An example order would be, “You take on that guy, and I’ll take these two!” By doing this, you have formulated an immediate plan. You have communicated it to your partner using good command presence, and you have begun executing the plan by using direct control. This is combat language and teamwork at its best. It is also another method of protecting someone. Protecting someone does not always mean that you are “the bullet catcher.”

## Code Words

Part of protecting others is to have code words for various potentially violent situations. Avoiding an attack is a lot better than trying to extract yourself and your protectee from one. When I was a bodyguard, my captain used to say to the team, “If you have to protect your principal, you have already failed.” In other words, a good bodyguard does everything possible to keep his protectee out of danger. Having code words is one of the pre-conflict preparations.

My wife and I had the pleasure of being invited to the Oval Office of the White House by President George W. Bush on January 12, 2009. He thanked me personally for my war effort. I not only had given aid and support to U.S. Marines fighting in two theaters of war but also had trained Army National Guard troops in various combat courses for Iraq, Afghanistan, Kosovo and state missions.

My wife Karen was invited to accompany me because she had also contributed her time and talents to the Department of Defense’s “America Supports You” program. After our meeting with the commander in chief and a dinner with friends, my wife and I headed back to our hotel, which was only two blocks from the White House.

Once in the room, I took off my Class-A uniform and put on a pair of jeans and a sweater. My wife slipped into her pajamas for the night. I was craving a root-beer float from the restaurant across the street. It made the best ones I have ever tasted. Karen didn't want to go. I told her that I'd be back in 20 minutes. She was exhausted and didn't want me to bring her back anything.

While I was standing in the doorway and giving my wife a kiss, a clean-cut man dressed in business-casual clothing passed by in the hallway. I heard him passing by and turned to see him. He was half-smiling but kept walking past me, as if going about his business. There was nothing on the surface that would alert me to this man, but I just didn't like the look in his eyes. I guess it was just the cop inside of me that made me suspicious. My wife had not seen him because she was inside the room with the door half closed and because I was blocking her view to the hallway.

Karen locked the door behind me as I left, and I headed around the hallway corner and into the elevator. Just before I pushed the button, I decided to return to the hallway where our room was located to see whether the man I had seen had circled back. I waited for several seconds near our closed hotel room door, but I didn't see anybody.

I returned to the elevator and proceeded to the restaurant across the street. When I returned 20 minutes later, I came into the room while my wife was preparing for bed.

"After you left the room, did you come back and knock on the door?" Karen asked me.

"No, why?" I said.

"Well, a couple of minutes after you left, I heard a knock at the door. I thought it was you, so I said, 'Who is it?' " There was no peephole in our door so she couldn't see who it was.

"A man's voice said, 'Honey, I forgot something. Open up.' " Karen said.

The hair on the back of my neck stood up. My wife continued:

"I wasn't sure if it was you, so I asked, 'What's the code word?' " My wife and I had been practicing for years for such an event.

"He didn't say the code word, so I didn't open up the door," she said.

Thank God my wife was thinking tactically or I may have just as well found her dead, because knowing her, she would have fought to the bitter end. That creep had waited until I had gone and then doubled back!

We were only two blocks from one of the most secure places in the world, the White House, and a man tried to deceive my wife into having her open the door to him.

My wife and I have a code word for locked-door situations, but we also have a different code word for immediate-conflict situations when we are together. For example, I have a specific code word that I use if a person or people approach us and I am unable to warn my wife about a danger that I perceive. If we are in an area where there is an escape route, then my wife knows that she is immediately to start running away from the scene the moment I start fighting. Let's say we are in a restaurant and a threat develops. I interject the code word into the conversation, and when my wife sees me jump into action, she flees the area. I will take care of myself, and she is to get to a safe location and call the police. On the other hand, if I interject the code word when we are in a confined space with no escape, such as an aircraft or elevator, then my wife knows she is to fight alongside me.

Of course, neither my wife nor I want to be in such peril, but considering the alternative, it's better to

have a plan and protect the loved one that you are with. Even now in my current military police unit, we have code words that we would interject should we sense danger. We are all trained to alert others to conduct a vehicle bomb search, for example, with a code word. You don't really want to come out and say, "Hey, Sgt. Williams, I see a bomb vest on these two guys!" This gives the bad guys a split-second warning. We prefer to move away from them or neutralize them immediately without them knowing we are on to them. You may not be searching for explosives in vehicles coming onto a military base, but you can find yourself with a family member or co-worker in just as dangerous situations.

If you are a private citizen protecting someone, you may want to say something like, "Danger front!" "Danger left!" "Danger right!" or "Danger rear!" Some like the word "threat," and thus "Threat front!" It does not matter what word you use as long as it is short, easy to remember, and you practice it from time to time with your principal. Regardless of the means of attack, the counter-assault and evacuation process will be initiated without hesitation based on the direction called out.

## Detecting a Criminal Surveillance

How do you know whether you and the person you are with are under criminal surveillance? After all, that is actually the beginning of the attack, as illustrated by my example of the man who attempted to enter my hotel room.

What you need to understand is that criminals are not ghosts. They don't just suddenly appear from nowhere. Criminals will observe you before making their move to confront or attack you. They only seem to come out of nowhere because most people do not exercise good situational awareness. Most people aren't aware of how to recognize the signs that an attack is imminent.

Have you ever waited at a stoplight while driving? You are waiting for the light to turn green and look at the person in the lane next to you, who looks off in another direction. What do you typically do when that person you are staring at senses that you are looking at him? When that person suddenly turns and looks at you, your normal human response is to look away as if you had not been looking at him. This act of suddenly turning away is subtle and lasts for but a fraction of a second. However, you intuitively know you were caught if you were the one doing the looking, or he felt it when he was caught looking at you. When you recognize this behavior, especially from someone who has no business observing you, don't ignore your gut instinct. Take the situation seriously because you just may be under criminal observation. If this is the case, your next step will be to take evasive action.

The first thing you must know about criminal behavior is the Criminal Assault Cycle. These are the steps of that cycle and will always come in this order:

- 1. Selection:** The criminal looks for a "soft target," someone who is accessible, predictable and unaware of their surroundings.
- 2. Contact or Positioning:** The criminal approaches his victim or waits for the victim to come into the "ambush zone."
- 3. Assault (Conflict Phase):** This is the crime committed against the victim, be it inflicting injury, obtaining money and/or property, or a combination.

**4. Get Away:** The criminal is not going to wait around for the police and will try to escape.

The only way you are going to effectively protect others is to open up your eyes and start looking around at your surroundings more. You need to always develop your situational awareness. This will help you from walking blindly into an ambush and learn how to take the tactical “high ground” to avoid such an event. Rarely do the “bad guys” announce their intended attack on you. Rather, they lie in wait to seize the element of surprise. They pounce when you are least aware. A burglar creeping through your house won’t turn on the lights or make unnecessary noise to give you a chance to arm yourself. A mugger won’t stand in the middle of the sidewalk and risk you taking a detour away from the “fatal funnel.” (A fatal funnel is a restricting area where you must pass and where you are most vulnerable while being there, such as a doorway you must go through, stairwell, hallway or any place the attacker knows you will be momentarily trapped.) And you won’t find a person about to carjack you leaning up against your car as you approach.

## Glances and Your Gut Instinct

When I was in counterterrorism school back in 2002, the instructors dropped me and my assigned partner off in the desert town of Artesia, New Mexico. They told us that we would be under observation by a “terrorist” and that we were to see whether we could identify the person and give a physical description at the end of the real-time counter-surveillance exercise.

While Mike and I were in the crowded shopping mall, I caught a man glancing at us. It wasn’t just the momentary look that alerted me. It was a combination of the look, the positioning, the age bracket and, most of all, my gut instinct. It turned out that I had been right; he was the “terrorist.”

Several months later, I followed my hunch again, but this time, it was during a real mission out of Los Angeles International Airport as a federal air marshal. While securing a terminal door with my team, I caught a glimpse of a Middle Eastern man who just happened to look in our direction when he heard the door open. He was sitting by himself about 100 feet away. When he saw that we did not look like the pilots and flight attendants, he quickly turned away as if he were not interested. The man smoothly but hurriedly picked up his briefcase and darted in the crowd.

To make a long story short, I found out the man was boarding a plane destined for Washington, D.C., which was a high-risk flight. I removed the man from the aircraft and had my team secure the rest of the passengers. Eventually, everyone and everything had to come off of that flight because I found nuclear information in the man’s briefcase. I nabbed this guy because of his momentary glance and turn-away.

In another situation a year later, I was sitting on a bench with a friend while in Madrid, Spain. A scruffy man walked past us and my eyes caught his. He turned away as if he was just casually looking around, but I knew he was uncomfortable making eye contact with me. My friend, a bodyguard for the prime minister of Canada, noticed him, too, and we just pretended not to notice and kept on talking. Acting unaware, we got up and left the plaza.

Once we went around the corner, we quickly ducked into the nearest gift shop, picked up an item and looked out the window, which is a good counter-surveillance trick. The man in question came around the corner, looking for us. When he saw us in the shop looking at him, I saw him wave off another man. There was a team working on us. They were probably just some street criminals who prey on tourists. Again, we saw the danger coming because of that brief eye contact, coupled with gut instincts, which kept us from getting robbed or worse.

I’ve had a few other scary moments like the ones I have described, but I think you get the picture.

## Ambushes

Awareness is the key to avoiding many potentially dangerous situations, such as ambushes. But just talking about it does not train you for an actual event. You must put these principles into practice so that they become ingrained reactions. As you leave your home or work or are just walking around your city, run some “What if?” scenarios through your mind. “What if someone is hiding behind that tree over there?” “What if those men in that car are gang members who are going to jump out of their car as I approach my parked car?” “What if a man with an assault rifle comes into the fast-food restaurant as I’m ordering my hamburger?”

A few years ago while I was off-duty, my wife and I were about to enter a drugstore for some medication. As we were about to enter through the double doors, I noticed a young woman holding the electronic doors open by standing still in the sensor area. At first, I thought she was just being polite and holding the doors open for us, but it soon was apparent that she was looking past us and nervously scanning the parking lot. I sensed that something was wrong and grabbed my wife’s arm to pull her back. Just then, two men jumped the store guardrails and were about to run right over us. They had just committed a commercial burglary and were making their escape. Without thinking, I pushed my wife aside, then sidestepped and purposely tripped the first suspect with a sweep, which sent the first subject and his case of beer to the ground. The second subject leaped over his fallen partner in crime like a clumsy hurdle runner, then turned around to take care of me. I pulled my concealed pistol from my pancake holster and ordered him to stop. The surprised attacker, dressed in gang attire, decided that dying for a few beers was not worth it. He turned and fled, leaving his accomplices. In the commotion, the other two—the young woman who had been the lookout and the crook who took a header—scurried off. I wasn’t about to stop them without a radio, vest or backup. Plus, a violent encounter was not worth it for some stolen bottles, particularly with my wife standing next to me. I decided to be a good witness instead.

When approaching or walking through a potential ambush area, always follow the tactical rule: **Stop, look and listen.** In my example of the drugstore incident, the moment I sensed something unusual or out of place, I stopped. I looked, and I only had a split second to decide what I was going to do when the two men came running at me. Had I not been paying attention as I was walking into the store, the thieves would have plowed me and my wife over.

Whether you’re in a military unit walking through hostile territory or walking through a dark city alley, you should stop, look and listen every few minutes, even if there is no apparent danger. If all is quiet, move on. If you hear or see something, prepare yourself. Whenever you are going up to an ATM, inside a bank, an airport or other potential targets, you should always observe the surroundings as you make your approach, even more so when you are with someone because other people tend to be distracting. For example, as you and your protectee walk up to a convenience store, you should scan the immediate area for suspicious vehicles. If somebody is in a vehicle nearby the exit with the engine running, it could possibly be a getaway car. Another telltale sign of a crime in progress, or about to occur, is someone “posted” on the inside who is nervously watching the door and parking lot. This person could be a lookout for the accomplices inside, like in my example.

To outsmart a criminal, you have to think like one. You have to be aware of pre-conflict cues when you walk anywhere, especially high-risk areas. You should always ask yourself the following questions:

1. Where would someone most likely be hiding to ambush me?
2. Should an attack occur, where are my avenues of escape?
3. What would be the best tactics: counterattack, submit, run?

To avoid or reduce the consequences of an ambush, here are some pointers:

1. When turning corners, make wide turns to give yourself more reaction time.
2. Use “noise discipline” (don’t make noise) as you approach a hostile area so the bad guy can’t hear you coming.
3. Anticipate likely hiding areas that an attacker may use.

You and your protectee have to start thinking like the criminal, or you are going to have reduced or no reaction time in a real attack.

The question now is how do you train for counter-surveillance as a martial artist? You’re going to do it just like the U.S. government teaches it or how I learned it from members of the London Metropolitan Police. Have an instructor or training partner get some people you don’t know to follow you around for a set period. They should avoid detection. At the end of the exercise, you will describe the people you thought were the bad guys. That’s the only way you’re going to learn—by actually doing it. This exercise will expand your situational-awareness skills, make you a better bodyguard for those you are with, and help you start thinking more about prevention so you won’t have to use your self-defense skills.



Photo courtesy of Jim Wagner

In a women’s survival course, this woman learns how to “pie a corner,” which is to say she learns how to make wide turns around corners so that she isn’t surprised by a criminal ambush.

Photo courtesy of Jim Wagner



These police officers learn how to avoid an ambush by a school or office shooter in this active-shooter movement formation.

## Shielding Standard Bodyguard Technique



**1:** Two business co-workers are walking in a public place, and the man to the right is trained in reality-based self-defense.



**2:** It is immediately apparent that the man approaching them has hostile intentions. His hand is concealed, thus indicating a possible weapon.



**3:** The protector reaches out with his arm to stop his co-worker and begins to push him to the rear.



**4:** The protector shoves the protectee completely behind him, using his own body as a human shield, thus the term “shielding.”



**5:** A view from behind shows that the protectee is well-protected, but the protector will soon have to let go and fight.



**6:** The protector not only warns the aggressor to back off but also uses conflict communication to tell the protectee what to do.



**7:** Once the attacker gets too close, the protector must get into an imminent-conflict stance and prepare for a physical conflict.



**8:** One of the problems with shielding is that the protectee can start to wander off. Then the protector has no control over him.



**9:** Wandering off in a firearm attack can leave the protectee exposed to gunfire. Therefore, the protector must stay in the line of fire.



**10:** Once the fight is on, the phenomenon of tunnel vision will occupy the protector's mind and all attention will be on the attacker.

A good training tool to use to simulate the danger of a knife attack is a Shockknife. It delivers 7500 volts and .00075 amps when touched. It stings but is relatively safe for training.



Photo courtesy of Jim Wagner

## Shielding Children Standard Bodyguard Technique



**1:** This mother is walking with her child in a public place but remains aware of her environment and alert to possible danger.



**2:** The mother has situational awareness and sees an approaching man who she perceives as a possible threat.



**3:** With small children, the parent grabs the hair of the child. This provides immediate control of the child without having to pick her up.



**4:** Keeping a hold of the hair, the mother pulls the child behind her to get her out of the line of attack.



**5:** The mother uses her own body as a shield, and because this mother is right-handed, she keeps her primary hand free for defense.



**6:** Never grab the child by the collar because there is a risk of choking the child. Grabbing the hair may make them cry, but it controls them.



**7:** A mother is holding her infant in a public place but maintains situational awareness at all times.



**8:** The mother sees a threat coming, a possible child snatch-and-grab, and starts to shift the baby to her secondary hand.



**9:** The mother puts up the international hand signal for STOP and verbally warns the aggressor to back off.



**10:** Once the aggressor is in her Orange zone (reaching distance), the mother strikes the man and does whatever it takes to survive.

Photo courtesy of Jim Weigner



It's a good idea to bring small children to class so they can learn how to protect themselves. Here, a mother learns the hair-grab technique.

## Bagpiping Standard Bodyguard Technique



**1:** Two co-workers are walking in a public place, and the man to the left is trained in reality-based personal protection.



**2:** The protector stops the protectee and does the shielding technique by placing his own body in front.



**3:** The protector grabs the protectee's wrist with his secondary hand. He does not grab it with the primary hand (the weapon hand).



**4:** The protector places the protectee's trapped hand onto his chest to keep the protectee close behind him for control.



**5:** If the protector tracks the attacker, this technique forces the protectee to turn in the same direction as the protector.



**6:** The protector not only can force the protectee to turn left or right but can also force the protectee backward by walking backward.



**7:** One of the problems of moving backward, especially when moving rapidly, is that the protector can trip over the protectee.



**8:** If the attacker is coming in rapidly, the best thing to do is to push the protectee back and use conflict communication.



**9:** In close-range edged-weapons attacks, it is better that the protector move in on the attacker, thus giving the protectee escape time.



**10:** For an edged-weapons attack, the appropriate use-of-force response is deadly force, like targeting the eyes or throat.

Photo courtesy of Jim Wagner



The bagpiping technique can be used in a wide variety of situations. In this training scenario, a man who is demanding an extension of unemployment benefits is threatening suicide. In this situation, you would slowly bagpipe your protectee and move him away from the gunman.

## Evacuation

### Standard Bodyguard Technique



**1:** Two co-workers are walking in a public place, and the man to the right is trained in the Reality-Based Personal Protection system.



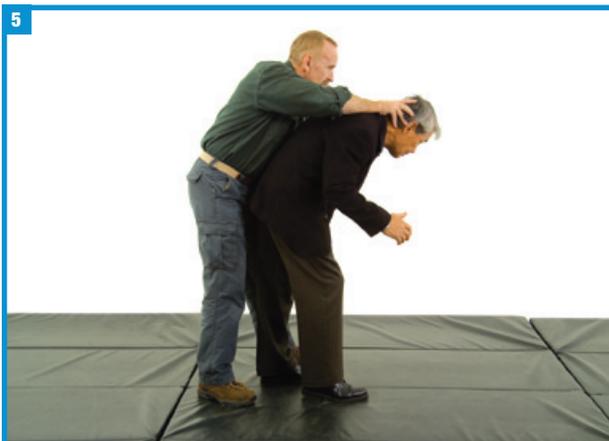
**2:** Both men hear shots fired, and the protector quickly scans the area to assess the threat and the danger areas.



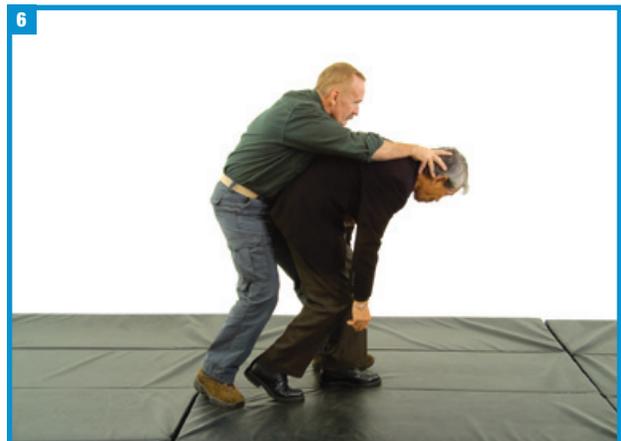
**3:** The protector decides what direction they need to go to escape and places his secondary hand on the stomach of the protectee.



**4:** The protector places his primary hand on the base of the protectee's neck, which will be used to direct the protectee through pressure.



**5:** The protector folds the protectee over to below the protector's shoulder line and gets directly behind the protectee.



**6:** The protector must shove the protectee forward and do a conflict glide, which is a fast walk, heel-to-toe, and not a run.



**7:** If the protector goes too fast, he will start tripping over the protectee's feet, but they must get out of the kill zone quickly.



**8:** The protectee must be told what to do in clear, concise language (conflict communication) to avoid any resistance.



**9:** The protector must completely cover the protectee's entire body while staying on the move for maximum protection.



**10:** If the protector is armed with a firearm, he can engage close targets while still on the move to exit the kill zone.

A Canadian reality-based student (left) evacuates two protectees at the same time while the hostile subject in the background throws objects—in this case boxing gloves to simulate hard objects.



Photo courtesy of Jim Wagner

## Personal Equipment for Emergencies

A lot of people seem to drop their guard when they are on vacation. They are so preoccupied with having a good time that they forget that criminals prey on unsuspecting tourists. Although having a good time is the primary focus of any vacation, situational awareness must remain paramount to protect yourself and others with you. The same is true for the business traveler. You not only must take precautions at your workplace, but you also must be just as vigilant when traveling to unfamiliar destinations and checking into a hotel.

Part of protecting others is having tools and items you need for a wide variety of incidents while you are traveling. A Go Bag is a tactical bag that has essential emergency supplies in it that you can grab and take with you immediately. A Go Bag should not stand out or attract any undue attention. You don't want anything that looks militaristic if you plan to use public transportation. You want it to be a bag that looks like it could have been bought in any travel store, and stay away from any bright, flashy colors.

As a professional traveler and a person with extensive tactical training and experience, I carry certain personal equipment with me at all times anytime I travel both on my person and in a Go Bag. I suggest that you carry the same items that I do. Let's go over each piece of equipment.

### Individual Equipment



I am in my typical traveling attire. I wear a shirt that has lots of pockets and pants that have lots of pockets. I also wear sturdy boots that have a zipper along their sides; this helps me get through airport security quickly.



Attached to my key chain is always a small LED light. A light, even a small one, can be used in a variety of tactical situations in the event of a subway attack, a smoky tunnel or a blackout. It is also useful in everyday situations, like finding a light switch in a dark room.



Always have a throwaway wallet to give to the criminal should you ever be robbed. Inside this wallet are fake family photos. You don't ever want the criminal to have photos of your own family, but having photographs of children, even if they are not your own, may get some sympathy from the criminal. You can also say, "Please, don't shoot me. I have a family."



Inside your throwaway wallet should be some promotional credit cards. They are cards sent by credit card companies and usually have the impression "your name here." They look like real credit cards when they are in the wallet pocket; a person can't tell the difference. If you don't receive these promotional credit cards in the mail, you can always take an old credit card you no longer use and cut your

name off it. Also in your throwaway wallet, always carry enough cash to satisfy a criminal. I actually purchase things using the throwaway wallet so that if I am under criminal surveillance, the robber will see me hand him the same wallet that I was using to make my purchase.

For a woman, I suggest wearing a money belt where personal identification and credit cards can be kept. There are companies that make form-fitting money belts for women. All other items, such as makeup, brushes, breath mints, etc., can be kept in the purse.



You must be prepared for car fires, structure fires and terrorist chemical attacks. You want a compact smoke hood that is designed to filter out not only toxic fumes from a vehicle or structure fire but also chemical weapons that a terrorist might use in a public place.



I always carry a pair of flexible nylon handcuffs with me. They usually run less than \$5 each, and two or three can fit into the change pocket of a pair of pants. There is no metal in them so they can go through any metal detector at an airport security checkpoint. I carry a minimum of two on me because they are one-time-only devices. If you pull it too tight and cut off the circulation of your prisoner, then you will have to put on another pair and cut off the restrictive ones off. Because I am currently in a military police unit, I have about 20 of them in a cargo pocket on my load-bearing vest, should I have to make many arrests in a riot situation. Fifty of them can easily be shoved into one pocket. They are a lot easier to store than the plastic flex cuffs.



QuikClot, a dressing and blood-clotting agent all in one, is a must to carry in your Go Bag or in one of your pockets if you have a job or anticipate a situation in which you will need to get to it quickly. Just place the dressing on the wound and then bandage the dressing in place to stop the bleeding. This product has been used extensively in the Iraq and Afghanistan wars.



I always carry a bandanna in my back pocket. A bandanna has multiple uses: It can be folded up to make a sling for a broken arm, it can be made into a pressure bandage, and it can be soaked in cold water and made into a headband while rescuing people. You can also filter water through it in a wilderness survival situation as well as countless other things.



Ever since I became a corrections officer back in 1988, I've always purchased shock- and water-resistant watches like those shown. Many smartphones have a compass program and can even act as a GPS receiver. Now I wear one that includes an electronic compass, an altimeter and a barometer. A compass is essential in a survival situation, and I always have an idea of which way I should head if my aircraft goes down in a hostile country.



I carry a police-style tourniquet called SWAT-Tourniquet. The U.S. Army recommends the Combat Application Tourniquet, also known as CAT. A tourniquet is applied to an extremity (leg or arm) when the bleeding cannot be stopped by a dressing and bandage. You apply manual pressure, elevating the injured limb or applying a pressure dressing. Although you can improvise with a belt or shoestring, it takes precious time. Tactical tourniquets are easy to use, fast and can be self-applied in an emergency.

Though you will probably not be wearing ready-made tourniquets, you should always carry one or two when traveling; have one in your personal vehicle in your first-aid kit and one or two in your home kit. It's better to have the device on hand and not need it than to need it and not have it.

## The Go Bag



I always carry a Go Bag with me whenever I take any kind of public transportation. You want your Go Bag to have several securable pockets and a one or two very large pockets for the larger items. The Go Bag should have a single strap that you can slip over your shoulder comfortably. My Go Bag even has room to slip a book and newspaper into. This gives the illusion that it is not a tactical bag. The photo above shows you what I carry. It is even gray in color because I always want to be a “gray man” (a surveillance term meaning that a person wears subdued colors so he or she will not stand out in a crowd).



I carry a SWAT-Tourniquet in a pocket and one or two in my Go Bag because they are very compact.



Like the tourniquet, I can carry one or two smoke hoods in my Go Bag, and in this photo, I show how it looks once it is deployed.



It is always important to have a tactical flashlight (torch). This is a sturdy impact-resistant flashlight that can light up a large area. You may need this to blind your attacker, find your way out of a kill zone, or set up so you can see what you are doing while rendering first aid.



I am holding three very important items.

**A:** I am wearing a bright orange-colored hat. I carry one in my Go Bag for two purposes. The first is for rescue. Perhaps your aircraft was ditched in the ocean and you are floating in the water. By wearing the bright-colored hat, you are more visible from a distance. The second reason for such a hat is in a hostage-rescue situation. Perhaps you, and those you are with, are being held hostage in a bus. It is three o'clock in the morning and you just happened to peek out the window and see a SWAT team moving up on the bus in a stealth manner. You slowly get out your orange hat and put it on. No terrorist in his right mind would wear such a color, and you will instantly be identified as a hostage, which can prevent you from being mistaken for a terrorist and getting shot.

**B:** The item in my right hand is a pair of thick leather work gloves. Perhaps I was on a subway train that derailed because of a bomb blast three wagons forward of mine. The exit door is jammed and there is jagged metal all about. The gloves will protect my hands against cuts and scrapes and even hot surfaces. Or you may have to pull out chunks of glass before you slip out the window to get free of the wreckage.

**C:** In my left hand, I have a bag of parachute cord, also called 550 cord. Parachute cord is very strong and can hold a lot of weight. It can be used to climb out of a hotel window to escape a fire, for improvised tourniquets, to tie up a bad guy, to help fashion an improvised stretcher, to pull a car door handle if a bomb is suspected, and a thousand other things.



I have three more items in my hands, but they are all related. I have three different packages of QuikClot to stop the bleeding for various wound sizes and a few bandages that take up very little room.



In my right hand is a CPR protective shield, a device to give someone mouth-to-mouth resuscitation while maintaining a biohazard-free barrier, and emergency room latex gloves to avoid bloodborne pathogens.



I am holding travel duct tape in my right hand and clear plastic zip-lock baggies in my left hand. The traveling duct tape is the same as regular duct tape only it comes flattened for easy transport. Duct tape has 1,001 uses. You can use duct tape to tie up a prisoner, as an emergency bandage or splint, or to tape a chemical light to a wall, among other things.

In regards to the plastic bag, there are many uses for them: sealing a sucking chest wound, keeping documents or electronics from moisture, using for urination (such as in a hostage situation) or using as a fishing bobber in a wilderness survival situation.



I have a survival straw in my right hand and a U.S. government "Meal, Ready to Eat" (MRE) in my left hand. You can live up to three weeks without food, but you can only function for three days without water. Besides air and shelter, water is your most important survival element. A water filtration straw can be placed into any water, and the straw will filter out virtually all bacteria and contaminants. A straw like the one I have can filter up to 60 liters of water.

As long as you have a water source, you can eat food. A pack of unopened military food can have a five-year shelf life if unopened. I keep one or two of my favorite menus in my Go Bag.



In my right hand is a chemical light and in the left hand is a space blanket. The chemical light is activated by bending it until a small tube inside the plastic tube breaks, releasing its contents into the larger tube. After being shaken vigorously, some last for two hours, eight hours or 12 hours depending on what type you buy. This is a good device if you need light for a long period. To signal a rescue aircraft, you tie one end to five feet of paracord and then spin it in a circle above your head. You can mark the location of a victim who was ejected from a vehicle or place the light on your back and lead people out of a kill zone.

The space blanket, when wrapped around a person, can reflect 90 percent of a person's body heat. In Germany it is mandatory to have a space blanket inside of a first-aid kit in every vehicle. A space blanket is placed over someone to prevent shock by keeping him or her warm. It can be used as a signal device or a rain poncho. Another of its many applications: Squares can be cut to make a first-aid "flutter valve" for a sucking chest wound.

## Chapter 2

# Protection and Firearms

**T**he Second Amendment of the U.S. Constitution reads: “A well-regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed.”

On June 27, 2008, the U.S. Supreme Court upheld that the Second Amendment protects an individual’s right to possess a firearm for private use in federal enclaves in the *District of Columbia v. Heller*. It was the first Supreme Court case in U.S. history to decide that the Second Amendment protects an individual citizen’s right to keep and bear arms for self-defense. Therefore, it is not a privilege for U.S. citizens living in the United States to keep and bear arms for self-defense; it is a right, and as a right, it cannot be taken away. However, some reasonable restrictions apply: Machine guns and ammunition over a certain caliber are not permitted, and the person must be an American citizen who is at least 21 years old with no felony convictions or mental illness.

Having a legal firearm in your home or place of business is a God-given right. If you choose to exercise your right to bear arms, you have a powerful tool that can protect you against a predator who may be larger, more powerful, more aggressive and more skilled than you. A firearm is “the great equalizer.”

For those of you in countries that restrict or even prohibit firearms, you are out of luck. You’re going to have to defend yourself and others with those weapons that are available to you, such as improvised weapons from common objects. You may have to use an inferior weapon against a well-armed criminal. However, don’t disregard this chapter and skip to the next one. What if you get into a struggle with a well-armed attacker? How might you manage to snatch his firearm? You still need the information contained in this chapter.

### Surviving a Massacre

We see it in the news almost daily. Somewhere in the world a gunman goes on a shooting spree, whether it’s a mentally disturbed person, a person bent on revenge or a terrorist. The increase of shootings worldwide makes anyone wonder, “Could it happen to me or somebody I care about?”

If you happen to find yourself in a building in the middle of a group of people when a gunman is shooting into it and you are too far from any reliable cover (objects that can stop bullets or fragmentation), the best thing to do at that moment is to dive to the floor and play dead. If you are standing next to someone who needs your protection, then force your protectee to the ground with you. The position of your bodies has to convince the gunman that you are both casualties. (See Page 68.) If you look dead, the gunman will most likely engage other targets, like people who are wounded or trying to escape the carnage. The gunman will also more likely move to other target-rich environments or prepare for the response of the police. Any gunman knows he has a limited amount of time to carry out his wicked deeds.

If you happen to have distance from the initial attack but are still within or close to the kill zone (an area where bullets and fragmentation are able to strike you), you will want to grab the person closest to you and run into a nearby room, stairwell or an adjoining area separated by a partition. When you enter the momentary refuge, you have four tactical options based on the situation and terrain:

- 1. Escape:** When you enter the room, the first thing you want to do is look for an escape route—a window, door, hallway or stairwell. The farther away you can get from the violence the better.
- 2. Hide:** If there are no escape routes and you believe that you were not seen going into the room by the gunman, then hide yourself. Tell the person you are with to be absolutely quiet and not move. You don't want your protectee giving away your position. Case studies have shown that subjects on shooting sprees do only cursory searches when mass casualties are the goal. In other words, if a subject enters a room and sees nobody in it at first glance, the odds are high that he will seek out other rooms that do have targets. On the other hand, if you are the specific target he is after, hiding is not the best course of action. You certainly wouldn't want another person hiding with you if you were the intended victim.
- 3. Barricade:** If you ran into a room to escape a massacre and have no escape route and you believe the gunman saw you enter the room, you will want to slow down the subject's attempt to getting to you. Obviously, you'll want to lock doors if you can, move furniture or debris in front of the door, or create any other obstructions. If your protectee is strong enough, he or she can assist you. However, if time is limited, you must consider that the gunman may try to shoot through the door. You don't want to be stacking furniture if bullets are coming through the door, and you certainly don't want your protectee anywhere near a door that is going to get shot up. However, if time permits, the purpose of a barricade is to make the subject think that it is not worth the effort to pursue you and choose to move on to other targets or engage the police instead.
- 4. Ambush:** One survival tactic is to attack the gunman when he comes through the opened, locked or barricaded door. This is when your self-defense skills come in handy. The type of techniques you do to counterattack will depend on whether the gunman knows you are in the room, whether there are multiple subjects working as a team, and what kind of weapon the point man (the gunman taking the lead) is armed with when passing over the threshold. If your protectee can fight, then you have a greater chance of succeeding. Because the gunman coming through the door cannot see the right and left hard corners at the same time, one of you will get the jump on him. He may get one of you but probably not both. On the other hand, if your protectee cannot help you when the bad guy comes in, have the protectee hide behind some cover for protection when the struggle begins.

## Training for Ambushes

The hard corners are the left and right corners of the room immediately after the threshold is crossed; they are called hard because they are hard to see when entering a room. The far left and right corners are "easy corners" to see because they are usually visible before crossing the threshold. Even professional SWAT team members and military special-operations operators have to train for many hours to make looking into the hard corners a habit. Human nature is to look toward the center of a room when

entering rather than immediately into the hard corners. Also, no matter how professional the gunman is, coming through a door to get you means that only one person can enter at a time, and that person cannot see both hard corners at once. Repeat this fact often because it is very important to remember. The bad guy has a 50-50 chance of choosing the side of the door you will be on.

Of course, one of the hard corners is exactly where you want to set up your ambush, preferably at the handle side of the door. You don't want to have to go around the door on the hinge side when it opens to get to the gunman because you will lose valuable moments.

The first thing you do when you enter the room, with the intention of ambushing the gunman, is to find an improvised weapon. It could be a laptop computer, a desk lamp or a metal filing bin. The weapon you are holding has to be close to your body, near the chest area and ready to sail into the head of the intruder.

After selecting the "side of advantage," you'll want to get near enough to the door so you can immediately strike the bad guy coming in but not so close that he sees a part of your body or weapon when he breaches the threshold. The general rule is to stay behind an imaginary 45-degree line extending from the door jam and into the room. You also want to stay at least six inches (15 centimeters) off the wall to maintain noise discipline. In such situations you'll be extremely nervous, and you don't want any part of your body or clothing rubbing or clanking against the wall. The gunman may hear you and figure out your location. Your protectee certainly will not know this, so warn him or her about touching the wall. In a stealth situation, you may have to use hand signals to communicate with your protectee. Even a simple signal like putting up the tip of your index finger to your lips can keep your protectee quiet.

In a terrorist attack, school shooting or office massacre, a gunman knows that his victims are unarmed so he usually enters a room in a fairly hasty manner. From his recent experience, he knows that most people are not prepared for an aggressive ambush and will either flee or submit. Therefore, you may have a greater advantage in such situations than you realize.

Once you have stunned or knocked out the gunman with your improvised weapon, you must immediately go for the gun. If you were unable to find a weapon in the room, don't bother with a kick or punch when he comes over the threshold. Immediately grab a hold of the gun with both hands when he enters and push the muzzle in a safe direction.

I have run hundreds of students through this kind of training, and I can tell you that you cannot control a firearm with one hand and strike with the free hand like so many martial arts instructors are teaching today. Most *krav maga* schools were doing this, but they are getting away from it now. When you grab the weapon with both hands, you will slam that large piece of metal into the attacker's face. It's a lot harder for him to push away the weapon than to pull it toward him. If the gun is at waist level when he comes in, you will have to slam it to the groin area and head-butt him. You only have one chance at taking the gun from him, so you have to successfully stun him. Inducing injury is a good motivator for the bad guy to let go of his weapon.

In an ambush, you don't have time for some fancy disarm. Instead, just rip it from the gunman's hands as hard as you can and step away from him. Point the weapon at center mass and squeeze the trigger. If the weapon fails to fire and you don't have time to clear the weapon or you don't know how to clear the three common handgun malfunctions, then just use the gun as an impact weapon and pistol-whip the gunman. On the other hand, if the weapon fires properly and you hit your target, don't just stand

there in shock, gawking at the damage you just did. Immediately prepare for a second gunman who may be coming after the one you just shot. In this case, it is probably better to move toward the door and engage any hostiles rather than waiting for them to come in the room after you. If you wait too long in the room, such as in the case of terrorism, a second terrorist may hesitate before the door and lob in a grenade before clearing the room, making you the target. Therefore, you must hit any secondary terrorists while there is still confusion about the fate of the first terrorist.

To train realistically for a door ambush, you will need some basic safety equipment and a suitable doorway. The trainer, playing the role of gunman, will need a hard-shell helmet (a skateboard helmet will suffice), eye protection, a mouthpiece and a rubber training gun. Make sure the finger is out of the trigger guard to avoid a broken finger. The trainee will need some sort of padded weapon or no weapon at all.

Don't make the mistake of coming up with fancy moves and choreographed patterns. Just try your scenarios at full speed but with very light contact, and see what happens. Also, don't fall into the trap of being "cooperative partners." When I am playing the role of the gunman, I will let the trainee touch the gun when he is attempting a disarm, but after that, I will do my best not to let him get the weapon. I'll try to shoot him with it, instead. I become a very "uncooperative partner" just like a real criminal or terrorist would be. Nobody is going to hold a weapon out and let you take it. You have to work for it if you want it.

These techniques are simple and can be easily incorporated into your training. By doing so, you are not only preparing to protect yourself but you are also protecting others.

## Facing a Weapon With a Sling

Of course, not every gunman uses a pistol. If the attack is from a terrorist, the weapon of choice will most likely be an assault rifle such as an AK-47, M4, MP5 or anything similar. These long guns all have one thing in common: They are carried by a sling. A sling keeps the weapon secure to the user's body, and if the user does a transition from his primary weapon to his secondary weapon (usually a handgun), the sling allows for a hands-free carry of the weapon. Obviously, ambushing someone who has such a weapon system is going to make taking the weapon from him a little harder.

Just like ambushing someone with a pistol, you should find a weapon and strike the gunman in the head. The next step is to immediately grab the rifle with both hands, push the muzzle away in a safe direction and place your chest right up against the bad guy's chest if he is still conscious and fighting back. Before he has a chance to turn the muzzle on you or sear your hand with a burst of fire, grab the side of his head (the ears) with both your hands and do a thumb gouge into his eyes. Keep your chest pressed against his in case of a sympathetic reflex reaction and/or his finger is on the trigger. A sympathetic reflex is when a person is startled and instinctively clenches his hands. Be prepared for deafening reports from the muzzle.

Once the gunman is momentarily incapacitated, reach over his back, grab the sling strap, and pull it over his head and toward you. You should be able to get the weapon free from his body. Aim the weapon at his center mass, fire and then engage the terrorists who are approaching the door.

If you can't get the weapon free of the body because of the sling system, you may be able to get into a kneeling position, take aim at a second terrorist entering the room and still fire some shots. Or you might find another weapon on the terrorist's body.

## Target Profile

When you find yourself in open spaces, the tactics for surviving a shooting are a little bit different. Most people assume that there is nothing they can do if an attacker is firing a gun at them at close range, but there is. If you are not close enough to attempt a disarm, then immediately turn to the right

## Don't Believe Everything You See

As a society, we've been conditioned by Hollywood movies to believe that if we get shot, we're going to be instantly incapacitated or die. Even in police briefing rooms across North America, there is an old saying, "A bad guy can get shot multiple times and live, but an officer gets shot only once and dies." Why do they say this? Yes, it's true that a few police officers have been killed with only one bullet, but many more officers have been shot with one bullet and survived. Yet, because of a few incidents, the majority still buys into the lie as if it were the norm. But many officers will die if they catch that one bullet, not because the proverb is true but because they chose to believe it.

The reality is that only 10 percent of all gunshot wounds are fatal. That means that if you get shot, you have a 90-percent chance of surviving—if you are shot in a city. The reason is medical facilities are closer. Even if the bad guy is able to hit you as a moving target, the odds are in your favor that it won't be fatal.

I always tell my students, "It will take 100 rounds to take me out." I even have to tell myself this to reprogram myself from years of listening to defeatist fellow police officers. Whether it is true or not, mental conditioning for combat is vital to ensure self-preservation. When I was going through a lengthy sniper course with the 1st Marine Division Scout/Sniper School at Camp Pendleton, California, I will never forget the words painted on one of the beams of the classroom that has motivated me to this day. It read: "Sweat dries, blood clots, bones heal—positive mental attitude." To me, it says it all.

or the left and run away perpendicular or diagonally to the shooter.

If you run directly toward the shooter because you hope to overpower him or run in a straight line away, you are exposing your body 100 percent. Although you may be moving as fast as you can, you are technically in the same position in the weapon sights of the shooter; you're just getting larger or smaller in his "sight picture," which is when the front sight and the rear sight of the pistol are lined up on the target. Therefore, all the gunman has to do is take aim once and keep firing in a straight line and in the same direction, thus increasing the likelihood of a hit or multiple hits on you and the one you are protecting.

If you run from your gun-toting attacker diagonally either to the left or right—approximately 45 degrees to get to an escape area or to get behind cover—you will reduce your target profile by 25 percent. That means that he now only has 75 percent of your body to shoot at, plus you are moving away. Even if you are forced to run diagonally past the shooter, you will still be more difficult to hit. However, because you are moving past him,

you will also become easier to track. Again, the goal is to prevent the shooter from getting a "bead" (his gun sights) on you by forcing the weapon to move, making it inherently less stable because it is harder to maintain a proper aim on a moving target than a stationary target.

If you have to run in the direction of the shooter or away from him and the cover or escape cannot

be reached by a single diagonal line, then you must zigzag no matter how slight. A zigzag pattern is nothing more than a few diagonals strung together. No matter what, don't run perfectly straight toward or away from the attacker.

The optimal situation is to take off running to your left or right in a perpendicular direction, approximately 90 degrees, toward the shooter. You now have a 50-percent target profile, which means that the shooter has to keep moving his gun in order to "track" you. Constant movement of the weapon means more chances of error. Even most firearms professionals, both in law enforcement and the military, have trouble hitting "movers." It takes a lot of practice to become proficient at learning to "lead" (find the aim point in front of the target so the target and the projectile intersect at the same instant), and it is definitely a "perishable skill."

If it is difficult for most professionals to hit lateral moving targets, how much more so is it for criminals? There are very few civilian pistol ranges in the world that have sideways moving targets. Most gun ranges are set up in lanes, designed for shooters to fire at fixed centerline targets. Even most criminals, when practicing their shooting skills in isolated areas, will set up static targets and shoot at them because it takes a lot of preplanning and reliable equipment to hit moving targets.

## Shelter-in-Place

Businesses have to worry about a disgruntled employee going on a shooting rampage; public schools have to worry about vindictive students planning a massacre; and airports, amusement parks, government agencies, sporting events and countless other venues have to anticipate a potential terrorist attack. It seems that every segment of our society has become a target. Even the sanctity of your own home can come under attack in the form of a criminal home invasion that is as well-executed as a police SWAT team raid.

Criminals and terrorists are increasingly turning to military-style tactics to inflict wholesale slaughter on innocent people. If you are serious about wanting to protect yourself and others, especially your family, you need to have a lockdown procedure for your home just like many business and schools have in place.

First, there needs to be a good plan. To know whether a group is prepared to respond to a terrorist attack, you must see whether there is a written plan already exists for the places you frequent. If you are a student or the parent of a student, see whether the school has a plan for a school shooting, just like it has a plan in case of a fire. This even includes preschools and grade schools. As a parent, you have the right to know how a school plans to protect your children. Once you know the plan, you can give your children additional advice based on this book that can make them even safer—a plan within the plan. Likewise, if you are an employee, you need to check to see whether your company or institution has a plan in place for a gunman entering the business or a terrorist attack in the case of high-profile targets.

Don't be surprised if it doesn't. Many police departments and government agencies still don't have a realistic or official plan in place even after the White House issued the Homeland Security Presidential Directive-3 in March 2002, which lists the five threat conditions established for possible terrorist attacks. The company or institution may have some vague explanation on paper that was carefully worded by an attorney, but it may not have anything down for such simple events as a man jumping the front counter and spraying bullets or running a pickup truck through the back door and going on a shooting spree.

If your organization, be it educational, vocational or even spiritual, does not have a plan on how to deal with a terrorist attack, you may want to help institute one or at least decide on what course of action you will take personally if such an event occurs.

Having a lockdown plan must take into account likely scenarios that could occur and what actions need to be taken to safeguard members.

Basic planning would be:

1. Know where all the exits are, including how to get out of windows.
2. Know where all possible hiding places are near your work space.
3. Know what kind of weapons, or improvised weapons, are accessible.
4. Have furniture close to the door that can be used to barricade the entrance.
5. Know how to escape by feel only in case of a fire or low-light situation.
6. Always have a cell phone on your person to call emergency services.

## Surviving a Sniper Attack

When it comes to sniper attacks, the victim is always at a tremendous disadvantage. Usually the sniper is already in a “sniper hide” (an area that offers the most concealment with the best view of the target). This gives the shooter the advantage of not being easily seen. In a building, a trained sniper will take a shooting position deep inside a room to conceal muzzle flash, which is the momentary flash of light that escapes the barrel of the weapon. He will hang a dark backdrop behind him to keep him from silhouetting himself. In an urban area, a sniper can hide in nothing more than a shallow trench (known as a “belly hide”) that is covered up by vegetation, which blends in with the surrounding terrain features.

The sniper’s weapon of choice is a long gun, which is a rifle designed to strike at targets at long distances. For example, the average police sniper shot is taken at 71 yards or three-quarters the length of an American football field. The sniper’s weapon may have a scope (optics system for magnification) mounted on it, or it may have iron sights (aiming reference point for the naked eye), and usually a front sight and a rear sight. In both cases, the ammunition used will have tremendous “stopping power” that is much greater than that of a handgun. The standard NATO 5.56 mm (.223 caliber) 62 grain means that the projectile penetrates the human at approximately 2,720 feet per second, leaving a massive wound channel that is almost always fatal with the correct shot placement. At 500 to 600 meters, a head shot is not an easy shot, but a center-mass chest shot is no problem; that’s six football fields away. A sniper armed with a .50-caliber rifle can hit you from a kilometer under the right conditions.

Of course, the main advantage to the sniper is that he has a greater likelihood of escaping from the “area of operations” without being detected. You may think this is an unlikely task in an urban setting where surely somebody would hear where the shot came from and be able to witness the fleeing suspect, but that is almost never the case. If you remember your physics, waves can bend and bounce. If a sniper is near other buildings or next to large boulders or between hills in a rural area, there will be echo reflections, giving the listener the impression that the shot came from a different place. Handguns have a “popping” sound, but a rifle round has a “sonic crack” to it, which creates greater distortions. Thus, when you put together all these factors that work to the advantage of the sniper, surviving a sniper attack is virtually impossible if he has you in his sights or cross hairs. Yet surviving such an attack is

not impossible if you know what to look for, if the sniper makes an error or if you are not his first target.

There is an old proverb that states, “It takes a thief to catch a thief.” The same holds true for catching a sniper. A trained sniper thinks like his target does. Although I cannot possibly lay out everything you need to know in the confines of this chapter—understanding sniping involves four knowledge domains: organization and team structure, field craft, marksmanship and tactics. Also keep in mind, just because a sniper takes a shot at you does not mean he will hit you. Likewise, just because you are hit does not mean it will be fatal. As long as you can move, you can take defensive actions.

### Observations Before a Shot Has Been Fired

**1. Look for movement, shine and contrast:** Even the best-concealed sniper can give away his position if he makes sudden movements. Unless the sniper is wearing camouflage face paint or is covered up with a sniper veil, the human face (no matter what race) reflects light and is the most recognizable shape to the human eye.

**2. Look for weapon recognition features:** Recognizable features include the outline of a weapon, shine off metal parts and out-of-the-box color (black or wood stock). Professional snipers paint their weapons with various camouflage patterns to confuse the eye about the shape of the weapon and to reduce any shine from smooth parts.

**3. Look for optics reflection:** Whether in daylight or hours of darkness, scan the area for light reflections off the surface of a rifle scope, spotting scope or binoculars. Even the reflection from the glass of a watch can compromise the sniper's position.

**4. Narrow down possible final firing positions:** Look around the area and determine where a sniper is able to take advantage of terrain features—next to vegetation, in shadows, in a room that has an open window, behind the tire of a vehicle, to the side of a residential chimney on a roof, etc. Remember distances. An assault rifle has an effective range of about 500 yards, and a sniper rifle can nail a target up to 800 yards (the equivalent of eight football fields).

### Observations After a Shot Has Been Fired

**1. Look for muzzle flash:** Four things will leave the end of the muzzle besides the projectile: unburned particles, gases, heat and light—lots of light. A muzzle flash is a rapid flash of white light that will appear circular. Unfortunately, you need to be looking in the general direction of the shot to detect the flash.

**2. Look for muzzle blast:** The escaping gases and shock wave leaving the muzzle will kick up sand, dust or dirt if the muzzle is near the ground. A small cloud will drift over the sniper's position momentarily.

**3. Hits on victims:** Although this is an unsettling thought, the blood and flesh of a wound will splatter most in the opposite direction from where the projectile came from.

**4. Find a bullet hole in porous material (wood, soil, drywall, etc.):** Insert a rod (a car key,

straightened paper clip on tightly rolled dollar bill) into the hole. The end of the rod opposite the hole will point in the direction of the sniper's last position. Of course, you may not be able to do this from behind cover, so look for what direction the spalling was ejected. Spalling is the material that breaks away and goes flying when a bullet hits it, such as a brick wall or the bark of a tree. The chip that flakes away from the bullet hole is like the blood splatter. The missing material means that the bullet came from the opposite side, which is the side where half of the hole is clean.

**5. Estimate the sniper's distance by sound:** If there is no echo reflection, a near miss will make a sonic crack as I have already mentioned. This is the bullet passing by at supersonic speed. Immediately following the "crack" is the "bang" sound, which is the muzzle blast. Sound travels at about 300 yards per second. You can estimate the sniper's distance by timing the period between the CRACK! (the sonic boom of the bullet passing you) and the BANG! (the report coming from the muzzle). Thus, if you quickly count out loud, "One thousand one, one thousand two, one thousand three," you can estimate the range. For example, when you hear the crack, you will immediately begin your count. If you get to number "two" and hear the bang, then the sniper is about 200 yards away.

### **Actions to Take Under Fire**

**1. Jump behind the nearest cover:** Cover is any material that will stop bullets, such as a fire hydrant, the motor of a car or a thick tree.

**2. If you have nothing to jump behind, then drop to the ground:** This will make you a smaller target with a reduced target profile. Once on the ground, you must crawl or roll behind some cover. If you are in an open area, you have to chance it and get out of the area, unless other victims have gone down. If this is the case, it might be best to pretend you're dead.

**3. If you must run, then run for short durations like three- to five-second intervals:** The most difficult target to hit is one that is moving laterally from the line of sight of the sniper. It takes a few seconds for a sniper to get the cross hairs on a moving target. The faster you run, the more likely he will miss.

**4. Use a decoy:** If you are hiding behind cover, you may want to take your hat or your jacket off and put it on a stick and expose part of it in the open. To make this technique work, it has to look believable from the perspective of the sniper. Once the sniper shoots at it, it may buy you a moment to make a run for it to better cover. Even the best sniper requires a moment to obtain "target acquisition" after the recoil or "kick" of the rifle.

## Gun Training

Everybody learning reality-based self-defense should take shooting lessons from a professional firearms organization. Learning firearms safety and marksmanship is critical before purchasing your first gun. After some lessons, you will soon find that a firearm is nothing more than a tool. In the right hands, the tool is good, and in the wrong hands, it is a maiming or killing device.

After your live-fire training with a qualified firearms instructor, you need to purchase an AirSoft gun that fires 6 mm plastic BBs. Don't buy an AirSoft gun if you live in a country like Australia, which classifies them as an actual firearm, or in the United Kingdom, which has severe restrictions on them. Most other countries classify them in the category of a toy.

The purpose of using an air gun in your training is to understand the dynamics of what happens in a massacre and to feel the consequences when techniques are performed incorrectly. When the 6 mm projectile hits, it stings. In addition, if you have someone firing real projectiles at you, you learn quickly to get behind a solid object for protection.

You can purchase a spring-activated or gas-operated AirSoft gun. Spring-activated AirSoft guns are usually less expensive and less powerful than the gas-operated ones. For some training scenarios, like shoving a muzzle into the trainee's back to simulate an armed robbery, you're going to want a projectile from the spring-activated gun that fires with less velocity to avoid minor injuries such as breaking the trainee's skin or fracturing his eye protection. You'll want a gas-operated AirSoft gun for more realism and more accuracy. Many battery-operated models are just as good as gas ones.

The gas-operated AirSoft guns that work best are the ones in which you drop a standard CO2 cartridge into the handle, not the ones in which you fill the magazine up with bottled gas. A good gas-operated pistol should fire straight and be accurate up to seven meters or 21 feet, and you should never hit anyone closer than three meters or nine feet. If you are going to do close-up shooting, then switch to the spring-loaded model.

The minimum safety equipment you and others participating in your training will need when using spring-loaded AirSoft guns is wraparound eye protection like industrial safety goggles or shooting glasses. You can also use a face shield and a game mask or a neck bib, like those used in a paintball game, or a thick scarf. For gas-operated AirSoft guns, all participants getting shot will need thick protective clothing like a long-sleeve jacket and thick-material pants.

Over the years, many martial arts instructors have followed my Reality-Based Personal Protection system and are using air guns in their training. I even teach entire families that have real handguns in their homes, when I am hired privately, about how to incorporate air guns into their training. If you are using or planning to use air guns in your self-defense training, it is important that you treat your training facility, home or garage like a gun range. Ideally, you should go to an live-fire gun range for one-on-one instructions and see how a gun range is run or take a handgun survival course like mine in which students learn how to safely use air guns and how to run realistic scenarios with them, especially if you are going to protect people. You don't want a "blue on blue" situation (shooting someone who is on your own side). Here are some pointers on using air guns safely in your training:

1. A cold range is when no air guns are present in the training area. A hot range is when air guns are out and will be used. If you are a martial arts instructor teaching people how to use handguns to protect others, you should place a red placard at the entrance of your school for all to see before entering. If you are doing this at home, you should lock the doors so other family members don't accidentally walk in on your training. If you are doing the air-gun training in the open, like in the backyard, you may want a placard on the doors leading to the backyard to warn people because a 6 mm plastic projectile can put out someone's eye. On this red placard, there should be a graphic picture of a pistol and the words, "Warning! Air guns in use. Please knock and wait!" On real gun ranges worldwide, a red flag or red placard is displayed in the vicinity to let people know that the range is "hot."
2. Always wear eye protection when handling air guns, and always assume that the guns are loaded. Because air guns are not 100 percent like real guns, you usually have to pull the trigger to see whether they are loaded. Therefore, cut a fist-size hole in the top of a large box and put the muzzle of the weapon into the hole to "clear the weapon," meaning to see whether or not it is loaded. This box is called a bullet trap. On real, live-fire ranges or in police locker rooms, they also have bullet traps to prevent a negligent discharge of the weapon.
3. If you are a martial arts instructor and you are teaching techniques with an air gun, designate which direction of the facility is "downrange" (the direction you want the 6 mm plastic pellets to go). If you are running scenarios, then downrange may be 360 degrees, in which case the facility is now a "shoot house." The same applies for those training at home or at the office.
4. Designate a range safety officer or RSO. This is a person who looks for safety violations and makes sure the range is run safely. The RSO makes sure that weapons are always pointed in a safe direction when the instructor is speaking and that nobody has their finger on the trigger unless they are on target. They also enforce consequences if anybody is playing with an air gun. Once in a while, I catch one of my seminar students twirling a rubber gun or an air gun with his finger and he is not even aware of it. All training weapons must be treated like the real thing—no exceptions! The RSO must also make sure everyone in the area has eye protection. Many people think that because they are finished with a scenario, they can take off their eye protection. Wrong! Anyone in the area capable of being hit with a pellet must continue to wear wraparound eye protection.
5. The instructor must always use the command "Cease fire!" to make participants stop. In addition, all students or family members must also be given the power to call a cease fire in case of an injury or safety violation. The word "stop" is not used because it becomes confusing in scenario training; it is a word often used to warn an aggressor from getting close..
6. When air guns are not in use, lock them up just like you would a real gun. If they are lying around, someone is bound to pick one up, play with it and then pull the trigger.
7. Generally in training scenarios, do not shoot an air gun at anyone who is less than six feet (two meters) away. Close shots can break the skin. Weaker air guns may be used at closer distances, but use common sense and always test your equipment first to determine proper usage. Again, always use wraparound eye protection.

If you train children, use only low-velocity spring-loaded AirSoft guns and, at all costs, avoid close shots that could make marks. There will be many anti-gun people who will misinterpret the use of such a device to train a child and report you to the police for child abuse. They will not understand that you are teaching them how to survive a school shooting. In our society, everybody talks about preventing school shootings through more gun control and trying to monitor behavior, but few people actually teach children how to survive a massacre if they find themselves in the middle of one. With that stated, I don't purposely target children in my courses, but sometimes they get hit with a 6 mm BB because those things do ricochet.

If you are a self-defense instructor teaching my Reality-Based Personal Protection Children's Survival course, or something similar, you must obtain written permission from the parents first before doing any AirSoft gun-training scenarios with a child.

If the parents watch the class, which I always recommend, then you must have eye or full-face protection for them as well as the children during that portion of the training. Bounce backs and ricochets can put somebody's eye out. You also should post a sign on the door of the entrance to the training room that warns people that AirSoft guns are in use so that nobody walks into a room where projectiles are flying.

Photo courtesy of Jim Wagner



**Nicolas Marucci, director of Reality-Based Personal Protection in Belgium, plays the role of a terrorist sniper. He uses an air gun that fires 6 mm plastic projectiles. The student must run from the cover of the tree to the safety of a nearby building to learn movement under fire.**

## Throwaway Wallet

Original Jim Wagner Techniques



**1:** An armed robber (left) confronts two men and demands that they hand over their wallets. It is always best to raise your hands to shoulder level to reach out or strike faster.



**2:** To avoid getting shot, remove the throwaway wallet slowly and tell the robber what you are doing.



**3:** The victim slowly hands over the throwaway wallet because the robber will perceive any sudden movement as an attack.



**4:** A throwaway wallet is a "sanitized" wallet that contains real cash but false identification, credit cards and photos.



**5:** Most robbers will take the money and go, but you can never know what a criminal is going to do to you.



**6:** If you sense that the robber is going to shoot you, you must accept this fact and be prepared to take action on behalf of yourself and your protectee.



**7:** The victim, knowing he is going to get shot, tosses the wallet at the robber's face to create a flinch response.



**8:** Knowing that there may be a sympathetic reflex shot, the victims move off centerline and start to flee from the criminal.



**9:** Because of the protectee, the victim can also choose to do the crescent disarm. (See Page 62.)



**10:** If the wallet toss is the selected course of action, the protector must then immediately push the protectee in the direction of escape.

Photo courtesy of Jim Wagner



Whenever you are training with air guns, you should always keep a fire-arms clearing barrel nearby. The one shown here is made of cardboard filled with packing peanuts to absorb any BBs shot into it when clearing the weapon. This is the only safe way to make sure an air gun is loaded or unloaded.

## Crescent Disarm

Original Jim Wagner Techniques



**1:** In some situations, you may not be able to escape a gunman because you have your family behind you.



**2:** In some situations, you just know that the criminal intends to shoot you and have no choice but to attack the attacker.



**3:** The protector starts to slowly move away from his family to get them out of the line of fire and keep the muzzle on himself.



**4:** The protector runs to the gunman in a half circle or a “crescent,” knowing that it is a necessary suicide run to draw the fire. Why a half circle? It’s the best of both worlds: in between a zigzag move and a straight line.



**5:** Regardless of whether the victim is shot or not, he rushes the gunman and targets the eyes in order to use deadly force.



**6:** This brutal counterattack may eliminate the threat to the family or give the family enough time to possibly escape.



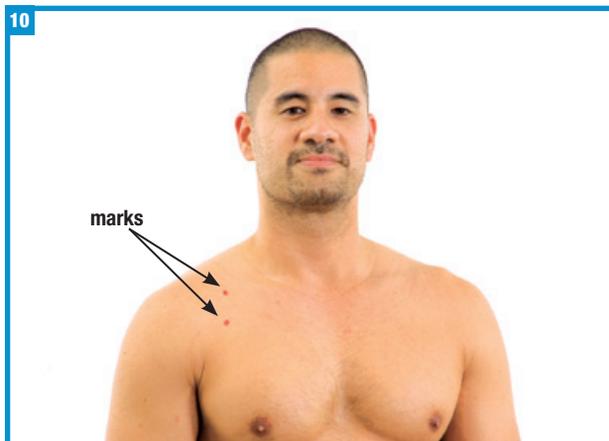
**7:** Even if the protector sustains serious or fatal injuries, he must eliminate the threat to his family or buy time for their escape.



**8:** Using an AirSoft pistol not only mimics a realistic scenario but also reveals real consequences if the technique is not done correctly.



**9:** For light contact in training, the “gunman” needs to have on eye protection if his eyes are the intended target. This photo shows eye protection.



**10:** When using AirSoft guns, the protector can verify whether the shot was nonfatal or fatal and how many shots actually hit.

German RBSD instructor Jochim Roux was wearing the minimum safety equipment in training when a plastic BB broke his skin. Some soldiers prefer to train with minimum equipment to “learn by pain.” However, the safest procedure would be to wear a full face mask and a neck protector.



Photo courtesy of Jim Wagner

## Store-Robbery Survival

### Standard Law-Enforcement Off-Duty Techniques



**1:** In this self-defense scenario, a store clerk is held at gunpoint by a “robber,” and there are two customers involved.



**2:** The protector makes sure that he is in between the protectee (left) and the robber, which may have to be done slowly.



**3:** If the robber turns to look at the victims, they must not make eye contact. It is best to look down and be subservient.



**4:** If the robber is distracted, the protector can slowly or quickly, depending on the timing, move away from the robber.



**5:** If a shooting occurs, the protector must immediately evacuate the protectee to the nearest cover or escape route.



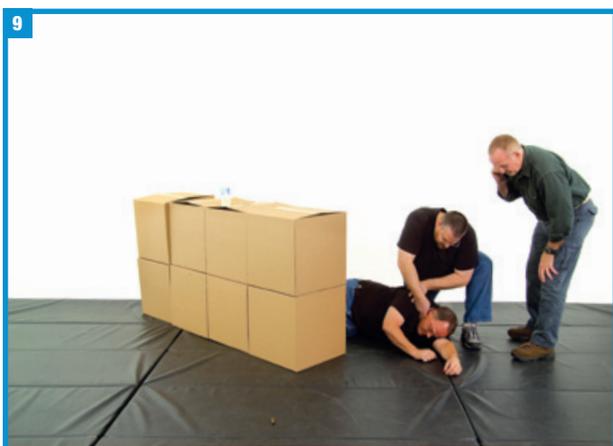
**6:** Although it sounds heartless, the protector takes advantage of the attack on others to get himself and his protectee out of the kill zone.



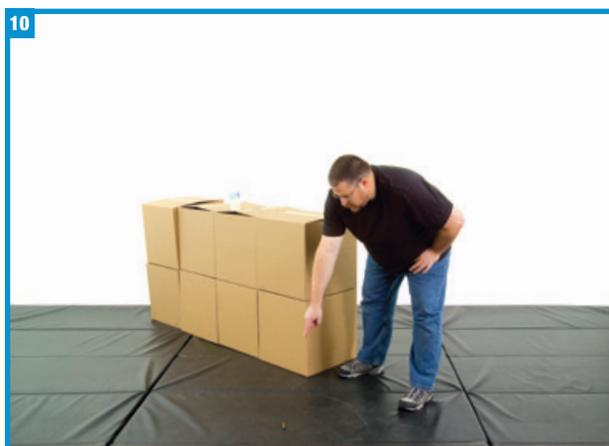
**7:** The protector and protectee are hiding behind some shelves and permit the robber to flee from the store.



**8:** The protector immediately goes to the exit and sees the direction of travel of the robber to see whether he's gone or is coming back.



**9:** The next step is to render first aid to anyone who was shot and have someone immediately call the police.



**10:** This student identifies and keeps anyone from touching evidence of the crime.

Photo courtesy of Jim Wagner



In a robbery training scenario, a student (left) plays the role of the robber while the other students play the roles of the clerk and customers. By using a few inexpensive props, you can have very realistic training scenarios, as long as the script and actions are realistic.

## Bank-Robbery Survival

### Military Special-Operations Techniques



**1:** A bank takeover by armed robbers is a very dangerous situation, and any wrong move can get the protector and protectee hurt.



**2:** The protector (far right) obeys all reasonable commands and encourages the protectee, who is to his immediate right, to do the same thing in words and action.



**3:** The protector and protectee must not make eye contact with the robbers and be very subservient to avoid confrontation.



**4:** If you decide to attack, keep in mind that one of the bank robbers could be a "sleeper" robber lying on the floor with you.



**5:** Fortunately, most bank takeovers are quick, and clerks or customers are rarely injured during the commission of the crime.



**6:** If a robber moves you to another location, that is a possible warning sign of an execution because that takes up his time.



**7:** If the robbers have you get on your knees and face away from them or have you line up with others, that is a danger sign.



**8:** Getting bound is another sign that an execution might occur. You should have the reality-based mindset of, “Never be a hostage.”



**9:** A blindfold, a bag over the head or the turning away at gunpoint are possible signs that an execution may take place.



**10:** If people are getting executed around you, it is imperative that you get up and fight back or run from the kill zone.

Armed bank robbers that work in teams are extremely dangerous because they have planned out the robbery, rehearsed their plan and will carry it out like a paramilitary unit. Some of these criminal teams may have some formal military training, while others are self-taught. They may also have “sleepers” posing as customers.



Photo courtesy of Jim Wagner

## Playing Dead

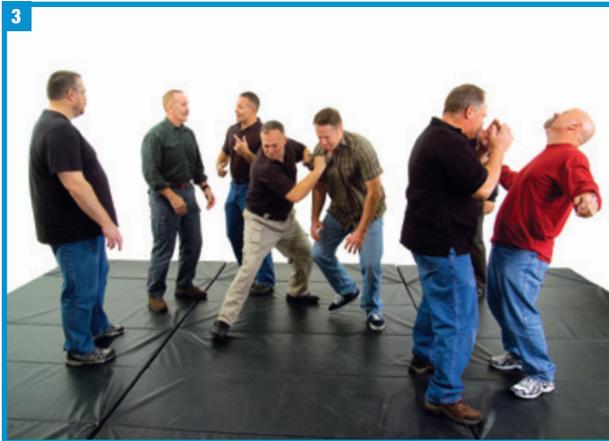
### Military Special-Operations Techniques



**1:** Jim Wagner (center left) is speaking with Bruce Whitaker in a crowded public place.



**2:** A terrorist opens fire on the group with an assault rifle.



**3:** Wanting to protect his friend, Wagner grabs a hold of Whitaker while others are being slaughtered.



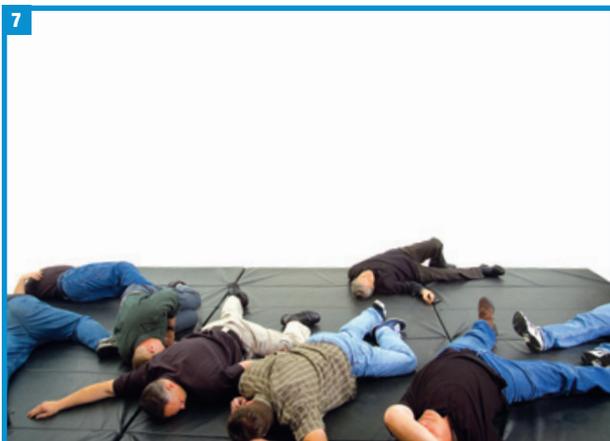
**4:** In the gun's loud report, Wagner shouts, "Get down! Stay down!" and he forces his friend down to the ground.



**5:** Wagner lets go of Whitaker and uses conflict communication: "Bruce, stay down and play dead!"



**6:** You never want to be in a position that looks too symmetrical because the terrorist will not believe that you are dead.



**7:** To make a more realistic “dead position,” Wagner throws out an arm and bends one leg to give a more collapsed look.



**8:** Wagner, who was not injured during the massacre, takes blood from the victim next to him and dabs it on when the terrorist is not looking.



**9:** Murdered people die with their eyes open and closed. If you have your eyes open, stare at a fixed point when the terrorist passes you.



**10:** You must stay perfectly still until the terrorist moves out of the area or else he will see you move and execute you.

Photo courtesy of Jim Wagner



This Italian RBSD student is part of a terrorism survival training scenario. Stage makeup has been applied to his head to simulate the aftermath of a terrorist bombing. Fake limbs are near him. These special effects add realism to the training scenarios and prepare the students mentally for what they are likely to see in a real attack.

## School-Shooting Survival

Original Jim Wagner Techniques



**1:** Children must be taught how to survive a school shooting with AirSoft guns, eye protection and safety protocols.



**2:** A parent or friend of the family can play the role of bad guy armed with an AirSoft pistol for training purposes.



**3:** Never shoot directly at young children to hit them with the 6 mm balls. Instead, shoot to the side for sound effects.



**4:** Children can be taught how to take cover or find concealment to hide themselves.



**5:** Children can be taught the quick-peek technique wherein they expose only one eye for less than a second to observe the gunman.



**6:** Like adults, children can be taught how to play dead to fool the gunman.



**7:** Children also can be taught how to observe the bad guy when he is not looking, in case they have to flee the area.



**8:** Children must be taught the correct angle to run while under fire, as well as the two-second and three-second rules: It takes a good handgun marksman one second to hit a stationary target at close-quarters-battle range (about 21 feet or seven meters) and about two seconds to hit a moving target at CQB range.

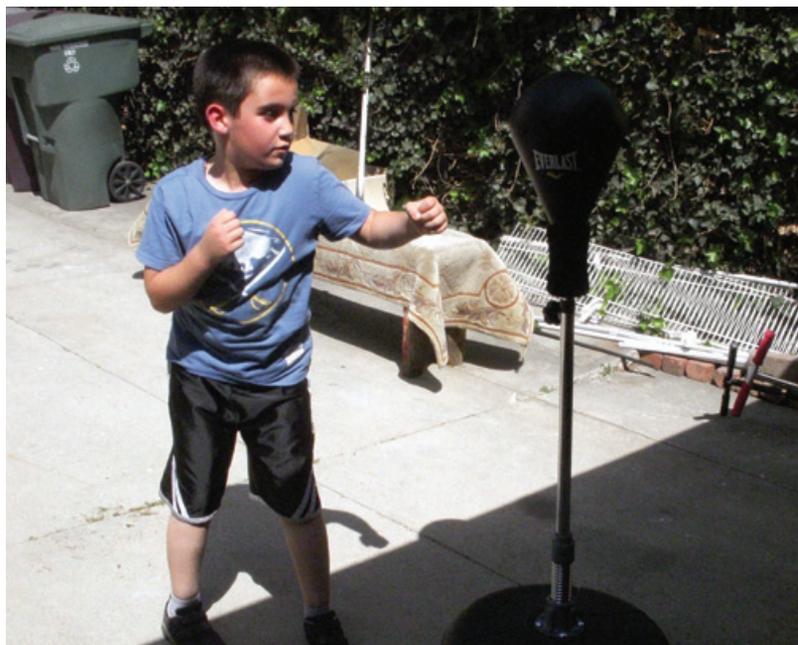


**9:** If the shooter is directly behind or directly in front of the line of travel, the child must do a zigzag run to increase odds of survival.



**10:** After each scenario, children must be rewarded for what they did right and corrected for what they did wrong.

Photo courtesy of Jim Weigner



Many parents enroll their children in traditional martial arts schools to learn how to defend themselves. Learning to punch, kick and block is important for children, but they also need to know how to react when faced with dangers like a school shooting, a child abduction, or an Internet predator, etc. Often, traditional martial arts schools don't have a reality-based program, but parents should insist that the instructor add it to the curriculum.

## Ground Movement Standard Military Techniques



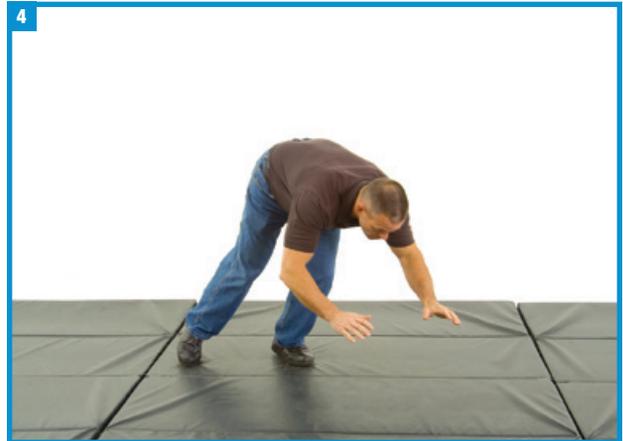
**1:** Anytime you hear gunfire and you are in an open area, the best technique is to immediately go to the ground.



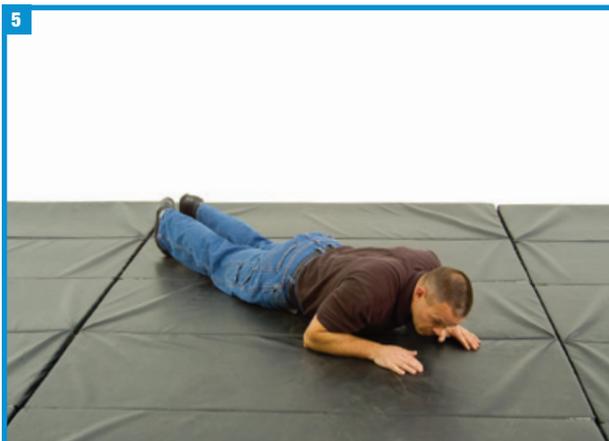
**2:** Don't be like a lot of people who think fireworks are going off. Immediately go to the ground if you are in the open.



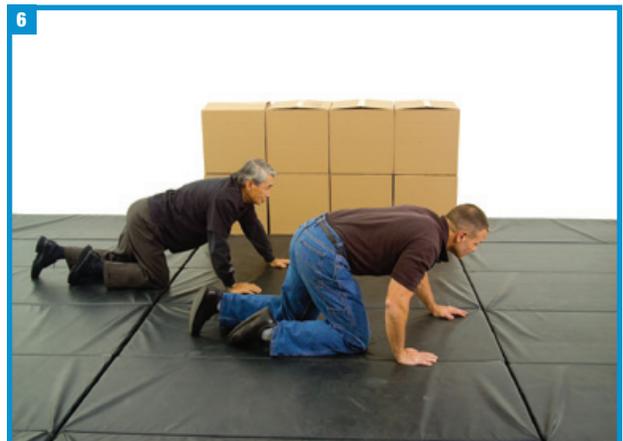
**3:** Immediately bend over and you will be halfway to the ground, which will reduce any impact injuries considerably.



**4:** Kick your legs out to the rear so gravity will take you to the ground instantly and you will be out of the way of bullets.



**5:** Keep your head up and land on your underarms and palms at the same time in order to absorb the shock of the fall.



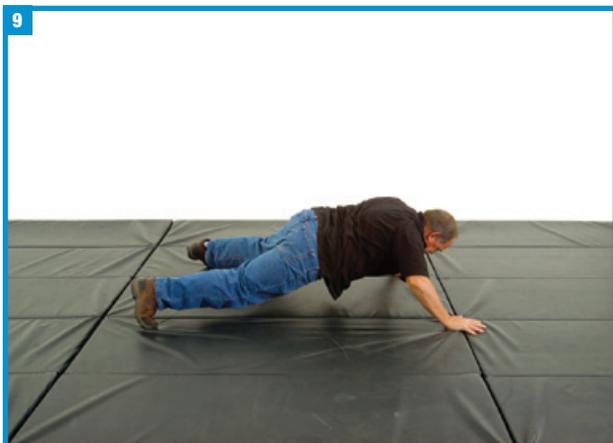
**6:** If you are moving behind a small wall, bushes or pile of trash, you can use a baby crawl to get yourself and your protectee out of the kill zone.



**7:** Moving behind lower objects means you need to keep your butt down and push with your knees and arms to move.



**8:** A low crawl is like a high crawl except you must keep your head down low and not let your butt rise off the ground or else the shooter may see a portion of your body.



**9:** A Russian crawl is when there is something on the ground you don't want to touch. Lift up your body during a low crawl.



**10:** A sniper crawl is done by keeping your cheek and heels on the ground while propelling forward with your toes and pulling with your fingers.

Photo courtesy of Jim Wagner



A U.S. Marine does a sniper crawl to his final firing position. This military technique is done slowly and deliberately to avoid any detection from possible enemy observers. Jim Wagner inserted this technique into his Terrorism Survival courses.

## Pause in Conflict

### Standard Military and Police Knowledge



**1:** During any massacre of a group of people, there will always be a “pause in conflict” that victims can take advantage of.



**2:** When a gunman changes a magazine to a semi-automatic pistol or an assault rifle, it will take a minimum of two seconds.



**3:** Sometimes things go wrong for the bad guy, like a malfunctioning weapon, which can give an opportunity to attack or escape.



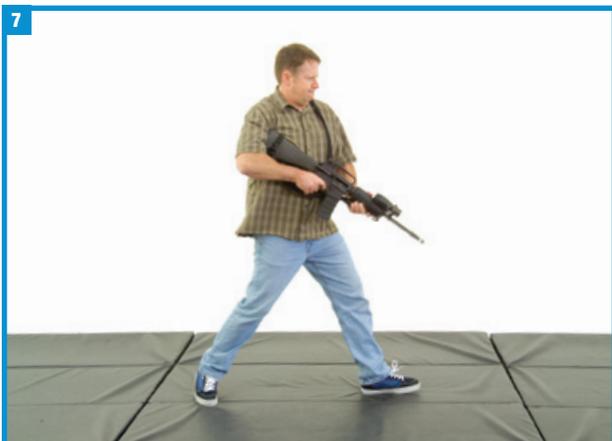
**4:** The gunman could slip, trip, fall, not see in the dark, drop his weapon or any number of things to create a pause in conflict.



**5:** If the gunman gets injured, especially with a disabling injury, this is another opportunity to attack or escape.



**6:** While the gunman is busy with others, you can use this to your advantage to hide, attack or escape depending on the situation.



**7:** If the gunman transitions weapons, meaning he is going to a secondary weapon, you may have two or three seconds of pause.



**8:** When the gunman is making a magazine change or is out of bullets, that is the time to take action.



**9:** Whenever you attack someone with a firearm, you must be 100-percent committed to neutralizing the threat.



**10:** Even if there is no pause in conflict, you may have to take a chance by attacking or escaping regardless of the risks.

In this day and age, it's hard to know what will make a person snap and go on a shooting spree—loss of employment, broken relationship, bad childhood, rage against a person or group, etc. Regardless of the trigger, your primary responsibility is to learn the appropriate tactics should you ever find yourself on the business end of a gun. Let society figure out the reason behind the person's actions. You just be prepared to deal with it.



Photo courtesy of Jim Weigler

## Room Entry

### Special-Operations and Original Jim Wagner Techniques



**1:** The two pillars represent a door to a room, and the two victims are doing a crisscross to go to the other side.



**2:** A “button hook” is when you approach from one side of an entry and end up on the same side when escaping into a room.



**3:** When escaping a kill zone, the first thing you do when you enter a room is to look for an avenue of escape.



**4:** If the walls cannot stop bullets or fragmentation, you need to tell your protectee to get down and crawl to the escape.



**5:** If there is no avenue of escape, the second thing you must consider is finding a good hiding place in the room you entered.



**6:** Finding a hiding place will not work if you are the intended target because the gunman will tear the place apart to find you.



**7:** If the gunman sees you enter a room and there is no escape route, then barricade the door if there is enough time.



**8:** If the gunman sees you enter the room and there is no time to barricade the door, a door ambush is a must.



**9:** Stay at least six inches (15 centimeters) off the wall to maintain noise discipline, and keep your hands close to your body.



**10:** Stay behind an imaginary 45-degree line from the door frame. Don't expose any part of your body like this shoulder here.

Photo courtesy of Jim Wagner



One of the best ways to learn how to use cover effectively is to join in on a paintball game with an opposition who knows how to shoot. Paintball is a popular sport in which the goal of each team is to “eliminate” the other by hitting the rival group with gelatin balls. These balls are filled with a water-soluble dye shot from a paintball marker. Military and police units around the world use paintball to supplement their firearms training.

## Door Ambush Against Pistol

Original Jim Wagner Techniques



**1:** Two men run into a room to get away from a shooting massacre, but they have been seen and there is no escape from the room.



**2:** Because there is time, they deploy a weapon or find an improvised weapon upon entering the room to use for an ambush.



**3:** It is imperative to stay behind the imaginary 45-degree line, stay off of the wall and keep the weapon close to your body.



**4:** The attacker's head is the best target to strike in hopes that you will knock out the gunman. Strike one time very hard to stun him. If you keep hitting him and are not successful in knocking him out, he will turn the gun on you.



**5:** One of the men immediately grabs the weapon. He avoids the muzzle and rips it from the gunman's hands with both his hands.



**6:** He then immediately aims the weapon at the gunman and pulls the trigger. If he doesn't, the gunman will probably attempt to get the weapon back.



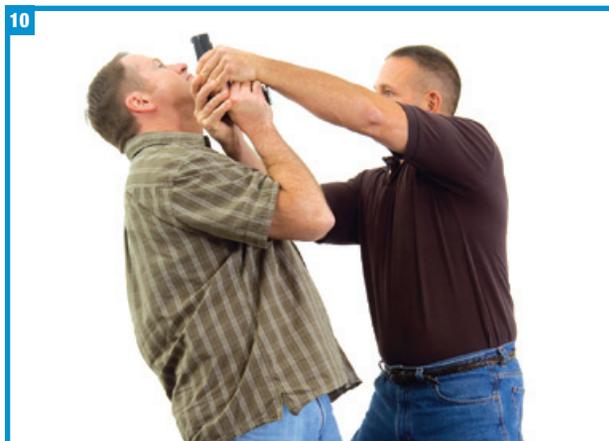
**7:** If there is more than one gunman, the men immediately prepare to engage the second gunman by using the door frame as cover. Note: The victim who obtained the gun is now the protector.



**8:** Once the killers are down, they immediately flee from the room and escape the scene, especially if there are other shooters on the loose.



**9:** If you have no weapon to strike the gunman as he enters, your first move should be to grab his pistol with both hands.



**10:** Immediately occupy his space and slam the weapon into his face once or twice. Then strip the gun from his hands.

Jim Wagner is on a live-fire gun range in Los Angeles, breaching a door and making a room entry.



Photo courtesy of Jim Wagner

## Door Ambush Against Slung Rifle

### Original Jim Wagner Techniques



**1:** The victims make a room entry to escape the kill zone. They find on entering that they have been seen and that there is no avenue of escape.



**2:** If you have no weapon on your person and there is time, immediately look for an improvised weapon and prepare to use it.



**3:** Get behind the imaginary 45-degree line, stay off the wall, keep the weapon close and prepare to attack violently.



**4:** Strike the gunman's head hard in hopes of knocking him out, but strike only once because he has a firearm that can turn against you if you are not successful.



**5:** If there is no time to get an improvised weapon, then immediately rush the gunman and do a thumb eye gouge.



**6:** Immediately after the eye gouge, stay up close to avoid the muzzle, reach over and pull the sling over the head and take the gunman's assault rifle.



**7:** Once the weapon is freed from the gunman, move back, aim and fire on the gunman. Remember, just because you are now armed does not mean the fight is won; the attacker may still attack. The battle is not over yet.



**8:** You must practice this door attack from both sides of the door because there is a slight variation of the technique. One is a frontal assault, while the other is a rear assault.



**9:** Stay close to the gunman to avoid the muzzle, grab the sling strap and pull it over the head to get the assault rifle.



**10:** If you are unable to free the weapon because of the sling system, then you still can fire the weapon if another attacker enters. The protectee waits until the threat is neutralized.

Photo courtesy of Jim Wagner



This woman is the “terrorist” in an air marshal training scenario aboard a passenger jet. The door ambush against a sling rifle would also be used in a situation like this. The venue has changed, but the concept is the same.

## Run, Stomp and Contact Shot Israeli Shooting Techniques



**1:** Jim Wagner is armed with a pistol. Perhaps it is his own or he was able to disarm a criminal or terrorist.



**2:** Wagner's friend Bruce Whitaker is being stabbed with a knife by a criminal, and Wagner must go protect him.



**3:** Wagner runs full speed toward the threat with the muzzle pointed in the direction of the target.



**4:** Whenever you run or move with a gun, or if you are not ready to shoot someone, always index your trigger finger along the receiver.



**5:** As you get closer to the target, you must start dropping your center of gravity and stomping your feet to slow down and end up in a good shooting or fighting position. This part is an Israeli method.



**6:** Wagner positions himself diagonally to the attacker to avoid any over-penetration shots that could hit the victim.



**7:** Wagner is prepared if the attacker hears him and turns on him, but the bad guy may have tunnel hearing or vision because of perceptual distortion phenomena and not let up on his murder.



**8:** If you make a contact shot, you never actually make contact with the muzzle but keep it at least one or two inches away (three to five centimeters) because the slide of a semi-automatic pistol may disengage the firing pin if put against the bad guy's body or head.



**9:** A body shot offers a much larger target, and a contact shot will “liquefy” the internal organs through gas injection and cause instant massive internal injuries.



**10:** Immediately after neutralizing the attacker, take the victim to a safe location, call for help and treat the wounds.

Reality-based instructor Marc Götzmann runs in to make a contact shot on the “terrorist” (in the blue jacket) who is stabbing the victim in a defensive-tactics course scenario in Solingen, Germany. The instructor (not shown) is responsible for making sure the technique is performed properly: having the finger off the trigger until on the target, making sure the muzzle is not touching the target, making sure the victim is not in the way if the bullet over-penetrates and maintaining the ability to move with the fight.



Photo courtesy of Jim Wagner

## Hostage Rescue Shot

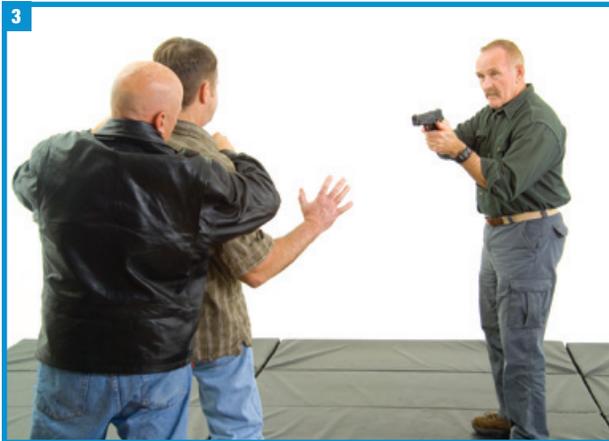
### Police SWAT Techniques



**1:** A hostage situation like this is very dangerous not only for the victim but also for the protector who is armed with a firearm.



**2:** There is no guarantee that the attacker won't kill the victim; only the attacker knows what he is going to do.



**3:** If you are armed and find yourself in this situation, speak softly and clearly to calm the hostage taker.



**4:** You can pretend to go along with the hostage taker's demands, but never ever give up your weapon.



**5:** If you do decide to take the shot, it is better to go for the body, which is a much larger target than the hostage taker's head.



**6:** A head shot like this is very risky, even for well-trained counterterrorists, and this is why a body shot must be an option.



**7:** You can train for this shot with a paper hostage target and an AirSoft gun. Imagine yourself trying to save a loved one.



**8:** If you want to go a step further, you can get a loved one to wear a mask and have someone act as the hostage taker.



**9:** If you accidentally shoot the victim, then that victim must react as if they were really shot. Meanwhile, you had better rush in and shoot the bad guy you missed.



**10:** Likewise, the person playing the role of hostage taker must react realistically if he is shot by your AirSoft gun.

Photo courtesy of Jim Wagner



Jim Wagner (right) is not only the range-safety officer for this government bodyguard, but he is also acting the part of the protectee to better assist in the student's training. It is always recommended that you get professional training on a live-fire gun range so you become familiar with using firearms. Even if you don't own them or like them, it's advisable that you be proficient with them should you ever have to disarm a criminal or terrorist and/or protect others.

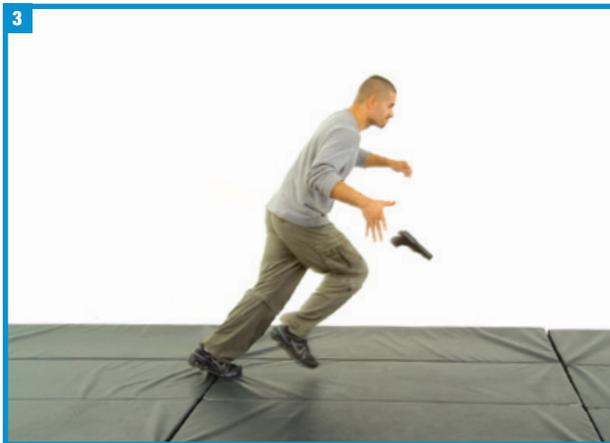
## Discarded Gun or Knife Standard Police Techniques



**1:** You witness a robbery in progress in which the robber gets angry with the victim and then shoots the victim.



**2:** The criminal, like most criminals, wants to flee the scene of the crime to avoid capture by the police.



**3:** You decide to follow the criminal to see where he is going, and you see the criminal ditch the gun as he continues to run.



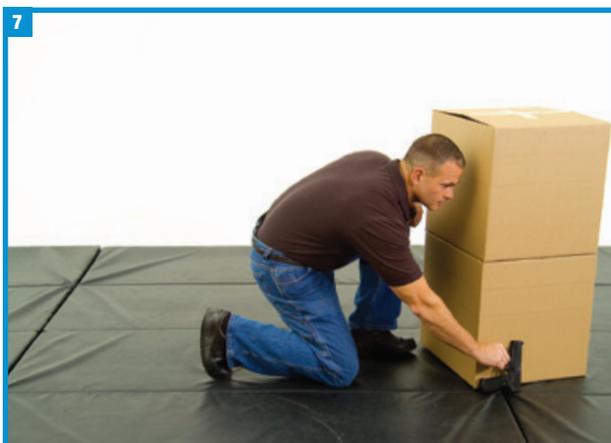
**4:** Near where the criminal tossed the gun, you see some children playing nearby and you want to protect them from the weapon.



**5:** You still want to continue the chase but you have a moral obligation to keep those children away from the weapon.



**6:** It is acceptable to grab the gun by the trigger guard in order to hide it from the children who are playing nearby.



**7:** You need to place the weapon in a safe, dry place in order to preserve the evidence and to continue your chase.



**8:** To move a knife to a safe place, you can grab it by the blade guard, or if there is no blade guard, then the top part of the handle.



**9:** Once the weapon is in a safe location, you can continue the chase to take the robber down or report his direction of travel to the police.



**10:** Tell the police officer why you moved the weapon and where you touched it. You may be required to give elimination prints.

The good thing about television shows like *CSI: Crime Scene Investigation* is that they educate the public about the importance of forensic evidence to solve a crime and prosecute lawbreakers. Your self-defense training must include preserving evidence when possible. This is the post-conflict part of your training and is just as important as learning how to kick and punch.



Photo courtesy of Jim Weigler

## Self-Triage

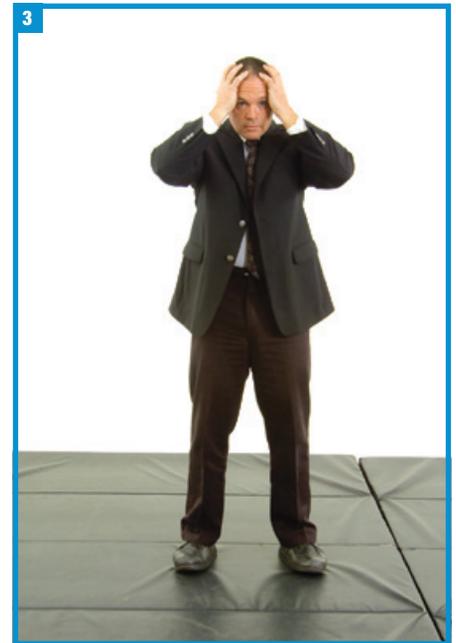
### Standard Police SWAT Technique



**1:** After being in a shooting, a knife attack or near an explosion, you may be injured and not even know it.



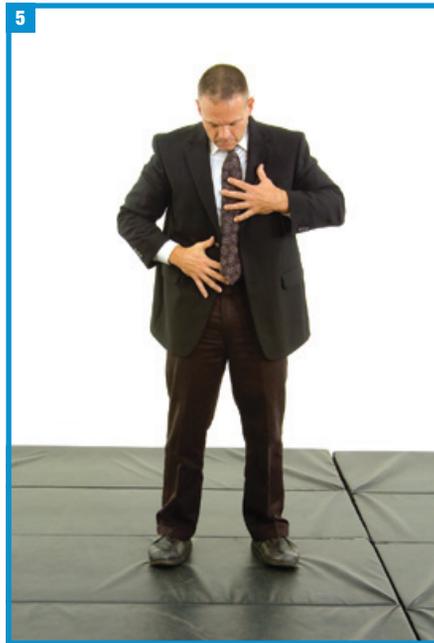
**2:** Immediately evacuate yourself to a safe area, and do a quick visual assessment of your body for wounds.



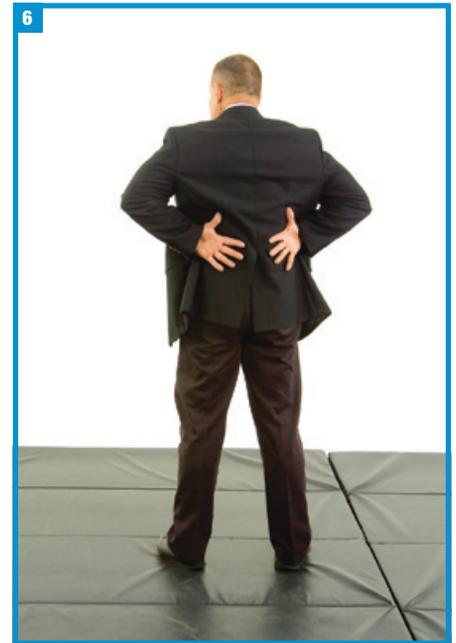
**3:** Always start at the top of your head and pat your entire head, face and neck to feel for pain and look for blood.



**4:** Start with your primary arm and check the armpit where the artery is located. Then squeeze down the arm to the wrist.



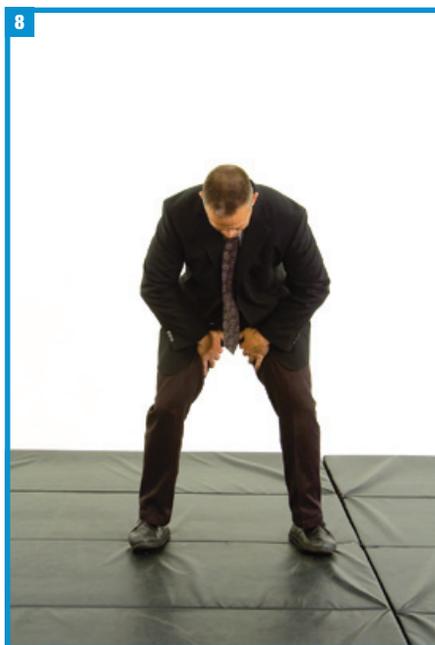
**5:** After the arms, pat your entire chest. Check for pain or blood, then check the sides and the abdomen.



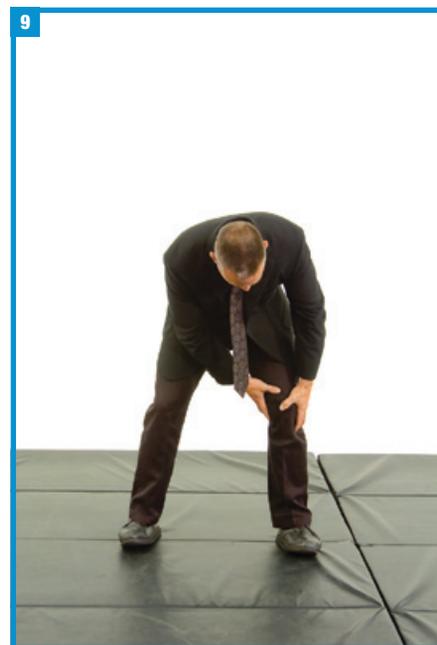
**6:** Check your back as high as you can reach, using the back of your hands.



**7:** Check your butt, and if you do find a wound, continue to search the rest of your body for other injuries.



**8:** Check the groin area and the inside of the thighs where the femoral arteries descend down into the legs.



**9:** Pat down your primary leg to the knee, check for pain and blood, continue to the ankle and then down the other leg.



**10:** Immediately call the police to report the incident, and if you need an ambulance, tell the dispatcher the exact injury.

Photo courtesy of Jim Wagner



Back in the mid-1990s, Jim Wagner began organizing tactical medical courses for government agencies, such as the one pictured above. However, his idea to incorporate tactical first aid into civilian courses goes all the way back to 1989.

## Partner Triage Police SWAT Technique



**1:** You and a co-worker played dead during an office shooting, and the gunman finally left the building.



**2:** Do a triage on yourself and tell your co-worker to visually inspect himself for any entry and exit wounds.



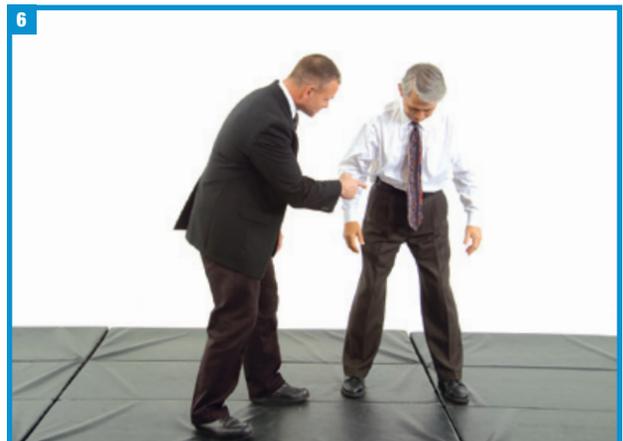
**3:** Tell your co-worker that you want to check him for injuries even if he thinks that he was not struck by bullets or fragmentation.



**4:** Check your co-worker from head to toe. Be systematic, just like when checking yourself for injuries.



**5:** To make the search easier, you may have to tell your co-worker to remove some clothing so you can see his body.



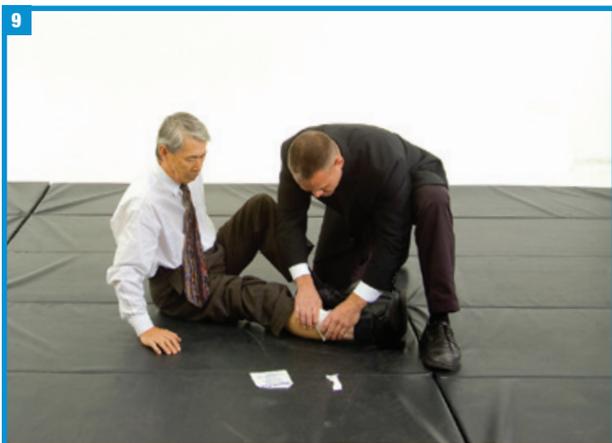
**6:** For a person's private areas, tell him to search that area himself to avoid any future sexual harassment charges.



**7:** Let's say that you found a wound near the knee of your co-worker, and it appears to be a gunshot wound.



**8:** You must do your best to find the exit wound because bullets can ricochet inside the body and come out where you would never expect.



**9:** Treat each wound, first attempting direct pressure with a dressing, then going to a tourniquet if the bleeding won't stop.



**10:** When you have the opportunity, you need to call the police and let them know the condition of your co-worker.

Photo courtesy of Jim Wagner



Here, Los Angeles County Sheriff's Department deputies extract a casualty from a kill zone during a training session. This type of training in the civilian law-enforcement community is also known as "victim rescue." Great importance is placed on this kind of training, and some of your training time should be devoted to it, as well.

## Chapter 3

# Protection and Nonfirearm Weapons

Let me ask you a question: Is everyone an expert with a knife? I'm talking about everyone—from a 5-year-old child to the housewife to the businessman on his way to work. The answer is yes. Everyone from every culture is a knife expert. As a child, you learn how to cut your food. Within a short amount of time, you know how much force it takes to spear a morsel of food before putting it into your mouth. You grow up using knives almost daily, and you've never stopped. It's a tool that everyone is very familiar and comfortable with. Housewives prepare meals using knives. Many professions require cutting tools, and in most societies, men of all ages carry pocketknives. Some societies are even what we call "knife cultures," such as the cowboys of Southern Brazil, the Bedouin Arabs of the Middle East, the ranchers in the Australian Outback, and the many young men and women in the United States, where carrying a folder is legal.

Knowing that everyone is an expert with a knife means that you will never underestimate someone armed with an edged weapon who is coming at you. It does not matter whether it is a frail old man or nice woman who looks like a grandma. Anyone with a knife in his or her hand is dangerous.

Although everyone is a knife expert, not everyone is a knife-fighting expert. Teaching you to be a knife fighter, in order to protect yourself and others, is the goal of this chapter.

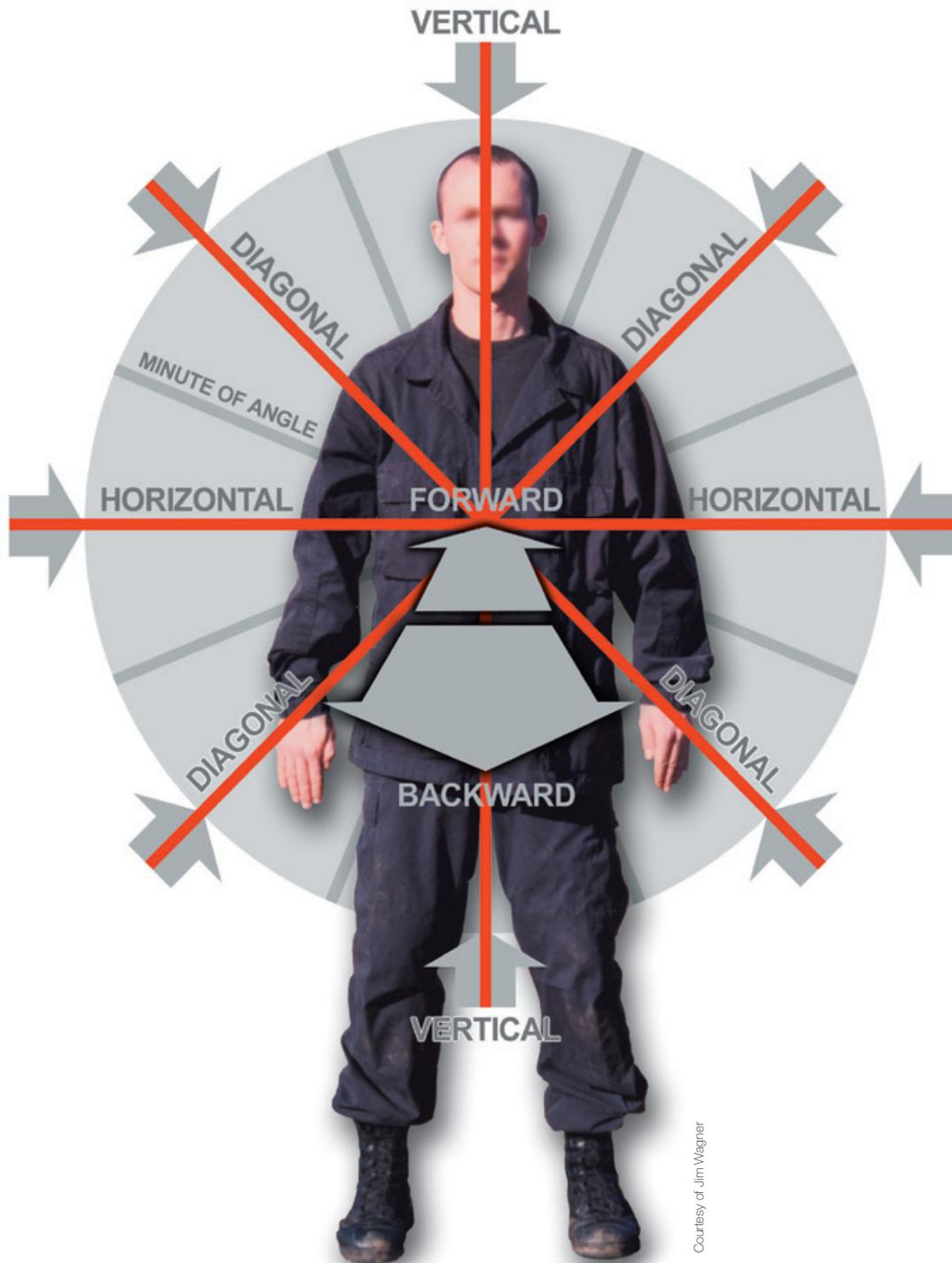
Photo courtesy of Jim Wagner



The ultra-secret counterterrorist unit German GSG9 practices reality-based self-defense against nonfirearm weapons. If they see an importance for this kind of training, then so should you.

# JIM WAGNER METRIC STRIKING/BLOCKING SYSTEM

## PRIMARY DIRECTIONS NAMED

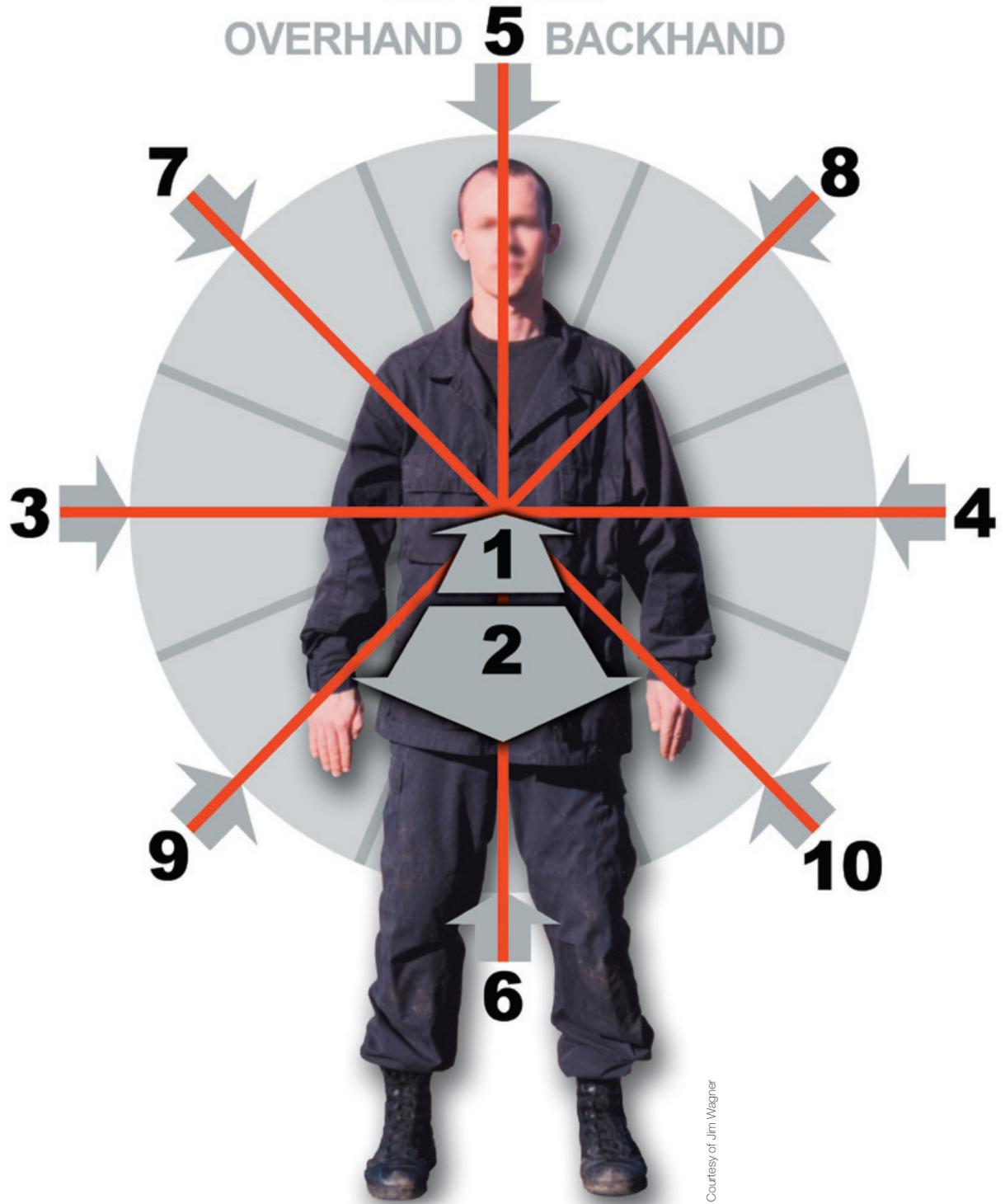


Courtesy of Jim Wagner

# JIM WAGNER METRIC STRIKING/BLOCKING SYSTEM

## PRIMARY DIRECTIONS NUMBERED

### LEFT HAND



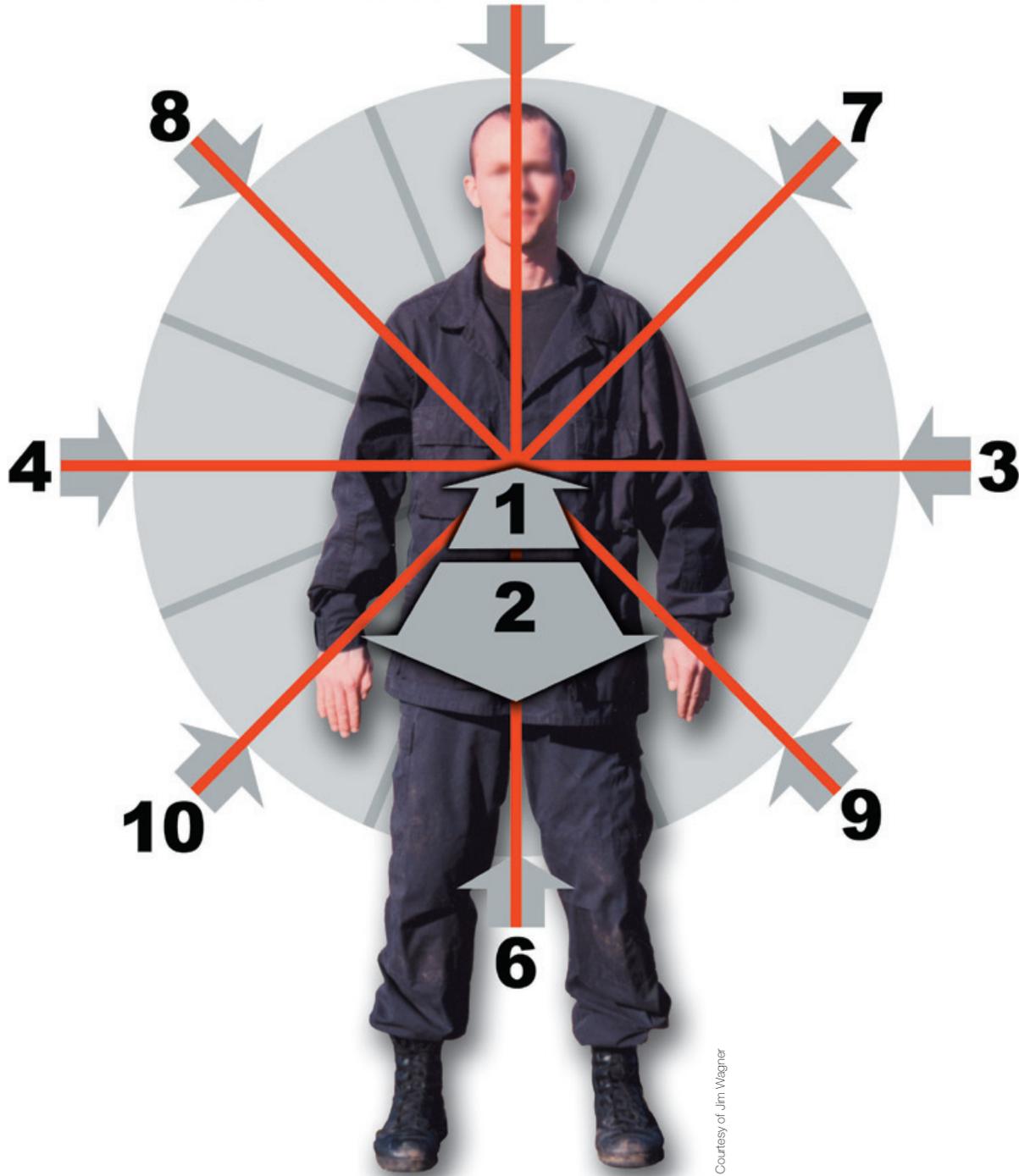
Courtesy of Jim Wagner

# JIM WAGNER METRIC STRIKING/BLOCKING SYSTEM

## PRIMARY DIRECTIONS NUMBERED

### RIGHT HAND

BACKHAND **5** OVERHAND



Courtesy of Jim Wagner

## Distance Is Your Friend

When I was going through the police academy, my instructors told my class never to interview a subject in the kitchen. Obviously, the knives are located in the kitchen, and in a moment of rage, a person could turn and grab one to use as a weapon against an officer. Years later, I was a police officer backing up a social worker who wanted to take a woman into custody. The social worker believed the woman posed a danger to herself because of her mental condition and her reluctance to take her psych medication. The woman in question went against my orders, ran into the kitchen, pulled a butcher knife from the dishwasher and came at me with it. I pulled my .45-caliber pistol and shouted, “Drop the knife!” As I shouted at her, I was backing away from her to give myself a greater reaction distance, but I couldn’t leave the room. The social worker was in the back bedroom looking for the woman’s medication, and I couldn’t risk letting the armed woman run in that direction. My command presence, conflict communication, and her looking down the barrel of my side arm convinced her to drop the knife. However, I have seen several victims of stabbings who were not as lucky as me.

If you are attacked by someone with a knife, it is most likely that you will not perceive the threat until the attacker is right on top of you, and for the first few seconds of the fight, you will probably be unarmed. Even if you are a law-enforcement officer, it is unlikely that you’ll have your side arm in hand at the moment of attack. In actuality, most officer-related stabbings occur during a pat-down search, handcuffing or in other custodial settings—booking cage, jail or prison corridor, etc.

If you are alone, distance will increase your odds of surviving a knife attack. Consider this: A determined suspect can travel the minimum safe-reactionary distance of 21 feet (seven meters) in one and a half to two seconds. (U.S. law-enforcement instructor Dennis Tueller formulated this distance, which just about every law-enforcement officer in the Americas and Europe knows.) In that safe distance, a prepared police officer can draw his gun out of a holster and fire two rounds before the criminal is literally on top of him. However, one or two bullets may not stop a determined attacker in his tracks. This means that in reality, the police officer probably needs another 10 feet (three meters) to keep from getting stabbed.

## Knife-Avoidance Exercise

The first defensive move that you should employ in a surprise edged-weapons attack, provided you are alone and not protecting anyone, is to create distance to evade the knife because the average edge-weapons fight lasts no more than five seconds. Within those fleeting seconds, serious bodily injury or death can be inflicted. Thus, the most critical stage of the fight, and the one that generally determines outcome, hinges on your first reaction.

The knife-avoidance exercise will help you create distance. It’s the same technique that I have taught to many law-enforcement units. As the name implies, your intentions are to avoid the weapon altogether. The farther away you can get from it, the better off you are.

Of course, when performing this exercise, safety is paramount. Both you and your partner must wear wraparound eye protection because even rubber or plastic training knives can damage the eyes. I know that at many schools, students train with wooden or nonpointed, noncutting metal training knives, which are usually good, but they should not be used in this exercise because it is to be done at full speed and with full contact; the rubber blade should bend back.

Your partner will suddenly attack you, like any subject wielding a knife. Which hand and grip he uses is irrelevant. The first thing you want to do is back off and bring both your hands directly in front of you to guard your centerline. The centerline is the imaginary line that runs down the center of your body from the top of the head to the groin.

Protecting the centerline is called “shielding.” To shield, your arms should be extended out in front of you and your elbows slightly bent. In a knife fight, you *will* get cut. So what if your hands and arms get cut in a real fight? You can always get them sewn up in the hospital after the fight is over. But you can’t afford to take any slashes or stabs to the torso—meaning the head, neck, chest and back. In addition, knife-tip penetration of more than three centimeters can induce instantaneous shock, and while such penetration is not always fatal, the shock can weaken you or even render you unconscious. It can be instantaneous or occur minutes after the initial strike. Remember: Puncture wounds tend to be much more traumatic to the body than cuts.

The key to avoiding an edged-weapons attack is to get distance between yourself and the knife. If the attacker keeps coming at you, you must protect your centerline and your body. You do this by aggressively slapping the incoming weapon away with both shielding hands and sidestepping (also known as a tactical L). To get your body out of the line of attack, you move your centerline. It’s harder for the attacker to move laterally than to pursue you straight back. If you do have to retreat backward, don’t go too far without sidestepping or the attacker will easily overrun you.

Once you have put some space between you and the attacker, and you find that you still can’t draw your gun or get to another type of weapon, strike the attacker with a rapid kick to the knee or attempt an eye poke with a finger. These are both stopping techniques meant to immediately disable the attacker because any other kick or punch may not do the job. Say you break his jaw with a hook: What if the attacker shoves that knife in your gut? Who’s the winner?

If you attempt to get distance and you fail to get your weapon deployed, get your hands back in front of your centerline and go through another knife-avoidance cycle. That’s life.

In a situation in which you have no weapons, do the knife-avoidance drill, then immediately grab a handy improvised weapon such as dirt, a lamp, a jacket or whatever you are able to use. Remember

## **A Knife Can Kill You in a Gunfight**

The problem with most law-enforcement officers who have little or no training in edged weapons is that the first thing they go for is their side arm when attacked with a knife at close range. I’ve heard many officers joke, “If someone pulls a knife on me, I’ll just shoot them.” Or they say, “Don’t come to a gunfight with a knife!” The facts tell a different story.

At the first law-enforcement agency I worked for, an auto-theft suspect stabbed an officer in the arm with a screwdriver. I later spoke with the officer who told me that he was unable to draw his weapon in time at the moment of the assault. Afterward, with the permission of my patrol sergeant, I taught my squad some knife-survival skills. After my demonstration, these officers became firm believers that a knife can win in a gunfight.

If this story shows that armed officers have difficulty surviving knife attacks, how much more vulnerable are civilians who also lack proper training and are unarmed?

that the longer a fight goes on, the faster your chances of survival diminish. Few people can survive more than 10 seconds in a fight, unless they launch a damaging counterattack or successfully run away. That's why knife fights are so scary.

## Disarms Are Dangerous

I just finished explaining how “distance is your friend.” That is only when you are alone and you have room to get away. If you are protecting others, you are screwed. You have to stay there and protect them because if you try to get distance, the attacker may divert his attack to those you are with. Either way, you have to deal with the knife.

A disarm technique should only be considered as a last resort, such as when you have no distance, are in a confined space or when you are protecting someone. It should never be your first technique unless you are really lucky. I know this to be true from the two times I was attacked by subjects with knives—once when I was in the Army and once while I was on police patrol. In both these incidents, I was unable to disarm the attackers who were trying to kill me. The first time, I had no choice but to grab the attacker's weapon hand, which almost earned me a Bowie blade to my Adam's apple. The second time, I simply had no opportunity at all to disarm the subject. The attack came in too fast, and the suicidal man who tried to bury the blade in my chest did not extend his arm out like you see in many self-defense courses. All I had coming my way was a flicker of a shiny kitchen knife moving straight toward my chest as the man lunged at me with an overhand ice-pick grip. I did the only thing my instincts told me to do: I jumped back and got out of the way. I crashed right into the attacker's bedroom dresser. Fortunately, I wasn't scratched in either incident, but my point still stands; disarms are dangerous.

## The Jim Wagner Knife-Disarm Rule

In a real conflict, all the fancy stuff goes out the window, and only simple, primitive, aggressive techniques will save your life. Thus, the wonderful thing about the Jim Wagner Knife-Disarm Rule is that it is four easy moves that rely on your gross-motor skills. Through repetition, it will easily become a part of your muscle memory.

Before 1998, many martial arts instructors taught a knife-disarm technique for every type of knife attack. For example, if the attacker tried to stick you in the stomach with the blade, you did an “X” block, rode up his arm, did an arm lock and took him down. If he came at you with an overhand ice-pick grip to your chest, you blocked the arm, wrapped your other arm around his weapon arm, locked his arm and then pulled back to break his arm. All these disarms were dependent on the attacker leaving his arm out there long enough for you to do all these moves, of course.

The different techniques students had to know went on and on, and I was guilty of teaching the same. Then one day when I was training the Canadian military near Vancouver, I came up with a simple formula, which was based on instinct. In fact, the knife-disarm rule was so revolutionary, that military and police units all over the world adapted it. (This was also what got my foot in the door to train regular and special-operations units.)

These four simple moves will help you in your training and, God forbid, a real knife attack when your back is up against the wall and you have nowhere to run or if you have to stay in front of someone and protect them. They are:

- 1. Grab:** When someone comes at you with a knife, your natural instinct is to put your hands up in defense. Because you will already be doing this, try to grab the attacker's knife hand with both of yours. When I do it, I firmly grab on with both hands as if choking someone's neck. You need both your hands to stop and maintain control the weapon.

If you do not succeed on the first attempt to grab the weapon hand, then try a second or third time even if you are getting cut or stabbed. Remember, this is done in situations in which you are cornered and have nowhere to go or must stay in front of your protectee and not move too much. Therefore, you must secure that weapon at all costs. You must grab the hand controlling the knife before more damage can be done. When slippery blood gets into the equation, it becomes even more difficult to handle. To simulate this, use stage blood. Smear it on the attacking student's hand and knife, which makes disarms even more difficult.

In training, your "attacker" should come fast and furious at you in a variety of angles and not like a typical martial artist. In practicing like this, you will see that it is possible to grab the attacker's arm or wrist at any angle as long as you're focused on getting it. You may get seriously cut or stabbed, but you can't quit. You must secure that weapon hand.

Don't expect to have your hands in the perfect position once you grab hold, especially during full-speed simulations. Once you latch on, you must maintain your grip. Changing your grip or hand position midstream is suicide. You may not like your hand position, but you have to accept it and go immediately to the next step before the attacker frees his weapon hand.

- 2. Close:** In a knife fight, you are already in contact distance or within touching distance of the opponent. However, in order for the attacker to do damage, he still needs a little space to maneuver to swing his weapon or thrust it into you. Therefore, once you grab the knife hand, immediately close the gap. Step into the attacker, crowd him or whatever you want to call it, but get right up against the attacker and secure his weapon hand tightly against your own body or against a wall. Yes, there is a chance that the blade can cut you in the process, but it will be a surface cut and not a deliberate and deep wound caused by the attacker's force. Of course, the natural reaction of the bad guy when you do this is to get away from you, but before this is accomplished, you move on to step three.

- 3. Takedown:** For those who have studied judo, *aikido*, Brazilian jiu-jitsu, Greco-Roman wrestling or my Ground Survival course, your past skills will pay off at this point. Depending on your body position and that of the attacker's, you will force the attacker to the ground or at least force him off-balance. The move can be a push, a trip, throw, drop or takedown. Because you have closed the gap and your body is pressed against his, you will have to force your shoulder into him and pivot your body in order to successfully get him off-balance and complete the takedown. If you feel that there is resistance in the direction you intend to take the attacker, then immediately switch directions and bring that person to the ground.

Once the attacker has lost his balance or is on the ground, disengage from him immediately. Do not attempt to fight him if he is still holding the knife; most likely, he will be. It takes but a split second for the attacker to pull free from you, and you'll find yourself on the business end of the knife.

- 4. Escape:** Once you have the attacker off-balance or on the ground, you must grab your protectee and escape, if possible. For military and law-enforcement personnel tasked with bodyguard detail,

I recommend getting adequate distance between your protectee and the subject first. Then draw your firearm—impact weapons or chemical agents are better than nothing but are not the appropriate weapons against a lethal weapon—and continue to move away from the threat. All it takes is some realistic training scenarios to realize that you don't want to be rolling around on the ground with someone who has a knife. However, if you cannot disengage from the subject because you are protecting someone or because you must subdue the subject, you must counterattack. You must do whatever it takes to stop the subject: kick, punch, bite, eye gouge, or anything else that will help you to survive and protect your protectee. Remember the information in Chapter 1: If the attacker is using a knife to harm you or others, this will fall within the Level 4 use-of-force ladder.

## Training Safety Tips

Knife-survival training can be dangerous if you do not take the proper safety precautions. Here are some training pointers:

- NEVER USE LIVE BLADES because these weapons can cut or puncture you or your training partner.
- Use the right training knives for the right exercises. For example, I have my students use soft rubber training knives for exercises requiring a lot of repetition. This will prevent blunt trauma on stabbing techniques and prevent arms from getting beat up on slashing and blocking moves. For disarm training, a ridged and thick plastic knife (rounded edges and tip) works best. The attacker and the defender will know by feel the exact placement of the knife when the technique is performed. Soft rubber knives bend too much for you to know whether a technique is truly effective. However, hard plastic knives can chip teeth, crack ribs or rap a knuckle, and very light contact must be used when training with such tools.
- For any training involving the face as a target, eye protection and a padded bib to protect the neck is mandatory. Inexpensive construction goggles found at any hardware store work well for this purpose and provide full wraparound protection. Paintball bibs can be found on the Internet.

## Knives as Defense

The second best choice for a weapon is a knife. Knives are legal to carry in most places in the United States, provided they are not a switchblade (blades that open automatically with the push of a button), a double-edged blade, a blade over more than 4 inches long or a blade that can be launched as a projectile. Some countries like Germany, as of the printing of this book, will allow you to carry a fixed blade no longer than 13 centimeters concealed on your person, but it cannot have a double edge and must only be "intended for self-defense." German law also forbids any concealable knife system that can be opened with one hand, but you can legally carry that same knife if it is in a purse or backpack that is on your person. In the United Kingdom, you can end up in jail for up to six months for carrying any type of knife in public. The bottom line is to check the laws if you intend to carry a knife.

You don't have to have a manufactured knife to protect yourself and others. All you need is a good stabbing weapon. In prisons around the world, they don't have commercially made knives at the prison commissary, but inmates manage to stab one another with "shanks." Shanks are improvised weapons

that are creatively fashioned from pieces of wood, plastic or scrap metal that inmates manage to find or craft. They take the material and sharpen it to a fine point, then shove it into their victim's body multiple times. Usually, the target area is just above the belt line or the neck because most prisoners make their own homemade body armor, which is carefully concealed under their prison clothes.

After the terrorist attacks against the United States on September 11, 2001, I wrote several articles suggesting that law-abiding passengers keep knifelike improvised weapons with them, should another such in-flight occurrence happen again. I suggested that people buy big beefy metal business pens with sharp points that could easily pass through airport security systems. After all, such items are perfectly legal to possess on an airplane. As a result of my articles, the tactical pen was born. Several large knife manufacturers decided to work off of my idea, and now there are several good tactical pens on the market. These are writing pens, but they are designed specifically to pass through today's security systems without suspicion and later to be used as a stabbing weapon if a person's life is in danger.



Photo courtesy of Jim Wagner

**Jim Wagner introduced stage blood into knife training back in 1999. Here, these students use stage blood on their hands when practicing the Jim Wagner Knife Disarm Rule. The weapon is a rigid Sharkee brand training blade.**

## Knife-Disarm Rule

Original Jim Wagner Technique



**1:** The protector sees a hostile man approaching with a knife, and his first move is to do the shielding technique. (See Page 36.)



**2:** Because the protector cannot leave his protectee, he is forced to handle the situation like a confined-space knife attack.



**3:** The protector tells his protectee to run away or get to a safer place while he engages the attacker who is armed with a knife.



**4:** The first move is to GRAB the weapon hand of the attacker. The protector grabs with both hands in order to control the weapon.



**5:** Because combat is fluid, there is no magic grab. The protector just does his best to stop the weapon hand.



**6:** The next move the protector takes is to CLOSE the distance so the attacker has no room to maneuver the weapon and cause injury.



**7:** Before he thinks of pulling or pushing away, the protector does a **TAKEDOWN**, which means getting the attacker off-balance.



**8:** If a takedown to the ground can be accomplished successfully, then that is better than simply getting the attacker off-balance.



**9:** Once the attacker is off-balance, then the best course of action is to **ESCAPE** because disarming is very difficult.



**10:** If escape is not an option, such as when fighting in an elevator, then the protector must get the knife from the attacker no matter what. The protectee must assist if the protector is losing.

When practicing the Jim Wagner Knife Disarm Rule, the “victim” is placed in a corner and must get out of it, like in a real-time fight. Once the basics are mastered, the next step is to have the victim protect someone in an open space. Even though there is open space, the protector has to stay put and act as if he is in a confined space in order to protect the protectee.

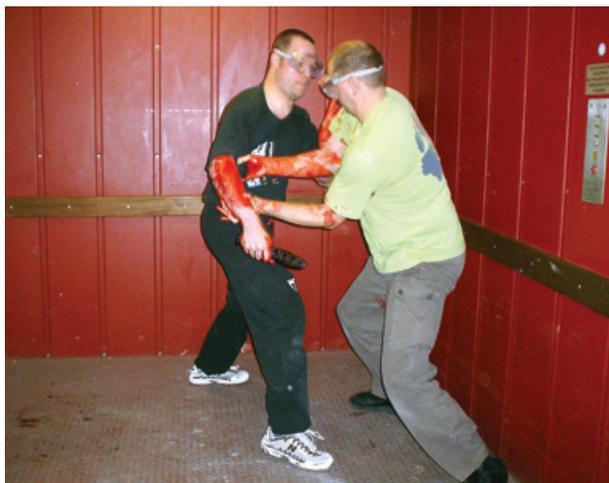


Photo courtesy of Jim Wagner

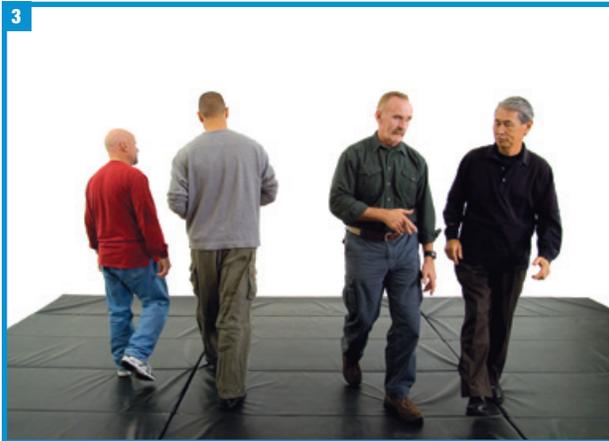
## Back-Stab Defense Original Jim Wagner Technique



**1:** Two attackers, on the left, have selected one of the men on the right as their victim for a back-stabbing attack because he is in reach for this kind of attack. His friend's reaction on discovering the stabbed victim will only aid the attackers' escape.



**2:** The attackers talk to each other and don't make contact with the victims because they don't want to raise any suspicions of an impending attack.



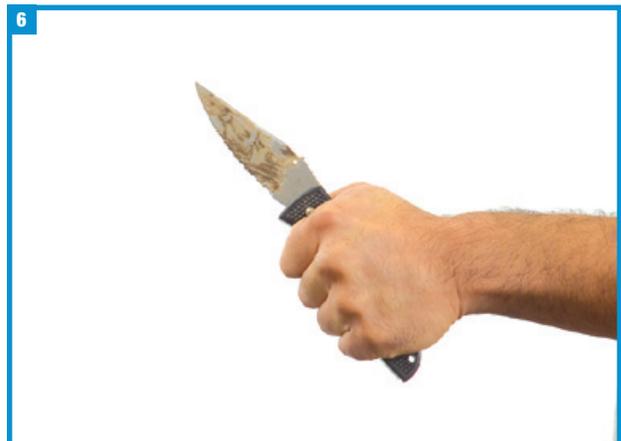
**3:** The attack does not begin until the attacker with the knife is parallel to his intended victim, who is walking in the opposite direction.



**4:** The attacker presses the victim's arm against the victim's body and then deploys the weapon for the attack.



**5:** Showing the attack from a different angle, the attacker keeps the victim's arm pressed to his own body and stabs the victim in the kidney.



**6:** To make sure of a kill, the knife blade could have been coated with rat poison, feces or other contaminants.



**7:** In a crowded place, all the attention would be on the victim and the attackers would walk on like nothing happened.



**8:** To protect yourself and the person you are with, you should discreetly keep an eye on the hands of people you are suspicious of.



**9:** If you see any sudden threatening movements, you must get your hands up to shield yourself and get away from the attacker. This may seem like common sense, but common sense is not so common and few people pay attention. A couple years ago, an Italian tourist was stabbed just like this in Jerusalem and killed. Most people do not scan people about to pass them, especially ones showing no signs of violence.

“Shanking” is a kind of surprise knife attack that is very common in prisons. Prisoners make improvised edged weapons out of materials they find or steal. All they need is a rigid object that they can sharpen to a point. Because the object is to stab, the weapon doesn’t require a cutting edge. When prisoners are released, they generally don’t change their tactics. Much like the action in the main sequence, they come up to their victims with a distraction, then violently thrust the point into the lower abdomen or neck area multiple times. It is a crude but effective method that is used by criminals and terrorists.

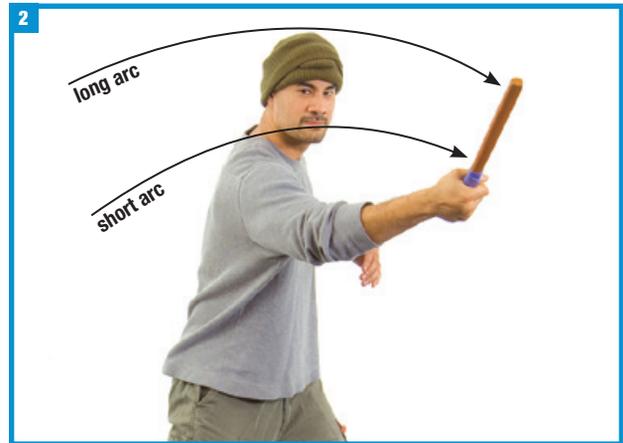


Photo courtesy of Jim Wagner

## Club Defense Standard Martial Arts Technique



**1:** A man with a club approaches two men with the intention of seriously injuring them with an impact weapon.



**2:** Like a propeller, the blade nearest the propeller shaft moves in a small circle, or arc, and the tip moves in a large circle, or long arc. When swinging an impact weapon, the part of the stick closest to the hand is the short arc and the other end of the stick is the long arc, which is the most dangerous part.



**3:** Getting hit with a club can do more than shatter bones; a strike in a critical place can be fatal and must be avoided.



**4:** The protector doesn't move in as the weapon is coming in but rather he moves back to get distance to avoid the long arc.



**5:** Once you anticipate the end of the club intersecting the attacker's centerline, that is the time to move in if you cannot escape.



**6:** When the protector moves in, the stick will have passed from the overhand swing or the backhand swing.



**7:** Because this is a deadly force situation, the protector targets the eyes of the attacker with 100-percent commitment.



**8:** Whether he gets hit or not, the protector cannot stop and must “occupy” or move in and dominate the ground of the attacker to survive.



**9:** The best training tools for this technique are the foam-stick toys used by children in swimming pools because they enable you to practice full contact.



**10:** Eye protection is also recommended.

These Dutch reality-based students practice the club defense. A good prop for the club can often be found in a toy store. The baseball bat in this photo looks real but is actually made of plastic.



Photo courtesy of Jim Wagner

## Sword Defense

### Standard Martial Arts Techniques



**1:** Although sword attacks are fairly rare, they still happen worldwide, but machete attacks are more common.



**2:** Just like a club, a sword also has a short arc and a long arc, but unfortunately a short arc is just as deadly with a sword in motion. A sword is still a sword that can slice, after all, whereas a club loses a lot of energy at the short-arc range.



**3:** A fast-moving blade can cut through flesh and bone, and blocking it with a naked arm is out of the question.



**4:** Unlike a club, a sword or machete has a stabbing tip that can be driven into the body with a quick change of direction.



**5:** Running away and escaping an attacker with a sword or machete is almost always the first choice.



**6:** If at all possible, find a large object, like a chair, to block the incoming blade if an immediate escape is not possible.



**7:** Throwing objects at the charging attacker may slow down the attack and may even injure him if a good hit to the head is made.



**8:** If escape is not an option, and there are no available weapons, then you must use the same technique as with an incoming club. In this scenario, you don't do the knife disarm because you will not be able to control the weapon. Instead, move in and go for the eyes even at the risk of being cut. Being chest-to-chest is the best bet. You can only appreciate this concept at full speed and full contact—with a plastic sword, of course.



**9:** If you have to sacrifice an arm to move in, then you must be mentally prepared for that and go for your target regardless.



**10:** If you have a tactical flashlight, you may be able to distract the attacker just long enough to escape or counterattack. Because people don't like strong light in their eyes, they tend to shield their face for a second or two, giving you a second or two opportunity to get away.



Photo courtesy of Jim Wagner

Although sword attacks are not common, they do occur from time to time, which is why it is important to train once or twice a year to learn how to defend against such attacks.

## Chapter 4

# Protection and Chemical Agents

**O**n November 2, 2002, the British police arrested five people for allegedly plotting to kidnap Spice Girl Victoria Beckham. The suspects intended to use a chemical knockout spray in order to obtain a ransom of \$7.8 million. However, this incident is not merely one gang's attempt at robbery of one of the rich and famous but an incident that is occurring more frequently against average citizens.

In my Criminal Survival course, I teach my students to think and train like the adversary in order to know how to defend against his attacks. Think about it. Let's say you wanted to rob somebody or beat them to a pulp just for "the fun of it." Wouldn't it be easier if you came up to that person suddenly and sprayed him or her with pepper spray, mace or some caustic chemical? Once you blind your victim, it is next to impossible for that person to put up an effective resistance. So if you are with someone and you get an incapacitating dose of chemical in your face, who is going to protect your protectee? This is exactly why many criminals are turning to this diabolical tactic. In addition, attackers usually follow up chemical attacks with a beating so that the victim will be in a state of complete submission.

Up until a few years ago, not even police and military units were trained on how to protect themselves from chemical attacks beyond donning a gas mask. Today, your training in protecting others must include defending against chemical attacks because there is a possibility that it can happen.

### The Jim Wagner Chemical-Defense Rule

As a protector, you must successfully prevent the chemical agent from incapacitating you. When I went through the U.S. Army's NBC—nuclear, biological and chemical—warfare training, I was taught to hold my breath and don my protective mask within nine seconds of encountering an area showing the first signs of contamination. To reinforce the point, they gassed the trainees on a few occasions with ortho chloro benzal malononitrile, or CS gas, as it is commonly called. Years later, I went through the police academy. One day, the instructors rubbed some mace under our eyes. The next day, they pepper-sprayed us the next day, and then day after, they made us walk through a room filled with CS gas on the next day. This was to help us experience the various chemicals that police use and can come into contact with. Of course, we did not get the opportunity to defend ourselves during such training. Instead, we were supposed to stand there and take it. When I went to the Federal Law Enforcement Training Center for my counterterrorism training, I had to get pepper-sprayed yet again. However, unlike at the police academy, I was allowed to do whatever I wanted because I had to fight two uncontaminated "terrorists" immediately following the chemical attack. Before it was my turn, I had a theory about how to lessen the effects of the chemical and maintain combat effectiveness. My theory proved practical, and I have been teaching what I learned there to military and law-enforcement personnel ever since.

If someone comes up to you and attempts to spray or splash you with any substance (liquid or powder), your defense will be the same:

**Turn:** Whether someone is spewing a stream of pepper spray your way or spewing a mouthful of bloody spit, your natural instincts will make your first technique automatic. You will close your eyes and turn your head away, no matter how much training you have. Of course, this is the proper action to take initially. If you have enough reaction time, your mind will also force your hands to come up to protect your face.

**Wipe:** After you have turned away, your training will then kick in. You need to hold your breath so the vapors do not overtake you, and you need to step back from the attacker. You may have to push your protectee, who is behind you, with your back to get him or her going in the right direction. Keep your eyes shut tight, then wipe the left side of your face with your left biceps, starting at the left eye socket and wiping outward. Then wipe the right side of your face with the right biceps in order to wipe away contaminants with your sleeve. This action will clear away the majority of the residue that would otherwise drip into your eyes or penetrate your skin if the substance is an acid. This entire action should take no more than a second or two.

**Counter:** For survival, you must take countermeasures. Depending on the situation, countermeasures could be anything from escaping to launching a counterattack. If you do fight, you may only have a few seconds of visibility or none at all, depending on whether your eyes are contaminated. If they are, you must immediately make target acquisition, which is a military term meaning to lock onto the target.

**Decon:** “Decon” is short for decontamination. After you are in a secure area, meaning you are no longer in harm’s way, you must get the remaining contaminant off you and your protectee, if he or she was also contaminated. In most cases, flushing the affected area with copious amounts of water is the best first step. The second step is to seek medical attention.

You can practice this defensive technique using water to simulate a chemical. You can have the liquid thrown at you and your protectee from a cup or sprayed at you from a squirt bottle; both will simulate common delivery methods. Scenarios can range from a jealous boyfriend splashing acid in his former girlfriend’s face to a criminal coming up to you and spraying you with pepper spray, then knocking you down to rob you and your protectee. Regardless of the scenario you choose, the principles will be the same.

## Defense Against Terrorist Chemical Attacks

Your training to protect others must also include worst-case scenarios. One worst-case scenario would be a weapons-of-mass-destruction or WMD attack by terrorists in an urban environment. The European term would be chemical-biological-radiological-and-nuclear attack or CBRN.

To some, this type of training may seem a bit extreme. However, the threat of terrorist WMD attacks is now a reality for millions of people. I designed my system to deal with the modern threats that people face today. Learning to defend against WMDs may not be a comfortable subject, but it is necessary to

be prepared for it through realistic training.

Chemical weapons that can be used in an urban attack include VX, sarin, tabun, soman, phosgene oxime, ricin, botulinum and a whole host of others. As a result, you need to know the necessary steps because most likely you will have to rely on only yourself. There won't be police officers or other first responders to help you and your protectee. Because the attack will probably be a surprise, those authority figures must protect themselves first.

No matter what kind of WMD attack you encounter—radiological particles floating around in the air after a conventional explosion, a strange green cloud wafting your way or a liquid being disseminated by an aerosol device—the key to protecting yourself is to protect your respiratory system. You must prevent the foreign agent from entering your lungs. The best way to do that is with a protective mask.

There are several protective masks out on the market. Go online and search for an emergency escape smoke hood. There are several brands out there, and many are small enough to put in your pant pocket. A smoke hood is designed to get you and your protectee out of the contaminated kill zone after a chemical attack. It also can save your life in a fire by providing you with a source of breathable air. You'll have a supply for anywhere from 15 to 30 minutes, depending on the chemical agent used and parts per million (chemical molecules in ratio to air molecules determining the concentration and lethality).

Any mask that you purchase should be portable, and you should be able to get it out of its container and put it on within seconds. Don't forget to purchase masks for those you intend to protect and perhaps even extra for other victims. Most masks are designed to filter out a wide variety of poisonous gases, like the ones previously mentioned and others like acrylonitrile, ammonia, sulphur dioxide, chlorine, benzene, formaldehyde, hydriodic acid, methylamine, phosgene, styrene, hydrogen sulphide, tetrachloroethylene and others. However, many of these masks may not filter out pepper spray or mace because they are not actually gases but liquid particles.

If you have a family, a mask should be under the bed within reaching distance of every family member. Once they hear the smoke alarm go off, they should drop to the floor, put it on and crawl to safety. I carry two with me whenever I am aboard a passenger aircraft, in my car or in a hotel room. The second one is for my wife.

To get your mask on, follow these steps:

- 1. Grab and Open:** You must grab the container from where you have it stored and open it. You must keep your mask where it is easy to get to and easy to deploy. You also should be able to find it and open it by feel in no- or low-light situations. If the gas has not reached you while you are deploying your mask, yell out loud, "Gas! Gas! Gas!" to warn those around you of the impending danger.
- 2. Pull and Clinch:** Shake the hood open and place it over your head. Make a seal around your neck with the device provided; it may be drawstrings or a type of elastic. Pull the drawstrings or bring the elastic around your neck enough to prevent contaminated air from entering but not so tight that it cuts off your circulation. As you deploy the unit, hold your breath.
- 3. Breathe and Escape:** Once you feel that the mask is securely in place, begin to breathe and escape the area.

**4. Decon and Medic:** Once you are in a safe area (upwind, uphill or upstream), you must decontaminate yourself and your protectee. Your skin, hair and clothing, if exposed, will continue to off-gas, even up to 30 minutes after contact with the agent. First, wet yourself down, clothes and all. This will prevent the agent from re-aerosolizing. Second, strip off your contaminated clothing—all of it. Third, you must continue to flush your entire body with lots of water. Fourth, seek immediate medical attention.

A chemical attack may not appear obvious at first because the agent itself may not be visible to the naked eye. You can recognize an attack by the way you feel or by the way others around you are feeling. Symptoms may include headaches, difficulty in breathing, nausea, abdominal cramps, dizziness, pupils shrinking to a pinpoint, runny noses, tightness in the chest, jerking and twitching muscles, and involuntary urination and defecation. Other indicators of a possible chemical-agent usage may include dying animals or lack of insects; multiple victims in the same area; presence of an unusual liquid, spray or vapor; or a suspicious device. However, don't always look for the obvious. One way a terrorist can spread deadly chemical agents is through a car's exhaust system when driving down the freeway. The chemical gas is injected into the exhaust system, which in turn attaches to the exhaust gases like water to dust in the same way a rain cloud forms. The terrorist may also simply put a plastic bag on the floor of a bus, train or airplane and poke a hole in it. If something like that happens and you become aware of it, then you must don your mask and leave the area.

Of course, the ideal protection to have during a WMD attack also would include protective clothing, impregnated gloves and rubber boots. However, carrying around these items is not very practical for most people. Therefore, the minimum amount of equipment should be your mask. It can fit nicely into a briefcase, backpack, purse or even in the pocket of a jacket. Personally, I may not carry my mask with me into a grocery store, but I definitely would have it if I were in a or near potential target area: an airport, a national monument, a government building, a major sporting event, etc. You also should have a mask for every member of your family at home, under their beds and stored in your vehicle Go Bag or first-aid kit.

## Chemical Agents as Protection

On the flip side, chemical agents can be used for protection. Pepper spray is perhaps the most com-

## The Training Environment

Even if you live and work in an area that is unlikely to experience a terrorist attack, anyone can find him or herself in a structure or vehicle fire at any given time. A burning building, car or aircraft gives off toxic fumes, and three out of four fire fatalities are caused by smoke inhalation. Therefore, it is extremely prudent to purchase one mask for emergencies and a second one for training.

To survive a WMD attack or a structure fire, you must be able to put the mask on quickly and find your way to safety. To be proficient takes a little practice. By familiarizing yourself with the equipment and running through some scenarios, you will reduce your tasking time. If you are an instructor introducing this type of defense to your students, all you have to do is yell out, "Gas!" Students should be able to don their masks within nine seconds from the signal to breathing filtered air. Such drills should be incorporated into your training schedule a few times a year.

monly used protection chemical agent out there today. It's most likely because despite the pain, there is no permanent physical harm associated with the irritant. Of the many people I have sprayed, I have yet to see any injuries. Also, from the dozen times I have been doused, nothing has ever happened to me. However, that is not to say that there are no risks involved. Continuous exposure can cause cornea sensitivity or inflammation of the skin, and it may cause more severe, temporary effects on those people who suffer from asthma or emphysema.

Pepper spray, considered a less lethal aerosol spray weapon by military and law-enforcement personnel, is a chemical or lachrymatory agent that irritates the mucous membranes in the eyes, nose, mouth and lungs. Effects to the eyes include irritation to the corneal nerves that cause tearing, intense pain and even temporary blindness. Effects on the respiratory system include sneezing, coughing, hard breathing and sometimes the feeling of suffocation. Such descriptions may make pepper spray seem benign, but when I was first pepper-sprayed in the police academy, it felt like someone straightened a metal coat hanger, sharpened one end of it to a fine point, heated it over an open flame until it was white hot and jammed it into my eyeballs. It was painful, and I was not able to open my eyes for a good 15 minutes, even after flushing with cool water. This burning pain on the skin lasted for more than 20 minutes, and during that entire time, I could not pull myself from cool running water during the decontamination process. (The burning sensation in my mouth and throat was nothing compared to the CS gas chamber I went through in the U.S. Army boot camp. I was locked in a chamber, and there was no getting away from the dense gas. The only way to decon after an exposure was to stand in fresh air and air out. Water makes it worse.)

When I was a patrol police officer, most suspects that I pepper-sprayed were incapacitated within five seconds of the stream hitting their face. The weapon worked most of the time. (I was using the First Defense MK-3, which is manufactured by Defense Technology and has an effective range of 10 to 12 feet.) However, my experience has taught me that sometimes a chemical agent doesn't work. The people who felt little or no effects of the pepper spray were:

1. those under the heavy influence of alcohol
2. those under the influence of drugs
3. those who were "demon possessed"

Obviously, when people are on mind-alternating substances, their brain often does not perceive the pepper spray, just like they may not feel pain when being struck with a baton or even a bullet. The type of substance and the amount determines the subject's tolerance level to pain.

In regards to "demon possessed" people, I mean just that. I sprayed one man who was screaming to the top of his lungs on a balcony, "Satan's angels all around me, and you are going to hell!" He tried to throw me off the balcony when I reached the top of the stairs. Before he could grab a hold of me, I peppered-sprayed him in the eyes with a good long blast, twice. When that didn't work, I did a sweep kick and slammed him to the floor face first. My partner and I got on his back and handcuffed him, but not without a hard struggle. When I drove him to the jail, I told my prisoner that I would decontaminate him once we arrived. He said, "What for?" He insisted that I'd never sprayed him, and he showed no

symptoms whatsoever—no redness in the face and no red eyes. That was the first time I had seen that. A few months later, a dose of pepper spray did not affect another man I arrested who claimed to see the spirit world all about him. In natural terms, I can't even explain why pepper spray does not affect these types of people.

Today, a lot of women and men carry a can of pepper spray or mace. For example, a lot of well-meaning parents buy their college-age daughters a can because they believe it will fend off an attacker. However, if you don't know how to test your chemical agent—pepper spray, mace, CS, CN, etc.—then you won't know whether the can you're carrying is the real stuff or a diluted solution that will have about the same effect on a bad guy as lemon juice. I'm going to walk you through the testing methods.

The way I test pepper spray or mace is to ask a partner to give me a full dose in the face while I simulate an attack. I like it under realistic conditions, but I understand not many people like that method. Even police departments have generally stopped giving full doses at the academy because recruits have complained over the years, saying that it was paramount to torture. Of course, these same recruits who become law-enforcement officers seem to have no qualms about spraying a suspect with a full blast.

Option two for testing your chemical agent is to spray some on an index finger until it is wet. Paint a stripe just under one of your eye sockets. If it does not make the eye water profusely and shut, then it is weak and should be thrown away. It should also ignite an intense burning sensation. If the irritation is only slight, then the product is no good.

In my home state of California, pepper spray and mace are legal for self-defense purposes. However, in other states and in many foreign countries, these weapons are illegal. The best thing to do is to conduct an online search for "pepper spray" to see what the laws are in your jurisdiction. Even if it is illegal for self-defense, in many places, pepper spray is legal to carry in case of animal attacks.

Of course, criminals can get pepper spray whether it is legal or illegal, and from time to time, you will hear of criminal chemical attacks in the news. This is why in this book I show you step-by-step how to defend yourself against criminal chemical attacks using a technique that I developed that is now practiced worldwide.

Just as I suggested at the beginning of the chapter on how you should train, I use a small cup of water thrown in the face as a simulant, or a spritz from an inert can of pepper spray, to teach my students how to defend against such an attack in my Crime Survival course. You will use just a small plastic cup of water as your simulant and have your partner throw it in your face in order to keep perfecting your defense.



Photo courtesy of Jim Wagner

**During practice for chemical defense, this police officer (left) from the Helsinki Police Department in Finland protects his face, moves away from a chemical cloud and starts going for his firearm.**

## Dog Attacks

Dog attacks can be very frightening, especially from large dogs that are capable of inflicting serious injury or death. You may be walking down the street or strolling through a park and suddenly find yourself attacked by a dog, or the person you are with is the target of the animal.

The first thing that you must keep in mind, even if you are a dog lover and are comfortable around dogs, is that no matter how domesticated an animal may be, it is still an animal and can turn on you at anytime without warning, even if it is your own pet. For example, several years ago, I was on a police ride-along as a guest of the Helsinki Police Department in Finland. My partner, Constable Leo Gullsten, and I responded to a call to retrieve the corpse of a dog. A police K-9 officer had been walking his police dog, a Belgian Malinois, which he had had for three-and-a-half years. For no reason that could be discerned, the dog attacked his handler, and the officer had to shoot the animal.

As a U.S. police officer, I've had the opportunity to put on a dog-bite suit twice and play the role of suspect in order to help train K-9 officers. The most important lesson that I learned from having been attacked by a German shepherd one time and a Rottweiler the other is that these animals are strong. If they are coming at you full speed and you are not ready, they can knock a 200-pound man to the ground easily. Even a medium-size dog can jump quite high or "climb" you and go for the jugular. So what can you do in such a situation?

First, if you see a dog running up to you, make loud noises, stomp the ground and, if you don't have a firearm, pick up something if you can. Many times a dog will get intimidated and back down if you challenge it.

If the animal is still coming at you, kick it in the face with your lead leg. You don't need to execute a fancy kick. Just lift up your leg and stomp the dog in the nose with the flat of your foot. If this doesn't work, then I suggest offering your nonweapon arm. Get your arm right in front of your body to offer the charging dog your forearm. Anyone who has ever worn a dog-bite suit can tell you that if you extend an arm out, provided you see the animal coming, it will bite your bait. If you don't extend an arm, the animal will then probably go for a leg, your groin or your throat.

When the dog latches onto your arm, pull the animal into your chest to stabilize the arm. With your free hand, gouge the dog's eyes out. If you don't pull your arm in quickly, the dog will start thrashing about and his head will be moving too fast for you to accurately target.

If a dog latches onto your leg, you will want to stomp it or kick it as hard as you can, even if you do not have a weapon handy. Don't ever go to the ground because the dog has the advantage in a ground fight. Dogs are much quicker than humans, and if you go to the ground with the dog, he may let go of his primary bite and go for a more sensitive target on your body.

If you have a weapon in your free hand, such as a knife or stick, target the eyes

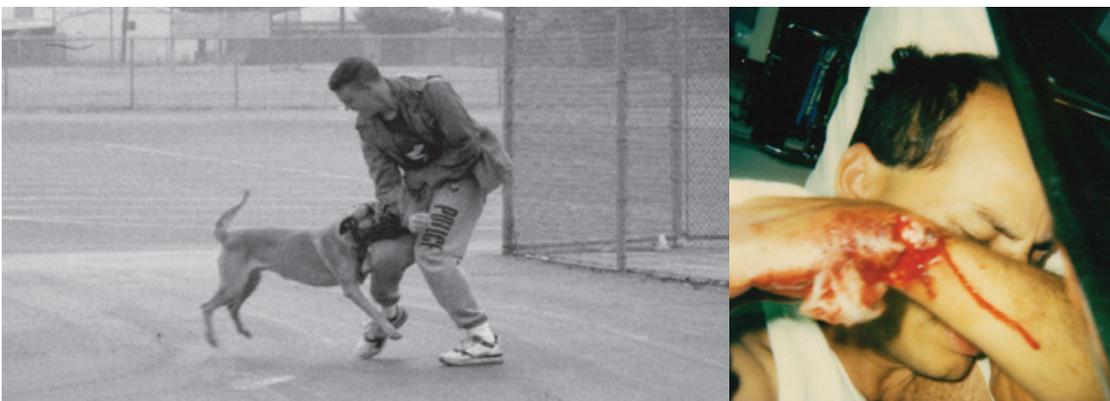
with the object. You can count on losing a lot of flesh, but if you don't give the dog your arm, you can be bitten in a worse place and be unable to control him.

Whenever I take a walk with my wife in our neighborhood or when we are on vacation, I always anticipate that I will come across an unleashed dog. Therefore, I always have a weapon ready to deploy. Loud dog whistles and pepper spray work sometimes but not always. That is why you must always have a weapon of some kind. If you are not allowed to carry a firearm, carry a stabbing weapon. If you live in an area where carrying a knife is illegal, you can still carry a tactical pen. Because dogs—especially those that are trained to be attack dogs—are quite resilient, less-lethal weapons may not work. You must be prepared to injure the dog in order to make it abandon its attack.

No matter how the dog bites, you must plan on getting severe lacerations. Consequently, you must be prepared to do first aid on yourself, provided you are able to survive the attack, and even apply a tourniquet. One of my supervisors in my current military police unit, who is also a K-9 officer, told me of some training he recently attended in which a role-player was bitten on the upper leg by accident and a tourniquet had to be administered because his artery was lacerated. Mind you, this was just a training exercise. As minimum equipment, I always carry a bandanna in my pocket and a sturdy writing pen to make an improvised tourniquet. Of course, you can use a belt or shoestring, but time is of the essence in such medical emergencies.

If you are facing two or more vicious dogs that are attacking you, the best thing to do is leave the area, jump over a fence or climb up something to get out of their reach. It is very difficult to fight two large dogs if you are unarmed. Case in point: On January 26, 2001, Diane Whipple, 33, a lacrosse coach at Saint Mary's College of California in Moraga was attacked by two large Presa Canario dogs in the hallway of her apartment building. The story made international news. The dogs caused 77 wounds to the athletic woman, and only her scalp and feet were untouched. The rest of her body was mauled. Whipple died at San Francisco General Hospital because of blood loss from multiple traumatic injuries.

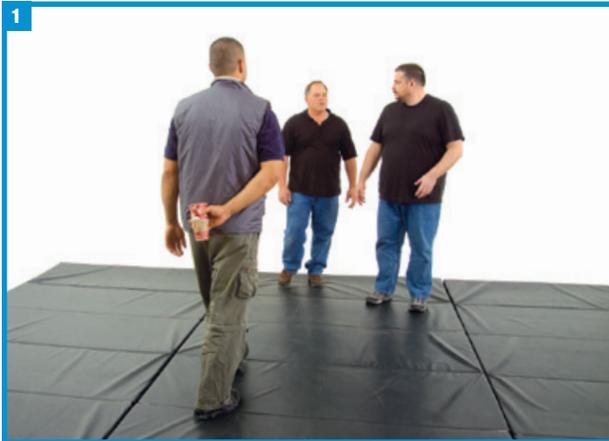
Photos courtesy of Jim Wagner



Bites from large dogs can be severe to life threatening. The black-and-white photo was taken during a K-9 demonstration at the police academy. The color photo shows what a dog bite on the arm looks like.

## Criminal Chemical-Attack Defense

### Original Jim Wagner Techniques



**1:** A criminal approaches two men with a chemical weapon in his hand; water is used as a simulant in training.



**2:** Because he is situationally aware, the protector takes an alert stance and "speaks with his hands" to keep them up in case of an attack. Note: The alert stance is the stance you take on if a person approaches you and you are unsure of his or her intentions.



**3:** When the attacker throws something, the protector will instinctively block the incoming object.



**4:** The protector holds his breath to avoid breathing in any airborne particles and pushes his protectee away.



**5:** He uses his left biceps to wipe the left eye socket, and the inside of the forearm sweeps up over the scalp to stop dripping from the forehead.



**6:** The protector uses the right biceps and forearm to clear the right side. At the same time, he also continues to move away from the attacker who has paused in his assault.



**7:** Because a chemical attack is normally used to disable the victim, it is grounds for the victim to use deadly force as shown here.



**8:** Just because you have the legal right to use deadly force does not mean that you have to. Here, the protector takes down the attacker with a low-leg shin kick.



**9:** After any caustic chemical attack, you must get to a water source and continue to flush out the chemical until the paramedics arrive.



**10:** One of the best ways to defeat a criminal chemical attack is to wear wraparound sunglasses or clear wraparound glasses.

Photo courtesy of Jim Wagner



This is a terrorist chemical bomb. Inside are two chemicals that when mixed together expand and burst the 2-liter plastic bottle, causing its contents to spray the area. The outside has carpenter nails glued in rows that are sent flying as shrapnel. If a chemical bomb explodes while you are in close proximity to it, you need to react much like it had been thrown into your face, directly. Usually, you will hear the bottle stretch just before it explodes. Get behind cover or get distance.

## Chapter 5

# Protection and Vehicles

**J**ust like you, criminals and terrorists are mobile. They need transportation to get from one place to another. If you have ever wondered why many police officers seem paranoid when pulling someone over for a traffic violation, it's because a high percentage of officer-involved shootings occurs on traffic stops. Every year, a number of law-enforcement officers lose their lives on routine traffic stops.

Because bad guys need transportation, too, you could fall victim to a desperate criminal who carjacks you to use your vehicle as a getaway car and fires on you. If you don't comply with the gunman, you may find yourself driving through the crossfire of rival gangs, someone may throw a Molotov cocktail at your vehicle during a riot, or you may find yourself driving right into a terrorist attack. Therefore, this chapter focuses on techniques in protecting yourself and your passengers during likely incidents while in or around a vehicle.

### Survival on a Public Bus

Nobody wants to be attacked, especially in a confined space like a bus. However, you should be aware of the scenarios you may find yourself in when you board. Have a basic game plan if the scenario materializes. It only takes a few seconds to think of what you would do in any given attack. Then keep it in the back of your mind and enjoy the trip.

Let's start with a possible attack by a person with a gun. Most attacks occur at the front of the bus, and the first victim is usually the driver and anyone near the driver who could possibly jump the gunman. The front seats behind the driver could be a good tactical place for you to be to jump the gunman before he deploys his weapon or while he is busy shooting the driver. The disadvantage is that you may not react fast enough. If you are just a few seats behind the driver, then you are in the kill zone. Being in the very back of the bus is a good position because there are a lot of seats and people to absorb the bullets, provided you keep your head and your protectee's head down. Unfortunately, you will have to use other people's lack of training to protect yourself and your protectee because few people think about a possible attack on a bus. They are victims of "it can't happen to me" syndrome.

If a gun attack does flare up at the front of the bus and you and your protectee are at the back of the bus, you will have a few seconds of reaction time while others are being shot. You can stay down and wait for a pause in conflict, such as when the gunman has to reload or has a malfunction. You also can attack the attacker, or you and your protectee can bail out of the window while the shooting is going on up front. Situation and environment will determine your course of action. Thus, before beginning your journey, you should always take a quick survey of emergency exits.

A knife attack is treated like a gun attack, but your chances of survival are greater. If the attacker is slashing people, you will have some time before he gets to you and your protectee. You can arm yourself and fight back when he gets to your area. While he is up front, you will deploy your own weapon, even if it is an improvised weapon, or take the opportunity to crawl out the window with your protectee if the bus is stopped.

Because we live in a mobile society in which terrorism is on the rise, you should also anticipate a bombing when boarding a bus. There are two types. In the first, a bomb placed on the bus detonates after the terrorist gets off. This is the most common kind of bus bombing; the terrorist places the bomb inside the bus and exits it. He then uses a timer or mobile phone to activate the explosive. Second is when a suicide bomber detonates the bomb, killing himself and all those around him.

Historically, most bombs are placed in the middle of the bus. This makes sense because it will explode in the center of a group of people, also known as the “center mass” of the target. Placing a bomb in the very back of the bus will indeed kill people, but there is nobody beyond the back of the bus and thus “wastes” half of a kill radius.

The safest place to be if a bomb is placed in the center of the bus is in a seat at the very back or in the very front of the bus. However, in public buses, the front few seats are usually reserved for the elderly and the handicapped. Or, if there are no restrictions, they are generally occupied. The reason the very back or the very front is the safest place in a blast is because the seats and the people will be layers of protection between you and the device. Water has enough mass to redirect the energy of a blast, and because the human body is composed mostly of water, people will act like a water charge and redirect the blast. Seats will help absorb the shrapnel. The farther away you are from the blast, and the more material between you and the explosion, the better your chances of survival. From there, every window in a bus is an escape exit, and when the bus comes to a stop, you can push out the window or break it.

Believe it or not, every piece of clothing you wear will help deflect the blast. A long-sleeve shirt can be the difference between keeping your arm in a blast or having it ripped from your body. If you are wearing sandals on your feet, you could lose them, but a shoe that covers the entire foot may mean you’ll keep your feet intact.

Suicide bombings on buses are very rare. You will only see these types of attacks where security is really tight. For example, if you so much as leave a fast-food wrapper crunched up in a ball on the floor of a bus in Israel, citizens will start yelling within seconds, “Who does this belong to?” If nobody claims it, the bus is stopped and everyone gets off. The bomb squad is there almost instantly. After years of terrorist bombings, the populace is hyper-vigilant; practically everyone takes notice of unattended trash or packages. (The United Kingdom is another country where people are a little more aware of items left on public transportation because of years of terrorism from the Irish Republican Army, but it is nowhere near as attentive like in Israel.)

Most suicide bombers historically detonate their bomb vests in the middle of the bus or toward the front of the bus. For those who blew themselves up near the front of the bus, they normally did it because they were discovered and were about to be thrown off the bus or they panicked before getting to the middle. Therefore, the safest place for you to be during a suicide bombing statistically is in the very back of the bus.

For those countries that have little or no terrorism, a terrorist need not sacrifice himself on a public

bus. In most countries, all the terrorist has to do is leave a concealed bomb on the bus and walk off. Most people will never pay attention to it. I've left inert bombs for training purposes on buses (nothing more than a backpack with some common objects inside) in the United States, Sweden, France and other countries; nobody even noticed the abandoned backpacks. Of course, I made sure that a team member took it off with him so nobody found it later on and called the police, thinking it may be a real bomb. But let's say that a suicide bomber is on your bus. What is another problem you may face?

One of the problems of an explosive going off in a confined area, like on a public bus, is pressurization. The shock wave is confined like a firecracker and blows the skin of the bus wide open. However, if windows are open in the vehicle, that will help relieve the pressure and give it a place to escape. Unfortunately, windows in a bus are not always open, nor do most people have control over them. If a bus window can open, you should at least open it a little because it allows some pressure to escape. You may want to wear earphones in a bus, even if you are not listening to anything, because they will offer some protection to the ears when the pressure hits them.

If you are protecting someone on a bus and you believe there is a strong possibility that a bomb could be on board and if you have already educated them about what to wear and where to sit, then the final step is to put yourself between the protectee and the perceived device. You will continue to do this until you and your protectee exit the bus. Once you are off the bus, get as far away from it as possible. Going behind a building is even better.

## **Survival on a Passenger Aircraft**

An attack aboard an airborne aircraft likely involves a passenger or two trying to injure other passengers. Even a crazy passenger with lighter fluid and a lighter can threaten the entire aircraft.

Every time I fly, I grab four to five packs of sugar from an airport coffee shop before the flight. I stick them in my left pocket because I am right-handed. In my other pocket is my improvised weapon—a defense pen or a souvenir that can do some serious damage. I might also place it in the seat pocket in front of me. If a person is trying to take over the plane or harm people on it, I can move toward him down the aisle. All he will see, if he sees me coming, will be my left clenched fist. I will be concealing the improvised weapon in my right hand. On reaching him, I would punch or throw the sugar in his eyes, then strike him with the improvised weapon. Whether I temporarily blind him with the sugar or make him flinch, I will have a second or two of tactical advantage in which to strike him.

Another likely attack that may occur on a passenger aircraft is a chemical attack. Few people know this, but one of the aircraft on September 11, 2001—American Airlines Flight 11 that flew into the North Tower of the World Trade Center—was skyjacked because of a chemical-weapon-initiated attack. This chemical attack is mentioned in the official *9/11 Commission Report* that was released by the government to the public on July 22, 2004. The official report states, “The hijackers quickly gained control and sprayed mace, pepper spray, or some other irritant in the first-class cabin, in order to force the passengers and flight attendants toward the rear of the plane.”

As discussed in Chapter 4, the best protection against a chemical attack is to have a chemical protection mask, like a smoke hood. If you do an online search, you will find many reasonably priced products. Because you'll be traveling, you'll want your Go Bag to be equipped with one, as well as

one for every member in your party. If you suddenly find yourself on a passenger aircraft, or any other public transportation, and several people start coughing at the same time or you experience a burning sensation or nausea, you must immediately deploy your mask and hand one to your protectee. If it is a chemical-weapon-initiated attack, you must then get ready to fight 36,000 feet in the air. (On a bus or train, you would escape when it comes to a stop.)

Now, if an attack does occur on the plane *after* a chemical attack, the best place to be is the very back of the plane. This will give you more time to deploy your mask before the follow-up on attack. This is assuming gas is not coming from the lavatory in the back. The problem with a chemical attack in a plane is that the air system in the aircraft is going to circulate the air throughout the fuselage rather quickly.

A more likely terrorist attack on a passenger aircraft will be while it is still on the ground and loading passengers because this is when any aircraft is most vulnerable to an attack. Imagine passengers who are storing their carry-on luggage and getting comfortable when a few men dressed in airline mechanic overalls come aboard and suddenly pull weapons and seize the plane.

A terrorist can take total control of a small plane in 30 seconds or less, but a larger plane may take a full minute. Terrorists know they will never get the aircraft airborne, but it will be a victory nonetheless because of how they seized an aircraft despite tight airport security. As an air marshal, I sneaked on many aircrafts dressed like a mechanic, and I fooled many pilots and flight attendants before passengers were allowed to board. I also got into trouble when my supervisors found out about it.

If terrorists do take over an aircraft on the ground, where is the best place to sit? I say the last row or two in the back of the aircraft in an aisle seat because the first place terrorists are going to go in a takeover is the cockpit. The cockpit door is usually open when the plane is on the ground because the pilots are doing their preflight check. Even though the terrorists know they will not get the plane in the air, they need to seize the cockpit to prevent the pilots from getting to weapons and because that is where all the controls of the aircraft are located: climate control, lighting and communications. Therefore, if you are in first class, you will be the first group to get acquainted with the terrorists. You also probably won't have an avenue of escape. However, am I suggesting you start sitting in coach? Not at all. The odds of being in a terrorist attack are equal to being hit by lightning. Just be aware that such an attack could happen, and if it does, you would be in a position of vulnerability.

If you're not flying first class, then my favorite spot is the back two rows of the plane in an aisle seat. If there is commotion in the front of the plane, I would have a few seconds to get out of my seat, head to the rear emergency exit and open the door. However, when you open up the emergency exit, don't expect the emergency slide to deploy. The slide is not activated until the plane leaves the gate. Therefore, you must quickly place your chest on the floor and let your legs dangle outside the aircraft. You then push yourself out until you are hanging by your fingertips. Keeping your feet together, you release your grip and do a standard parachute-landing fall. When the balls of your feet hit the ground, you collapse in the desired direction with your legs together and make contact with the ground with the side of your calf, the side of your thigh, the side of your hip (the buttocks) and the side of your back. To dissipate the force, you rotate your legs over. Once you are on the tarmac, you want to get under the belly of the plane because you are going to have one angry terrorist trying to take a shot at you from the open door, but I doubt he'll jump out after you or jeopardize his mission. Once you are under the

plane, head to the nearest cover in the opposite direction of the open door.

If you are with others during the takeover, especially children, it is unlikely that you'll be able to escape the terrorists by jumping out the plane. You simply won't have enough time to get yourself and others out. If you are with others you must protect, you will have to stay put and come up with another plan, like jumping the first terrorist to pass you and disarming him. In such a situation, you'd probably want to be in an aisle seat over the wing in the exit row. For most aircraft, this seat is located in the middle of the plane, which means you can get to the action anywhere relatively quickly. On the other hand, if you need to escape while the plane is on the ground, the emergency exit is available and easy to open, and you can climb onto the wing and then slide off the flaps on the trailing edge of the wing.

Besides terrorism, another survival scenario you could face is a plane crash. Statistics show that no one part of the aircraft is safer than another. What aviation safety experts do agree on is that most people who survive a plane crash are within five rows of an emergency exit. Once again, the rear of the aircraft or over the wing is a good position to be in. There is almost always a close emergency exit or two in or near first class, and usually fewer people will be scrambling for the same way out. If a fire breaks out on impact, you're going to want your smoke hood so you and those you are protecting are not overcome with toxic fumes.

## What If a Bomb Is on My Plane?

Where is the safest place to sit on a passenger aircraft when it is 36,000 feet in the air and a bomb goes off? The answer is "no place." A glob of plastic explosive the size of a watch face that is placed in the perfect location can bring a jetliner down. A suicide bomber can detonate the device or the device can be hidden in some cargo and set to go off at a certain time.

Although aviation security does its best to try to detect explosives, it is very difficult to really stop someone from bringing an explosive on a plane. Short of keeping people from bringing carry-on luggage, stripping them naked and giving them a government-issued jumpsuit, using X-rays on them or giving them a cavity search, a terrorist can bring bombs aboard an aircraft just like a criminal smuggles drugs into a prison. A terrorist can pack a deflated balloon with explosives, tie a string to the end of the closed balloon and insert it into his or her body cavity. The terrorist then takes a shower to wash off the bomb residue before going through security and boarding the plane. Once inside the plane's lavatory, the terrorist pulls the explosive out of his body cavity, places a blasting cap into the plastic explosive, attaches it to an electrical source and KABOOM! It is believed that two Chechen women brought down two different Russian airliners in 2004 by smuggling explosives aboard in this manner.

It's also important to know that more and more women are becoming terrorists. They are known as "black widows" and kill their victims with bombs. The intelligence community found out about one diabolical method in 2009 in which breast implants are filled with binary agents rather than saline or silicone. At some point during the flight, the female terrorist goes into the lavatory, slices her breasts open and then mixes the two chemicals in the sink. Each chemical alone is stable, but when mixed together, they explode. In 2006, U.S. authorities advised women not to wear gel bras when traveling by air for fear that they may be suspected of smuggling explosives aboard, but the surgery is the next step in countering that directive. How do you stop something like that?

So when it comes to bombs on an aircraft, sit wherever you like. The chances of stopping a

bombing are very slim, but let's say that you do discover a bomb on the aircraft and it has not gone off. What do you do to protect yourself and others? The best thing you can do is place it where it will do the least amount of damage if it explodes.

Take the bomb and place it in a plastic bag. Seal it to keep water from making contact with the circuits. Place the sealed bomb against the rear exit door that is located next to the tail. Stack wet blankets on the bomb, which will direct the blast opposite of the water barrier. When as many wet blankets as possible are in place, start stacking carry-on baggage on top of the blankets, packing them in as tightly as possible. If the device does explode, the blast will blow the door open and most of the shock will go outside the aircraft. Needless to say, the pilots hopefully would have brought the plane down to a manageable altitude, so everybody would need to be belted in, and those near the device moved away from the area in advance.

## Survival on a Train

Most terrorist train attacks in the last decade have been with explosives planted in a train car or two. Statistically, bombs are usually left in the middle of the train or in the first few cars up front. Individual train cars are built like tanks. Each car is designed to withstand a head-on collision from another train so it will not collapse like an accordion. If a bomb goes off in a train car, the damage is usually contained within that car. Therefore, the goal of the terrorists is to derail the train to cause more casualties. If a bomb blows up in the last car or two, the train will just drag the damaged cars. However, if a train car is blown up toward the front, it can derail the entire train. People will be thrown about and against metal and glass. Knowing this bit of information, you and your protectees should position yourselves in the last train car during high-risk hours. What are high-risk hours? They are morning rush hour and evening rush hour.

Rush hour for commuter trains is historically the time a train is hit, and terrorists tend to choose morning rush hour. Rush hour is obviously when most people are on the train, and because terrorists love media attention, they prefer the morning when news agencies will be broadcasting their diabolical deeds all day long, thus giving them more airtime. After all, the goal of terrorism is terror. However, don't rule out a bombing at evening rush hour, either.

On off-hours, such as in the evening hours after rush hour or the weekends, I am not so worried about a train bombing. However, if you take the last train car during these off-hours, you could come in contact with criminal types who sometimes like to hang out in them, like on a subway or metro.

Another reason for taking the back train car during rush hour is the escape factor. Let's say that you are riding the metro at rush hour when the fifth car ahead of yours explodes and brings the train to a stop in a concrete tunnel. How fast will that tunnel or tube fill up with toxic smoke? How many people are going to want to get out of the train cars and get to fresh air? It will be total chaos.

If you are in the last car and there is a fire or chemical-gas attack, there is nothing behind you except an escape route and fresh air. If you are in the middle of the train somewhere, even if you survive the explosion, you could be fighting a hundred people to get out of a single train car and possibly hundreds more to get away from the train. In situations like that, people turn into animals, clawing and fighting to get out. If you are in the last car and near the exit, you can get away from the smoke, chemical cloud or possibly a

secondary explosion once you get out. Getting away from the crowd is always an important consideration.

Whenever I am riding the New York City Subway, the London Underground, or the Paris or Madrid Metro, I always have my Go Bag with me and a mask or two for fire and chemical protection. Other items may come in handy, as well: leather gloves to pull open a stuck door or clear away some debris, a good flashlight and a bottle of water, to name a few.

Of course, on public trains, you also could face criminals, such as robbers, or violent and mentally disturbed people. You may have to protect yourself from a knife, gun or impact-weapon attack. If the attack occurs in your train car, you will handle it just like a bus attack.

## **Survival on Ships and Ferries**

Let's start with big ships like a cruise ship. A likely scenario is several well-armed terrorists taking over the ship.

Terrorists will definitely take over the bridge and the radio room first, followed by the engine room and one more place, but that information is military and law-enforcement military sensitive. Taking control of just those three places is going to take several terrorists to accomplish. Trying to control a thousand passengers or more is going to be an even bigger task, and it will take quite some time to accomplish it.

The good thing about ships is that there are literally thousands of good places to hide. I've trained extensively in ship interdiction with the U.S. Marines, U.S. Coast Guard and a few port police agencies. In doing so, I've learned that searching a ship takes a lot of personnel, time and maritime knowledge. Therefore, if you hear shooting or terrorists coming your way and they have not seen you, find a good place to hide: in a life boat, behind equipment in a janitor closet or in someone's quarters after it has been searched by terrorists. The point is that the terrorists cannot search every nook and cranny in the vessel. It is not only impractical but also unnecessary for the terrorists to do so. They want general control of the ship, and they can't possibly find every person on it. In addition, because most people are sheep who will be herded into hostage holding areas, you will not follow the crowd. You'll hide yourself and the others you are protecting, as well.

If you are on a smaller vessel like a ferry, which varies in size, you'll want to hide if an attack occurs. Even smaller vessels have a lot of good hiding places. You just need to scope out those places when you first board the vessel to have an emergency plan in your head. No matter what, you'll want to stay away from the bridge where most passengers congregate.

Jumping overboard is only an option if the water is warm, if you are near land and if the leap is made from the stern, which is the back of the boat. If you jump off the bow, which is the very front, or off the side, the terrorist is just going to walk to the rear of the vessel as you are bobbing in the water and shoot at you from above. If you jump off the back end of the boat, you'll be putting more distance between yourself and danger. Yes, the terrorist can still shoot at you. If he has a high-powered assault rifle, all you have to do is dive down just a little more than half the length of your body because high-velocity or supersonic rounds break apart on the surface of the water instantly. If someone is shooting at you with a handgun, you'll need to swim down just a little more than your full-body length because subsonic rounds are slowed down considerably in a very short distance even though they penetrate deeper. Of course, if you come up for air, you will want to swim as far as you can from where you first jumped in

so the terrorist won't know where you will pop up. Come up just enough to get a breath of air and then dive back down. Eventually, the boat will be out of range. You will then have to swim to the life vest that you left at the surface or make an improvised life vest out of your long pants as is taught to any sailor or Marine during water safety training. Going into the water should be your last resort.

If you bring your protectees in the water with you or you actually pushed them in the water for their own safety, then you need to hang on to them and make them swim under the water with you while you maintain a good hold on them. When you come up for a breath, you quickly yell at them, "Take a breath and go back down again! Follow me!" Of course, it is always better to give your protectee a briefing when first boarding the vessel about what you may do in the event of a terrorist takeover so they are not terrified by your actions later. Another step in your training, especially with your family, is to practice this type of escape in the controlled environment of a swimming pool.

The next time you are taking some form of public transportation, take a minute to think of some likely scenarios you may face. Come up with a quick plan on how you will react to them. Read any safety instructions given to you, look for all emergency exits and equipment you may need and ask yourself, "What if?" Then relax and enjoy the trip. It's not being paranoid; it's being aware of the possible dangers and having a plan should the worst-case scenario materialize. You are using your situational awareness.

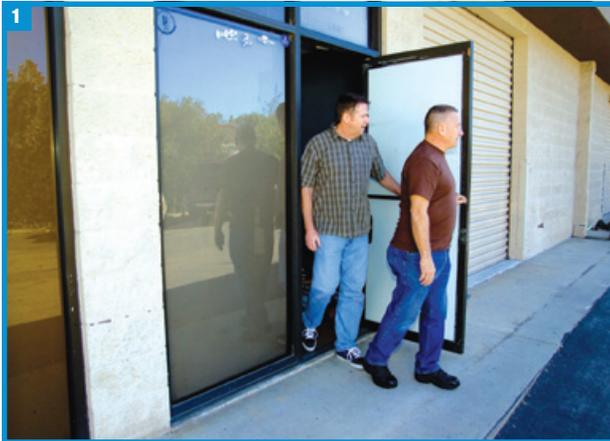
Photo courtesy of Jim Wagner



**If even a U.S. Coast Guard boarding team lacks sufficient numbers to adequately secure a large vessel, how much more trouble will a terrorist team have finding everyone on a ferry or cruise ship? There are just too many hiding places on such vessels. This photo depicts a training scenario supervised by Jim Wagner in the Port of Los Angeles.**

## Secure Movement to Vehicle Method No. 1

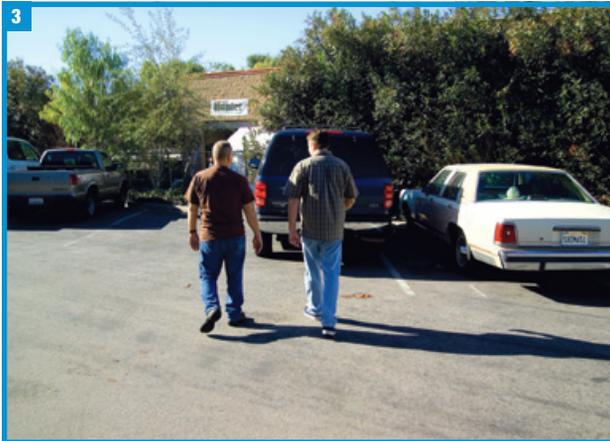
### Standard Bodyguard Techniques



**1:** When exiting a building, always look to the left and right “hard corners” for a possible ambush.



**2:** On the way to your vehicle, scan the other cars around yours in case someone is hiding behind one.



**3:** If you are going to be carjacked at your car, it will be about here because your keys are in hand, the door is just about to be opened and most people are not paying attention to anything around them at this point. Thus, you should look around.



**4:** Before you get into the car, open the door and take a quick look behind you to see whether anyone is rushing toward you for an attack.



**5:** If you are protecting someone, open the door for your protectee and keep your eyes on a possible approach. Don't look at the protectee.



**6:** Professional bodyguards will cover the door opening with their body in case of a sniper attack.



**7:** This same technique can be done for the safety of a date, co-worker or family member, especially in bad neighborhoods.



**8:** Once you are in the vehicle, immediately lock the doors. (Note: The window is down for demonstration purposes only.)



**9:** Immediately turn on the engine and put the vehicle into gear, then do another windshield survey, which means looking both near and far for possible problematic road conditions and hostile humans.



**10:** Always be prepared for an attack, and don't be distracted with other tasks until you are away from the kill zone.

Photo courtesy of Jim Wagner



It is important that you learn how to defend against various attacks in your own vehicle in order to become familiar with the actual space you will be fighting in. The driver of this vehicle is an Australian police officer, which is why his steering wheel is on the right side of the vehicle. Vehicle defense techniques are necessary for police officers because they write reports in their cars, do surveillance from their cars or are simply stopped at a light wherein they are a sitting target.

## Secure Movement From Vehicle Method No. 2

### Standard Bodyguard Techniques



**1:** As you are pulling into the parking area, start scanning the area for dangers—suspicious people, vehicles and improvised explosive devices (otherwise known as IEDs).



**2:** If you are protecting someone, immediately start scanning the area while getting out and moving around the vehicle.



**3:** Take a quick look at the door handle because your back will be to the door as you open it. Start positioning your body in front of the door as a “meat shield,” which refers to being a human shield.



**4:** As you open the protectee’s door, make sure that your body is completely covering the opening in case a shot is fired.



**5:** Once the protectee gets out, you can start walking to the building, but if you are alone, you will have to close the door yourself. Ideally, the primary bodyguard escorts and a secondary bodyguard or the driver closes the door. The primary bodyguard must act as a shield, and he can’t do it if he has to close the door.



**6:** You must be prepared at any given moment to shove the protectee back into the vehicle if you see an attack coming.



**7:** If you do have to shove the protectee back into the vehicle, make sure that you place your hand on top of his head for protection so his head doesn't hit the door frame.



**8:** If you are doing team protection, one agent can get the protectee back into the vehicle while the other prepares for the attack.



**9:** The first agent gets into the driver's seat while the second agent engages the attacker, giving the protectee time to get away.



**10:** Whenever you are protecting others, especially as a team, you should have an extra car key taped under the steering wheel for quick getaways.

This is a photograph of a real-world mission conducted by a bodyguard team supervised by Jim Wagner. The principle and his wife are being photographed by a reporter before they get into their vehicle. Four bodyguards are in a diamond formation, and a fifth bodyguard is speaking with the team in the "chase car." Because diplomats and VIPs are generally targeted near their vehicles, bodyguards take a lot of precautions during the transportation phase of an assignment.



Photo courtesy of Jim Wagner

## Vehicle-Seat Defense

Original Jim Wagner Techniques



**1:** When you pull into your parking space, you should be scanning the area for dangers.



**2:** In this situation, an attacker moves up quickly along the side of the vehicle. He is armed with a knife to attack the driver.



**3:** No matter whether the windows are up or down, the attacker can easily attack you when the vehicle is not in motion, especially when you are parked.



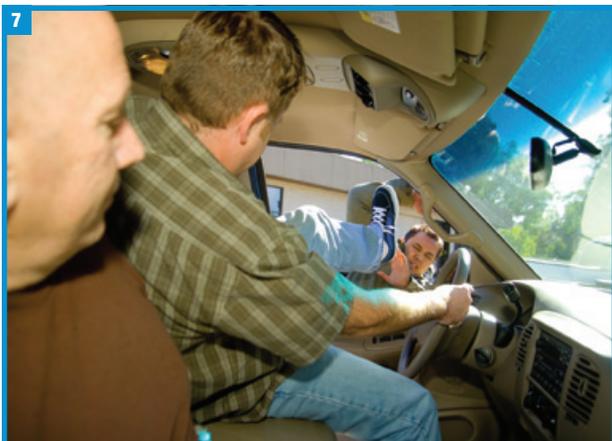
**4:** If you have your seat belt on, you must lean away from the attack. Block it with your left arm, and hit the seat-belt release button to free yourself. You don't want to be immobilized.



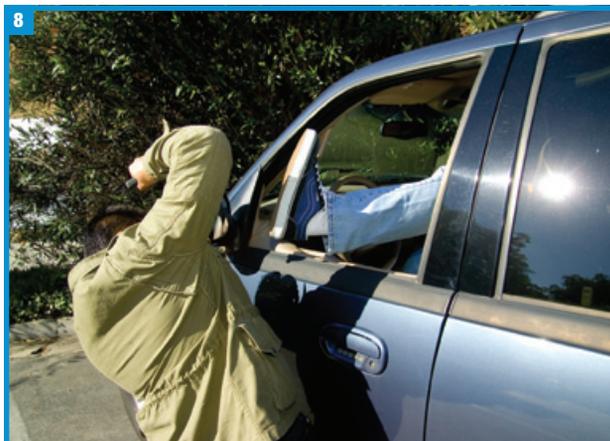
**5:** Immediately bring up your knee to protect your lower body. There is enough room between the door and steering wheel for you to do this.



**6:** If you are unable to escape by starting the car and driving away, you may have to bail out of the vehicle with your protectee while kicking at and fending off the attacker.



**7:** Lean into the passenger seat, even if you have a passenger, and start kicking at the attacker to keep him out. Compared to strikes in this scenario, kicks are stronger, more effective and shield vital organs from the attacks. Also, the soles of your shoes are a good protective barrier.



**8:** If the attacker stays at the driver's door, don't get out. Instead, get into the next seat and get out of the vehicle. Depending on the attacker's movements, you can shove the protectee out before you bail or let him stay in the car as you go.



**9:** You should always have a weapon in your vehicle, even if it is a common object like a steering-wheel lock.



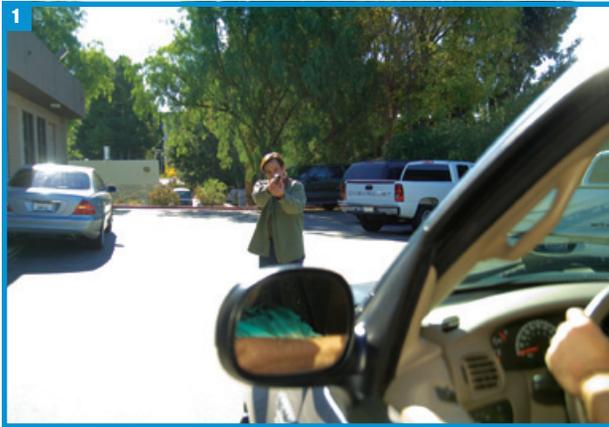
**10:** After engaging the attacker outside the vehicle, it is best to leave and then call the police from a safe area.

Photo courtesy of Jim Wagner



This photo shows Jim Wagner during a training mission with vehicles and a corporate jet when he was a sergeant for the Orange County Sheriff's Department and team leader of the Dignitary Protection Unit in 2002.

## Vehicle-Under-Fire Defense Standard Bodyguard Techniques



**1:** The bullets from a gunman who is shooting through your front windshield, whether you are in motion or parked, will angle downward. The bottom of the bullet strikes the windshield, which slows down that part of the bullet, while the upper half of the bullet still has the same velocity. This makes the bullet angle downward.



**2:** As the driver and protector, you must force your passenger to get his or her head down below the dashboard. The dashboard offers a lot of protection against projectiles and shards of glass that spray the interior.



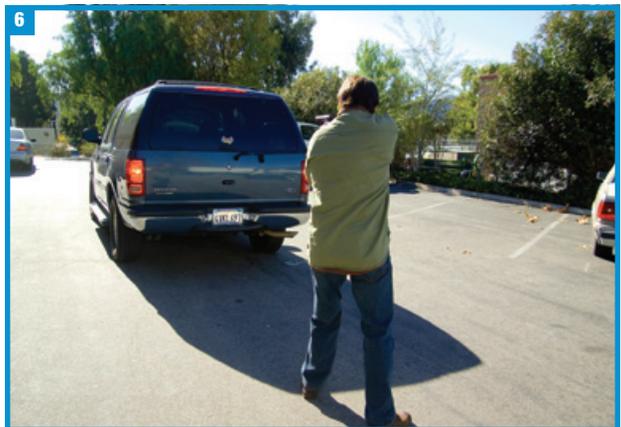
**3:** If the car is in motion, you must stay down and continue to drive until you are out of the kill zone.



**4:** In this situation, you are legally able to use deadly force, which means you can use your vehicle as a weapon.



**5:** If the gunman is shooting through the side window, the technique will be the same. However, bullets can penetrate the door. Most people will shoot at that which they can see, like through the window. Professionals will do a few shots to the window, then a few through the door.



**6:** If the gunman is putting rounds through the rear windshield, the technique is exactly the same as for the front windshield. Get down as low as you can and drive out of the kill zone.



**7:** If the vehicle is disabled, the protector must tell the passenger from which door and direction to bail out and run.



**8:** Obviously, you always want to flee in the opposite direction of the attack. Use the vehicle as cover as you go. Here, the protector and protectee are in the process of running for cover.



**9:** If you are armed with a firearm, it is always easier to shoot out of a hole made by the attacker than to shoot out your own hole.



**10:** To practice driving while your head is down, you can go to an empty parking lot with a friend and learn to drive straight.

During this live-fire police bodyguard training session, agents evacuate a principle from a disabled vehicle and to the nearest cover. A third agent engages the assassin. Hearing live rounds go off and agents screaming “Go! Go! Go!” makes for a more realistic training scenario.



Photo courtesy of Jim Wagner

## Molotov Cocktail Vehicle Defense Standard Tactical Driving Techniques



**1:** A criminal is armed with a Molotov cocktail. This is an incendiary tool that is a bottle filled with gasoline and stuffed with a rag. The rag is then lit, and the bottle is thrown at a target.



**2:** A Molotov cocktail is a lethal weapon that can destroy a car and has even been known to take out a military tank.



**3:** Have all windows up before the impact of the Molotov cocktail hits, or else flames and burning liquid will be all over the interior and you. Immediately close the air vents because toxic fumes from the burning paint and rubber can kill you and your protectee. Drive through the kill zone until far away.



**4:** Drive as fast as you safely can in order to extinguish the flames, but if that is not accomplished, stop the car and bail out.



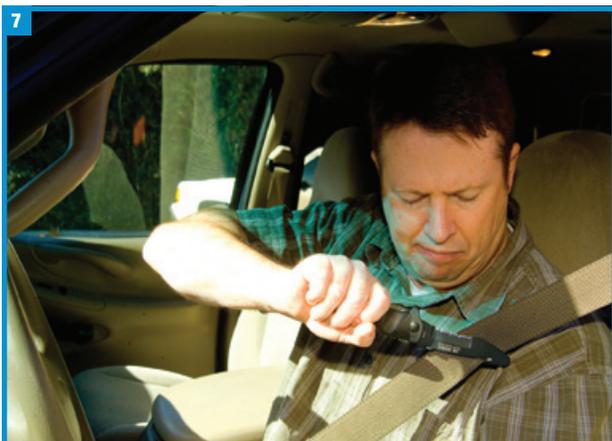
Photo courtesy of Jim Wagner



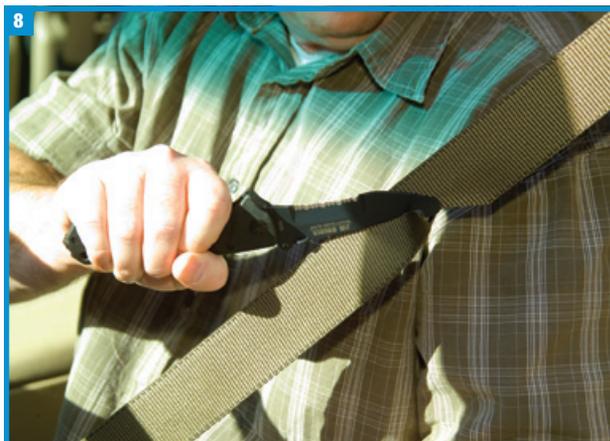
**5:** From the moment of impact until you can breathe fresh air, hold your breath as long as possible to avoid toxic fumes.



**6:** Once you are a safe distance away, tell your protectee to bail out of the burning vehicle and in which direction to run for adequate safety.



**7:** In case of being trapped in any vehicle emergency, you should always have a rescue knife inside your vehicle.



**8:** In this case, the protector cuts at a 45-degree angle. It prevents the belt from folding over on itself and stopping the cutting process.



It's important to keep a tool in your vehicle for emergencies. In the main sequence, Bruce Whitaker is able to escape from his car by cutting the seat belt. He uses a Jim Wagner Reality Based Blade, which is manufactured by Boker.

## Chapter 6

# Protection and Explosives

**W**hen I was a police officer back in 1998, I had the unpleasant duty of guarding a crime scene that contained a dead body. A young, attractive woman had told her live-in boyfriend to move out. Let's call him boyfriend "A." Soon afterward, boyfriend "B" moved in with her. Boyfriend A was deeply jealous and enraged and decided to murder his (now former) girlfriend.

Boyfriend A constructed a package bomb and sent it through the postal system to the woman who broke his heart. When the package arrived at the apartment, the woman was at work. Boyfriend B decided that he had earned the right to pry into his new girlfriend's private mail.

When boyfriend B opened the package, the well-designed bomb exploded and cut him in half, killing him instantly. I would imagine that boyfriend B never dreamt his demise would be the result of an explosive. Few of us would contemplate that violent end, save a soldier in a war zone or a bomb technician.

Unfortunately, bomb threats and actual explosions are more common than you realize. When I was a reserve sergeant for the Orange County Sheriff's Department in 2002, our bomb squad received roughly 500 bomb-related calls a year. Orange County had a population of about 3 million at the time, but a large metropolitan city can receive thousands of calls yearly.

In this day and age when people are easily offended, it does not take much to be the target of a bombing. It can come from a jilted lover taking revenge, a former employee fuming over his recent termination, a crazy nut that blames the government for his woes and a number of other motivations. There are plenty of books and open-source material on the Internet from which the average person can learn how to make a lethal bomb.

You or someone you are with can find yourself in close proximity of an explosive device made by terrorists. Terrorism is not going to go away anytime soon, and you must face the fact that you may traverse a target area from time to time: in an international airport, a train station, a government building, any large public gathering, a synagogue and any number of other "soft targets." If you have a job that places you in a high-risk area, this chapter is even more pertinent.

When it comes to surviving explosives, I have had many civilian and traditional-based martial arts instructors criticize me over the years, saying something like, "There's nothing you can do to protect yourself if a bomb goes off." But that's simply untrue. There are lots of ways to safeguard yourself and protect the people you are with, starting with recognizing likely attack points and keeping your distance from them. In some situations, you may even have pre-attack indicators and a few moments to react before a blast. This chapter will teach you survival methods for situations that you and your protectee are most likely to face.

## Dealing With Threats From the Mentally Ill

It was December 2009. Customers were fearfully leaving the fast-food restaurant, and the manager was desperately trying to get the attention of a New York City cop in order to get the disruptive man thrown out.

I was with my friend Frank Mayson, who was worried that the man was going to turn violent any second, but I told Frank, “He’s mentally ill. I’ve seen it before. He’s not going to fight.” I was right. My years in law enforcement had taught me how to recognize mental illness and to see the warning signs of violence. I knew that Frank and I probably were not going to have to protect anyone in the restaurant.

One of the problems of taking self-defense lessons in a sterile martial arts school, especially where traditional or sports-based systems are taught, is that many instructors and practitioners fail to train in dealing with people with altered states of consciousness, such as those on controlled substances or those diagnosed with a mental illness. It is therefore important that you, as part of your training in protecting others, understand how to recognize mental illness and learn a few techniques for handling frequently encountered situations.

According to one of my recent instructors in law enforcement, Dr. Joshua Taylor of the Orange County Mental Health Agency in California, “One in every four persons suffers from depression.” This can be a short-term situation based on circumstance or it can be chronically long term. One in 10 people has bipolar disorder and one in 20 people has schizophrenia. It is believed that 70 percent of those incarcerated in the United States have mental-illness problems, thus making our prisons the largest mental-health institution around.

Practically everyone experiences some sort of depression in their life, which is characterized by a pervasive loss of interest or inability to experience pleasure in normally enjoyable activities. Symptoms may include loss of appetite, insomnia, lack of energy or diminished libido. The person may not be able to concentrate, have constant thoughts of death and even experience psychomotor retardation, which is trouble in walking, talking, eating or reacting. Depression may not be a result of mental illness, also known as psychopathology, but severe depression can lead to disorders. A person who just got divorced, lost his job or was rejected by a lover can take it all in stride or take it out on others. On August 4, 2009, George Sodini, 48, went into a fitness center and shot and killed three women and injured nine others. The reason given was that he was depressed about women not going out on dates with him. Sodini committed suicide after the rampage.

You need to know that people who have come on hard times can sink to depression, and that can be a strong pull toward violence. That violence may be directed at themselves in the form of attempted suicide, but you need to know that many suicidal people also can become homicidal. I had a guy lunge at me with a steak knife when I was a police patrol officer because he was suicidal and wanted to die “by cop.” If you end up trying to talk someone out of taking his or her own life, and

they are armed, you need to prepare to defend yourself regardless of how much you tell yourself, “They would never hurt me.” Yes, you have a desire to protect them, but you also must think about protecting yourself first. Take the right precautions.

People who are bipolar will have wide mood swings—either mania, which is an elevated or irritable mood, or depression. Often the mood swings are rapid, but they can be gradual, as well. If the stranger you are confronting is bipolar, you obviously won’t know his cycles, but you can recognize the condition because he may be euphoric, hyperactive, easily distracted, have a rapid change of thought and possibly pressured speech.

Schizophrenia is a severe and disabling brain disorder. Symptoms include hallucinations or delusions. An hallucination is a sensory perception that has a compelling sense of reality but occurs without external stimulation. For example, the man approaching you sees you as a fire-breathing dragon and he is a knight who must slay you to save the kingdom. A delusion is a fixed false belief or opinion. To put this definition into a practical form, let’s say that you and the person you are with are approached by someone who says that the CIA is following him around, that God’s angels are talking with him, or that the government has planted a radio receiver in his brain to monitor him. The best thing you can do is acknowledge that these things are indeed happening. To say otherwise may set him off. Generally, people with schizophrenia are not prone to violence, but if they are at that moment, then they tend to direct their violence against family members. This is known as a paranoid schizophrenia. If you ever find yourself in this situation, you may one day have to protect the rest of the family from another family member who is mentally ill. Such situations are always heart wrenching.

Many times, bipolar or schizophrenic people hear voices in their heads; sometimes they hear a multitude of voices. “They,” the voices that is, may be talking at the same time you are trying to communicate with the subject. Therefore, you may need to speak loudly, perhaps repeat your words, use slow, nonthreatening hand gestures and make eye contact. You may want to quietly tell the person you are trying to protect to slowly walk away while you distract the potentially violent person. You definitely do not want to encroach on his personal space. If you do have to approach him, or pass him by, do it slowly.

Another thing to remember is that you don’t want to be wearing bright-colored clothing if you can help it. For some reason, this can spark violence. Also, if the subject starts using strong language, do not take offense to it. Don’t let your emotions get the best of you. Try to reassure him that you are not a threat to him and give your first name, if possible, to develop a rapport. You may even want to ask, “Are you going to hurt me?” The person often will answer you honestly and tell you exactly what he intends to do to you.

Many mentally ill people function normally if they are regularly taking their psych medications. However, those who stop taking them often go through an agitated phase after two weeks of not taking their medications and will slip into a depressed state soon afterward.

Although you will go out of your way to avoid a confrontation with bipolar and schizophrenic people, do not ever drop your guard. One moment a consumer, which is the modern term for a mentally ill person, can be very calm and collected, and a second later, he can snap and you are fighting for your life. As a police officer, I have seen this many times. If you or your protectee are attacked by such a person, you need to defend yourself like you would with any attacker, employing the legal amount of force necessary to protect yourself and others. A crime is still a crime regardless of the mental state of the person committing it.

For your self-defense, the best way to train for dealing with mentally ill people is to have a training partner act out various symptoms in a variety of scenarios. This will make your training that much more reality-based.

Photo courtesy of Jim Wagner



In scenario training, it's important to find people who can play convincing roles, like this reality-based student who is playing the role of a hostile consumer.

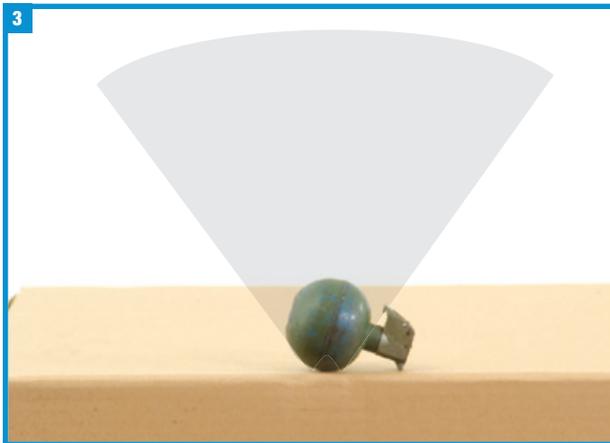
## Hand-Grenade Survival Standard Military Techniques



**1:** Terrorism is not going to go away, and one form of attack by terrorists around the world is to use explosives.



**2:** Once you see a hand grenade or any explosive, it is your moral obligation to yell out as loud as you can, "Grenade!"



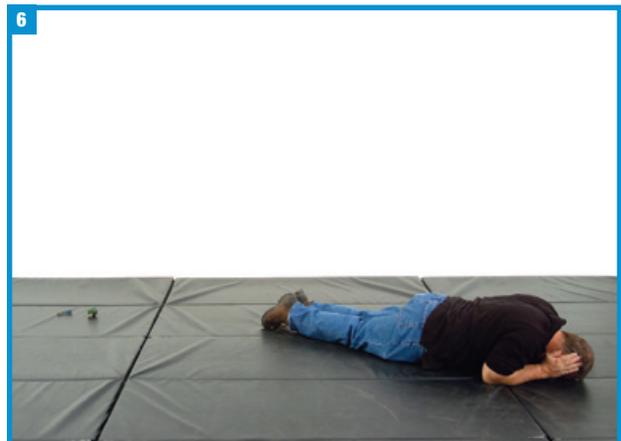
**3:** A hand grenade on a hard surface explodes out in a cone pattern because the ground directs the blast up and outward. This is important to know because most of the fragmentation is waist level and above; thus, the ground is the safest place to be if an area is void of cover.



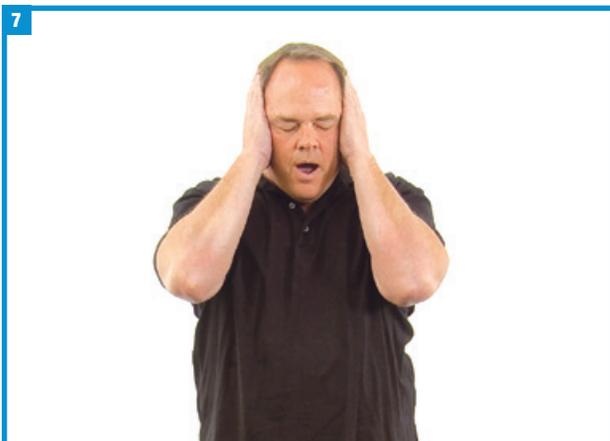
**4:** If you have no close cover to jump behind, you need to dive away from the hand grenade immediately and not run.



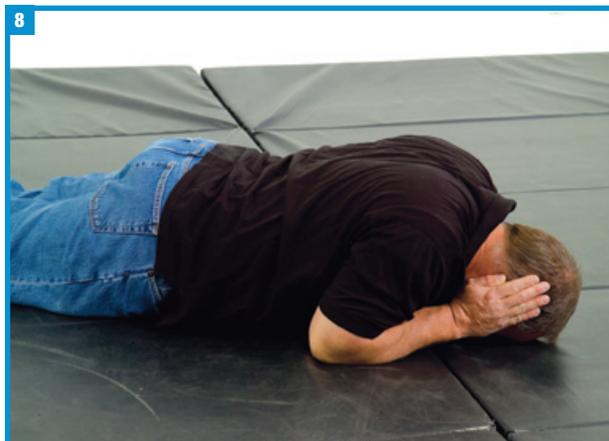
**5:** In the open, the ground is the safest place to be because most of the fragmentation will be three feet (one meter) above the ground.



**6:** Keep your feet together and pointed toward the hand grenade to make your body less of a target and to prevent shrapnel from going into the groin. Tuck in your arms to streamline your body and protect arteries.



**7:** Cover your ears with your palms, close your eyes and open your mouth so your lungs will not collapse from the pressurization.



**8:** Stay down in the protective position for a minimum of 10 seconds in case there is more unexploded ordnance.



**9:** A hand-grenade assault is usually followed up by a small-arms attack in which terrorists kill survivors. In this situation, you play dead.



**10:** One way to hide your eyes while in a dead position is to have an arm above your head and look underneath your armpit for observation.

This father-daughter team plays dead during a terrorist-attack scenario in New York City. The girl's twisted foot and open mouth would probably fool any terrorist who passes by. Terrorists will generally be attracted to moving targets and not people they believe to be dead.



Photo courtesy of Jim Wagner

## Hand-Grenade Principal Protection

### Original Jim Wagner Techniques



**1:** A terrorist hand-grenade attack is about to take place, and the man on the left will be the protector of his friend.



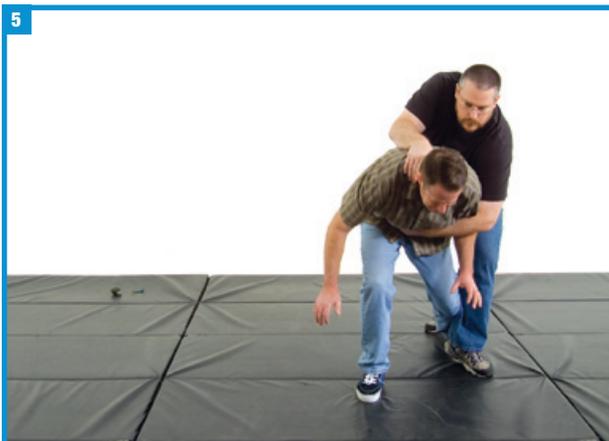
**2:** As soon as he spots the explosive, the protector yells out, "Grenade!" He places one hand on the protectee's abdomen and turns him away from the explosive.



**3:** The protector's other hand goes on the back of the protectee's neck. This will be used to guide the protectee to the ground.



**4:** The protector must trip his friend with his foot and bend him over by pushing on his neck with the secondary hand.



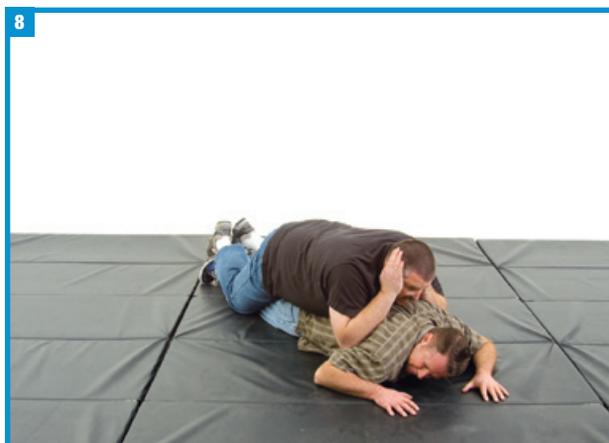
**5:** The protector forces the protectee down to the ground so they will both be below the cone pattern of the explosion.



**6:** The protector gets on top of the protectee. Because the protectee doesn't know the proper response to an explosive attack, he will probably have his legs spread.



**7:** With his own legs, the protector slaps the protectee's legs together to protect against ground-skimming fragmentation.



**8:** The protector, who is now on top of the protectee, will put his own two feet together, bring his elbows in and cover his own ears. There is not enough time to do more for the protectee.



**9:** The protector must yell at the protectee to stay down and cover up, which keeps the protector's airway open as well. The protector should say, "Keep your mouth open." However, there may be less than a second or at most two seconds before BOOM!



**10:** If the protector sees that a small-arms follow-up assault is incoming, he must tell his protectee to play dead and wait for the attack to pass.

Photos courtesy of Jim Wagner



It's important to walk in the shoes of your enemy. Here, two women are designated as the "terrorists" for a training scenario. They have never done anything violent in their lives.



Even though they have no prior experience with violence, the two women prove to be quite merciless in their attack on fellow students. However, as happens generally in real life, they do not fire on people who are already down.

## Hand-Grenade Family Protection

Original Jim Wagner Techniques



**1:** How do you protect your entire family if they are not all within reach during a terrorist hand-grenade attack?



**2:** Unfortunately, you can only save the person nearest you, which means the other family members are unprotected.



**3:** Even young children can be taught the hand-grenade survival technique so they don't end up vulnerable like in this picture.



**4:** Because young children do not understand the reality of a terrorist attack, you must turn this technique into a game.



**5:** After you have taught them the technique, test them once in a while by yelling, "Grenade!" See what they do.



**6:** During this surprise test, the little girl responded immediately and did the technique, but the little boy did not.



**7:** If the child does not react immediately or do the technique correctly, he or she is corrected and receives no reward.



**8:** If the child does perform as taught, then that child will receive a reward, which reinforces success and future survival.



**9:** When the day comes that you yell, “Grenade!” in a real situation, the children will respond correctly because they’ll think it is a game.



**10:** Remember, you must also teach your children how to strike a dead pose should there be a follow-up small-arms attack.



Photos courtesy of Jim Wagner

A terrorist hand-grenade attack will most likely occur where there are a large number of people at a significant location—an airport, a train station, a monument, a place of worship or a sporting event.

## Hand-Grenade Infant Protection

Original Jim Wagner Techniques



**1:** A mother is with her infant, which is a plastic doll for training. They are about to be attacked with a hand grenade.



**2:** The mother is trained in the Reality-Based Personal Protection system and moves away from the hand grenade. She yells, "Grenade!"



**3:** The mother knows that the open ground is a safe place if there is no cover and firmly holds her infant while dropping to her knees.



**4:** To prevent crushing her baby, the mother protects the baby's head and back with her arms and forms a bridge with her body.



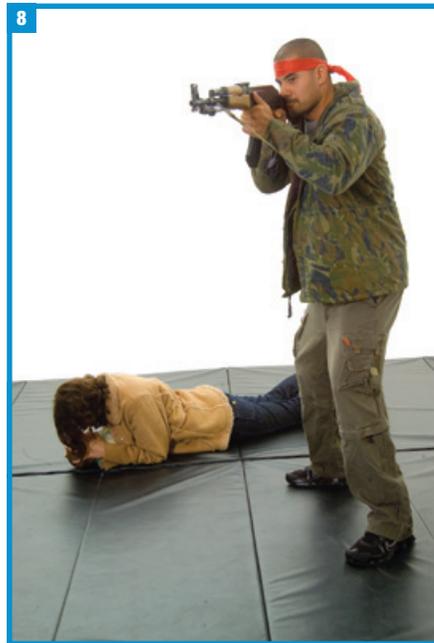
**5:** The mother covers the infant's ears with the palms of her hands; otherwise, the shock front of the blast can kill the infant.



**6:** The mother covers the infant's eyes with her index fingers because dust and debris will be kicked up by the explosion. The mother then places her thumbs in the infant's mouth to keep the airway open because she anticipates the pressure change. The mother keeps her eyes closed.



**7:** This is a full view of the position that the mother will be in with her hands and fingers all in their proper place for protection.



**8:** The mother must be prepared for a terrorist mop-up operation with small arms and continue to protect her baby.



Photo courtesy of Jim Wagner

Here, a student in New York City practices the finger position on a plastic doll.



Photo courtesy of Jim Wagner

A British student learns the same thing in London. A few minutes of practice may save a life one day.



Photo courtesy of Jim Wagner

This is part of the mangled fuselage of American Airlines Flight 111, which terrorists flew into the World Trade Center in New York City on September 11, 2001. It stands as a reminder that terrorists don't care about the lives of innocent civilians; everyone is a fair target in their minds, and it's doubtful that the people on this flight ever thought they would be victims of terrorism.

## Chapter 7

# Victim Rescue

**A**t the writing of this book, I am currently an American soldier in a reserve military police unit. In the Soldier's Creed that we all adhere to, there is a sentence in the text that states, "I will never leave a fallen comrade." That means taking the wounded and the dead off the battlefield.

Often, the result of physical conflict is injury or death. The very person you are protecting during an attack may become a casualty. If the area where the protectee went down is still "hot," which is to say it is still a hostile environment, you may be required to evacuate the protectee to a safer area. Even if the person is dead, you may still wish to take the body with you, depending on the circumstances.

In traditional martial arts, your instructor won't teach how to evacuate the injured or dead. In sports-based systems, the referee will simply stop the fight and the injured will be treated on the spot until an ambulance arrives. In reality-based self-defense, you don't have that luxury; bad things happen in real life. You have to deal with post-conflict situations, and that includes handling casualties under your responsibility.

Rescuing victims may not be the exciting part of your self-defense training, but it is just as vital as learning kicks, punches and gun disarms. Failure to train in post-conflict victim rescue could very well result in more serious injuries or death of a loved one, co-worker or associate. Proper training in these skills will mean faster decision-making abilities and preservation of life and limb.

Even if you have no prior first-aid or medical training, the following techniques are ones you should learn and practice, especially with people of all different shapes and sizes.

### Open Wounds

To deal with combat injuries, such as a gunshot wound or a knife wound, there is a product that every branch of the U.S. military relies on to stop combat-related bleeding; it is called QuikClot.

I rarely endorse products, but this is a product that I have been carrying with me since 2003. QuikClot was created in 2002 by Z-Medica, which produces a family of hemostatic devices that the Food and Drug Administration cleared for the treatment of bleeding external wounds. The main ingredient, zeolite, is a synthetic inert material that has no biological properties. It works by absorbing water molecules at the bleeding site so the blood platelets and coagulation factors are concentrated and activated. Thus, a clot is rapidly formed.

The original QuikClot product was battlefield-tested right from the start of the Afghanistan War and the Iraq War and is still used today in battlefields. The original 100-gram pack, which is a granular formulation that is poured directly into a wound, is carried by every U.S. Marine and was approved for usage by the U.S. Air Force in 2005. I still have one of the original packs that I bought years ago as a souvenir of the new technology. The original QuikClot brand hemostatic agent is still on the market today but for military orders only. The reason for this restriction is because of the risk of tissue irritation because of exothermic (heat) reaction if not used properly. Without proper training, it is very easy to get the particles in the eyes or in contact with other mucus membranes, but the civilian version is much easier to use. In

addition, the military type takes more time for medical personnel to remove from wounds. However, for first responders and the general population, there are other QuikClot products that are just as effective.

If you are a law-enforcement, corrections or probation officer, you should be carrying a 50- or 100-gram QuikClot 1st Response Advanced Clotting Sponge in your trauma plate pocket in the event of an edged-weapons attack or gunshot injury. All field officers should do the same so that everyone knows where it is during an officer-down situation. Too often, there is no time to go back to the car to get a first-aid kit. Because the zeolite comes sandwiched in a mesh material that is a blood-clotting sponge, this inert material can be literally stuffed into the wound to promote coagulation. There is generally a blue X-ray identifier in the pouch so the material will not be confused with the actual wound if inside the body. Of course, once a first-aid kit is brought to the victim or the victim is brought to the first-aid kit, more sponges could be applied and wrapped in place with QuikClot Combat Gauze.

QuikClot is never a replacement for a tourniquet, but it is an excellent tool used in conjunction with a tourniquet. When I am on duty with my military police unit, I always carry a 100-gram pack in my cargo-pants pocket and an additional pack or two in my load-bearing vest for training cycles and missions. I also carry a self-applying tourniquet. There are two types on the market that I recommend. The first is the SWAT-Tourniquet marketed and distributed by TEMS Solutions LLC. The second is the Combat Application Tourniquet. Both these tourniquets can be self-applied by a single hand within seconds.

QuikClot and a tourniquet are a must for you to have on you or near you when you or others may face an attack. With regular gauze and direct pressure, it can take anywhere from seven to 10 minutes before the wound is effectively clotted and the bleeding stops. With QuikClot, the time is reduced to three to five minutes. For civilians, Z-Medica has made available the QuikClot Sport and the QuikClot EHS (Environmental Health and Safety). These products are identical to the First Responder products, but minus the X-ray identifier. They are also packaged differently for marketing purposes.

So let's say you survive the shooting or stabbing, but your protectee gets seriously injured. Once you are in a safe area, you pull out a 25- or 50-grams QuikClot Sport Advanced Clotting Sponge from a coat or pant pocket and you possibly save a life. The great thing about the products is that they are easy to carry.

All QuikClot Advance Clotting Sponge products have a shelf life of three years. If after three years you still have not used the product, use them for training injuries. By practicing with the products, you will make your training more reality-based.

I recommend that you have QuikClot and a tourniquet in your car, at work and at home. For very little money, you have the tools you need to save your life or someone else's.

## One-Person Wrist Drag First-Aid Technique



**1:** The attacker strikes the victim before the rescuer (left) has a chance to stop the heated argument.



**2:** The attacker wants to continue to fight the downed person, but the rescuer stops the attack.



**3:** The rescuer immediately gets himself between the attacker and his friend and tries to keep the attacker back.



**4:** The rescuer uses verbal deflection to try to calm the attacker down. He needs just enough time to evacuate the victim.



**5:** The easiest part of the body to grab for an evacuation is one of the victim's wrists, and it is best to do it with both hands.



**6:** The rescuer leans back and lets gravity help him move the victim to an area of safety that is away from the attacker.



**7:** Grabbing the victim's wrists with both hands to drag him out is acceptable as long as you don't need a free hand.



**8:** You may have to drag the victim with only one hand when you have a weapon in your other hand.



**9:** If the attacker comes back, you may have to drop the victim's arm and go back to shield him from the attacker.



Photo courtesy of Jim Wagner

This police SWAT team is learning how to move up on a downed person in order to affect a rescue.



Photo courtesy of Jim Wagner

Police train to protect downed people all the time. These instructors from the Amsterdam Police Department practice surrounding a downed man from a hostile mob.

## Two-Person Wrist Drag Standard Police Technique



**1:** This time, two rescuers will rescue a downed person from an attacker who is standing over him.



**2:** The Reality-Based-Personal-Protection-trained person (right) uses conflict communication to give orders: "Take him by the wrist and drag him."



**3:** In a crisis situation, most people will listen to someone who sounds authoritative.



**4:** The trained rescuer provides a shield for the victim, keeping the attacker away with verbal deflection while the second rescuer pulls the victim to safety.



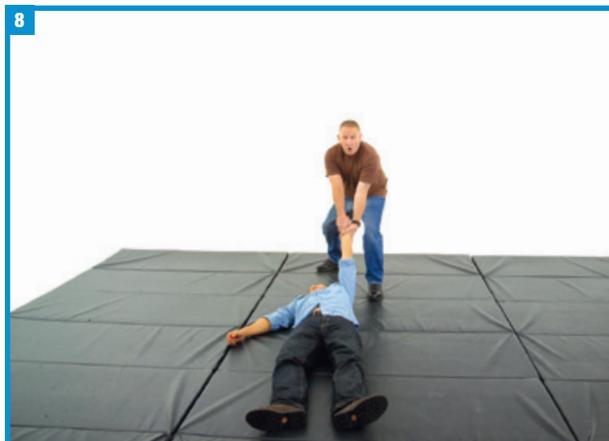
**5:** The second rescuer has to let the first rescuer know how far he has moved the victim so the first rescuer is not left behind.



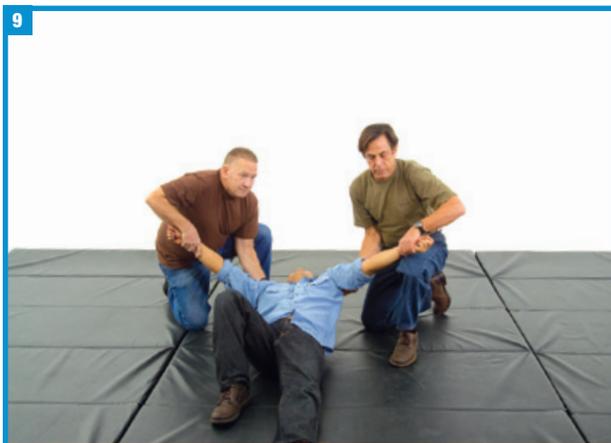
**6:** If the attacker starts causing more trouble than the shielding rescuer can handle, the second rescuer must help his friend.



**7:** If one of the rescuers is armed, he should automatically take the shielding position in life-and-death situations.



**8:** The rescuer dragging out the victim must yell, "I'm out the door!" once he is about to exit the building, to let his partner know they are safe. It also lets his partner know he should follow.



**9:** Once outside the room or building, and if the area is still hostile, the two rescuers need to take the victim farther away.



**10:** The easiest and fastest way is to pick up the victim with the victim's arms around their shoulders. They can just let the victim's feet drag.

Photo courtesy of Jim Wagner



If an injured person needs to be evacuated from a kill zone or dangerous place immediately and one of his limbs has been severed, then the limb needs to be placed under the victim's shirt for safekeeping. In this photo, the student places a plastic severed arm into the "victim's" shirt.

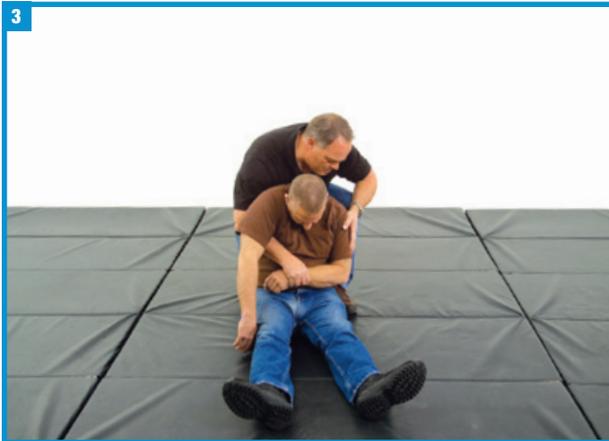
## Georgia Street Drag Standard Firefighter Technique



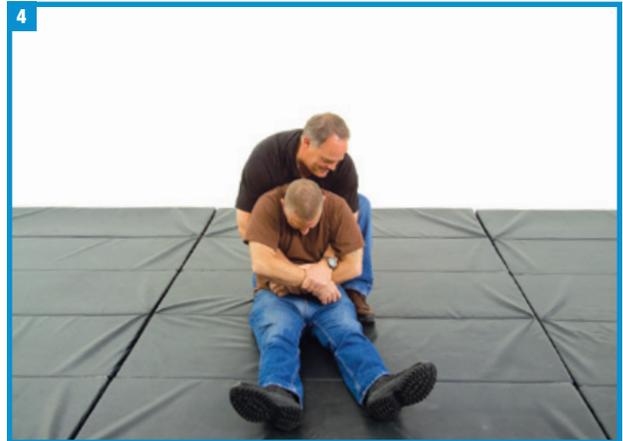
**1:** The victim is injured and unconscious in a hostile area, and the rescuer needs to move him to a safe location.



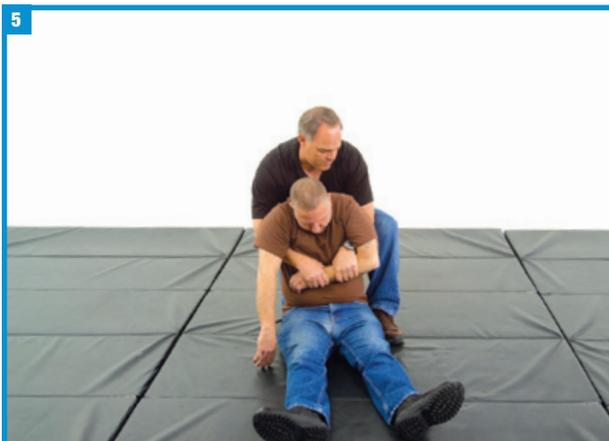
**2:** The rescuer gets down and props the victim up. The rescuer moves the victim's head, neck and shoulders as one unit the best he can, which prevents spinal-cord damage if neck or back injury is present.



**3:** The rescuer reaches under one of the victim's armpits to grab the victim's wrist.



**4:** The rescuer then reaches underneath the victim's other arm to grab the victim's other wrist for a crossover wherein the left hand grabs the victim's right wrist and the right hand grabs the victim's left wrist.



**5:** The rescuer also can grab one of the victim's arms and wrists at the same time. This will work just as well.



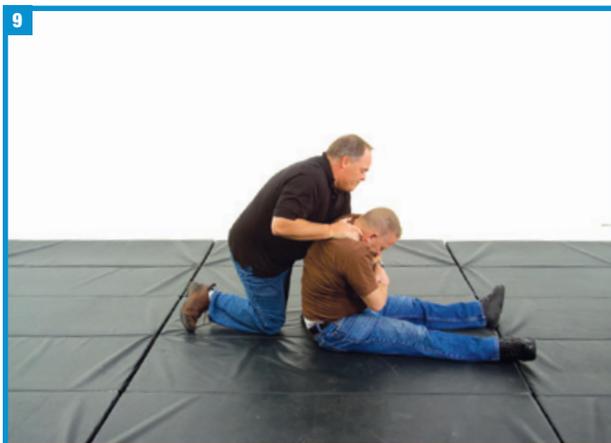
**6:** To avoid back injury, the rescuer lifts the victim up with his leg muscles and keeps his back straight.



**7:** The rescuer then leans back and lets gravity do most of the work in initially pulling the victim.



**8:** The rescuer, while leaning back, walks backward to a safety zone to get the victim out of the kill zone.



**9:** Once the victim is safe, the rescuer sets him down gently. He uses his legs to bring the victim back down to the ground.



**10:** The rescuer needs to lower the victim's head, neck and shoulders gently onto the ground before he can render first aid.

With modern combat gear, it is very difficult to evacuate a soldier alone, and in a kill zone, there may not be any time to strip the casualty of his gear. Likewise, some people in a civilian situation may just not have the strength to evacuate someone. That's why it's always better to have extra people to help. Solicit help if you need it. Otherwise the Georgia Street Drag is a good technique to use, if you're strong enough.



Photo courtesy of Jim Wagner

## Knee Drag Military Combat Medic Technique



**1:** The police officer, who is the rescuer, is going to move a victim out of a kill zone. While doing so, he needs to stay lower than the stacked boxes to avoid being shot.



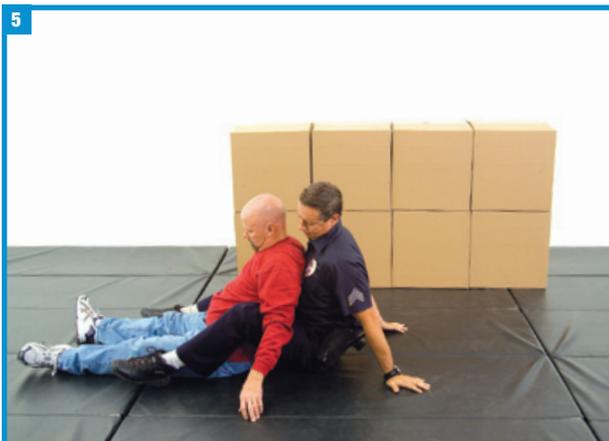
**2:** While in a seated position near the victim's head, the rescuer grabs the wrists of the victim and raises the victim's arms over his head.



**3:** The rescuer digs his toes underneath the victim's shoulders and scoots forward to start getting into position.



**4:** The rescuer works his feet and legs down farther until the victim's head and shoulders are in the rescuer's lap.



**5:** The rescuer then raises his knees up to sandwich the victim's arms and shoulders between the rescuer's knees and chest.



**6:** The rescuer pushes his heels into the ground to straighten his legs, but not completely. He is giving the victim "a ride."



**7:** The rescuer can also reach around the victim's chest in order to pull him in the desired direction. He puts his arm on the victim's chest and not around the neck to keep the upper body in place.



**8:** If the victim is conscious, he can be told to grab on to the rescuer's pants, which will keep the victim in place.



**9:** This is a good technique with a firearm for protection if the enemy is coming in the same direction as the evacuation.



**10:** Once the rescuer is in an area where he can stand up, he can transition to a wrist drag and evacuate the victim farther.



Photo courtesy of Jim Wagner

The knee drag was taught to U.S. Army combat medics in the Vietnam War. This technique is also used by the Swedish army and is taught by the Mexican Red Cross. Obviously, it is always a good idea to practice with people of different body weights and sizes.

## Belt Drag

### Firefighter and SWAT Tactical Medic Technique



**1:** The rescuer must stay lower than the boxes. To avoid being shot, he approaches the victim by using a low crawl.



**2:** The rescuer checks for vital signs and discovers that the victim is alive and must be evacuated.



**3:** The easiest technique to move someone while staying low, provided the rescuer has the strength, is a belt drag.



**4:** The rescuer grabs the belt on the centerline, but a flimsy belt may snap with the very first tug, and some people don't wear belts at all. If it does snap or the victim isn't wearing a belt, you move on to a different technique, such as the back drag.



**5:** The rescuer pulls the victim up as far as he can. He scoots up farther in the desired direction, then starts the process over.



**6:** If the rescuer does not have sufficient strength for a belt drag, then the next technique will be the belt-to-belt drag.



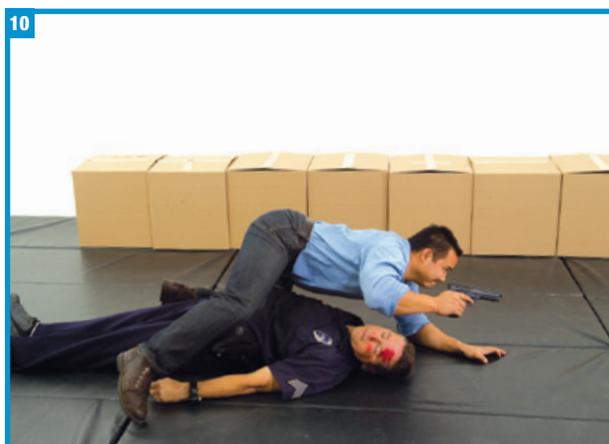
**7:** For demonstration purposes, the rescuer is upright, but in a real situation, he would remain on the victim's chest.



**8:** The rescuer undoes his belt, slips it through the victim's belt, then secures his belt by hooking them both together.

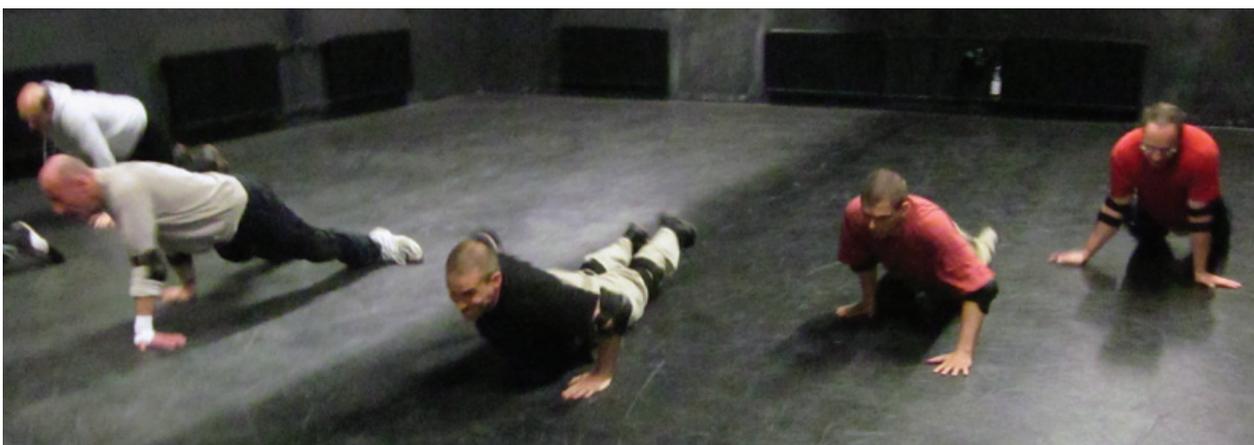


**9:** The rescuer gets onto all fours and starts crawling while dragging the victim underneath him.



**10:** The rescuer can also crawl with a firearm in his hand in order to engage the enemy.

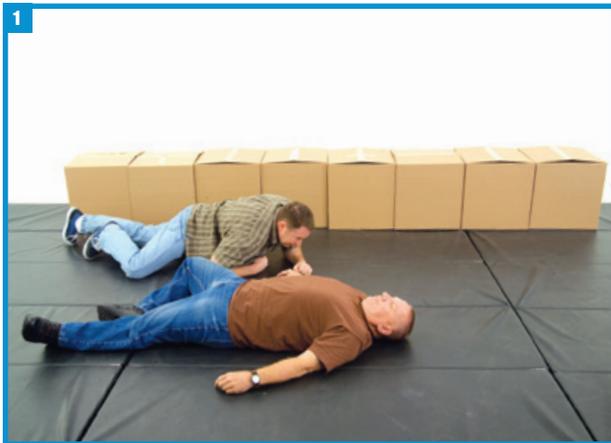
Photo courtesy of Jim Wagner



Sometimes there is no one around to rescue you. Imagine that you were in a terrorist bombing and your legs were severely injured so that you can't walk. You have to drag yourself away from the scene because the terrorists could be waiting to detonate a second device. Here, reality-based students practice evacuating themselves without the use of their legs, which is also a good strength exercise.

## Back Drag

### U.S. Air Force Pararescue Technique



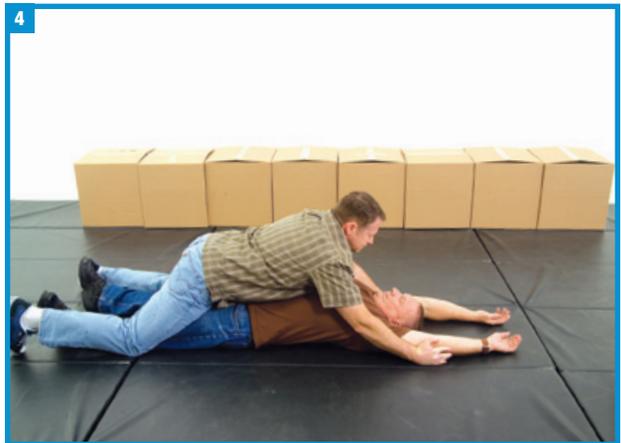
**1:** The rescuer crawls up to the victim, who is in the kill zone with a shooting enemy on the other side of the boxes.



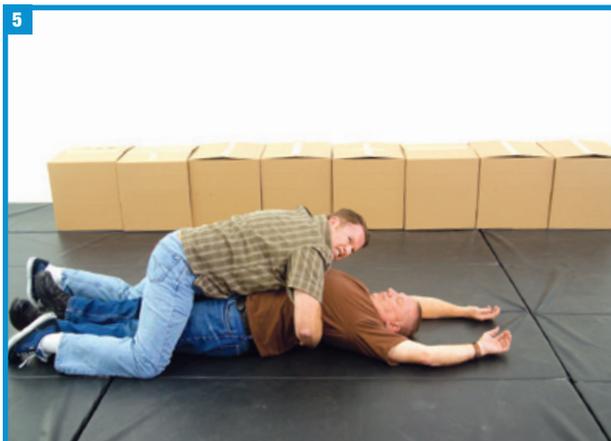
**2:** On reaching the victim, the rescuer checks his vital signs and finds that the victim is alive but unconscious.



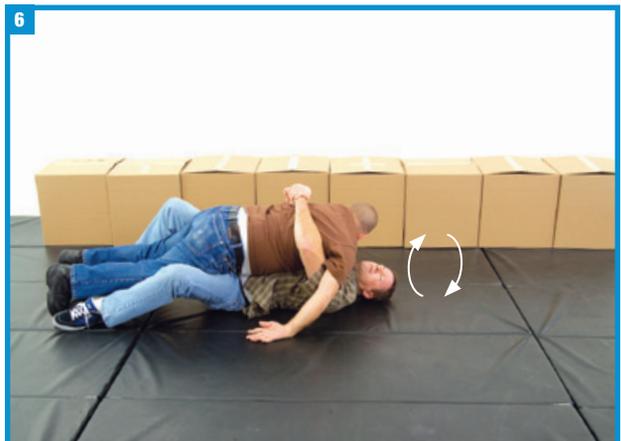
**3:** The victim is too heavy for the rescuer to drag or belt-drag. He decides to perform a back drag instead.



**4:** While lying on top of the victim to keep a low-target profile, the rescuer raises the victim's hands above his head.



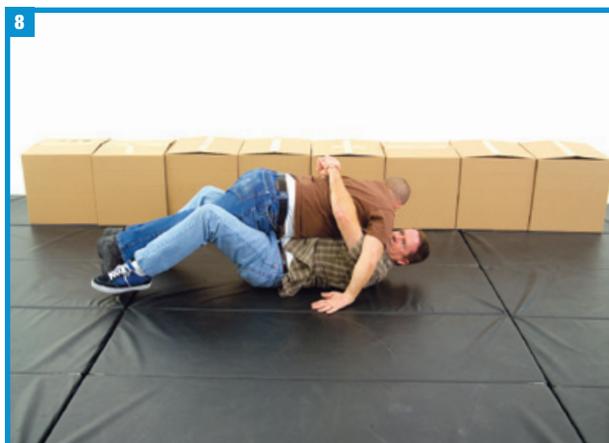
**5:** The rescuer shoves his hands and arms underneath the victim's back as far as they will go, which will not be all the way.



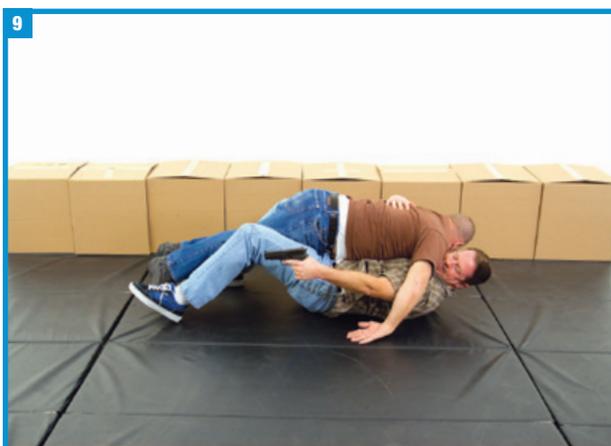
**6:** The rescuer rocks the victim back and forth to slide his two hands and arms in deeper. The rescuer's goal is to grab his own wrists.



**7:** Once the rescuer has his arms locked around the victim's body, he rolls him completely over until the victim is lying on top.



**8:** The rescuer can then do a back crawl by pushing off with his heels and "walking" forward with his shoulders.



**9:** If an enemy approaches in the same direction of travel, the rescuer can engage him with a firearm.



**10:** Once the victim is in a safe area, the rescuer places him into a recovery position and begins to administer first aid.

During a firefight in which you must protect a fallen soldier, you should lie sideways to cover the victim's entire body while returning fire on your side. Once the threat has been neutralized, you can proceed with the evacuation. In the photo, a German soldier practices covering a fallen soldier.



Photo courtesy of Jim Wagner

## Back Crawl With Infant

### Original Jim Wagner Technique



**1:** Trying to crawl in a low crawl position out of a kill zone with a baby can be done, but it can be very dangerous for the baby. The child's arms and legs risk getting crushed, and too much side-to-side movement can cause injuries similar to those from shaken baby syndrome.



**2:** The safest way to transport a baby while hugging the ground is to place the baby on your chest faceup.



**3:** You then propel yourself forward by pushing with your heels and “walking” forward with your shoulders, like in a back drag.



**4:** You can also transport a medical bag or box of ammunition in the same manner, which is a common basic-combat training method for soldiers.



Photo courtesy of Jim Wagner

Training soldiers in combat lifesaving can reduce battlefield deaths by 15 to 18 percent. Lifesaving skills are part of your post-conflict training.

Photo courtesy of Jim Wagner



Once you get to a point at which you can no longer get any closer to the victim with a first-aid kit, you can always throw it to him, provided it has a throw handle like the one pictured.

Photo courtesy of Jim Wagner



In Germany, every driver is required to carry a complete first-aid kit in his or her vehicle. The only problem is that most people don't know how to render first aid properly. It is recommended that you have a complete first-aid kit in your home and in your car. You should also take a first-aid course every two years at minimum.

## Restraint Positional Asphyxiation Prevention

### Standard Police and Corrections Technique



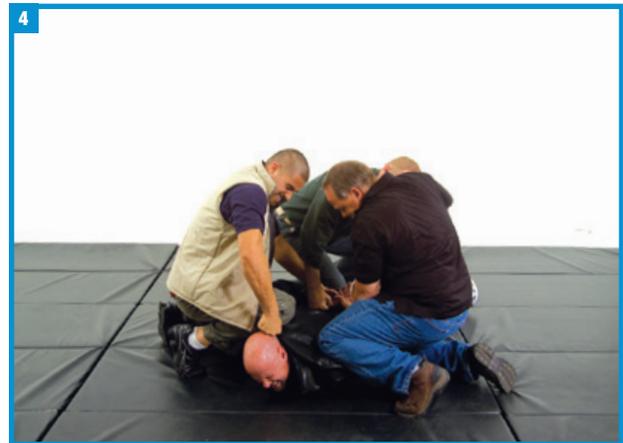
**1:** A criminal (left) loses his fight with a good citizen but is combative even when he goes down to the ground.



**2:** A couple of men come to help restrain the criminal long enough to call the police and wait for their arrival.



**3:** While the men are trying to hold down the combative criminal, the criminal cries out, "Get off! I can't breathe!"



**4:** Most people will think this is a trick, especially when the criminal starts to thrash around, thus making everyone else fight harder to restrain him.



**5:** However, minutes later, these good citizens might find that the prisoner is dead and that they are responsible for manslaughter.



**6:** Just the facedown position alone is dangerous. Having the hands behind the back compounds the condition because it causes unnatural compression.



**7:** Having someone's hands restrained, along with the feet restrained and bound to the hands, is never to be done. It puts too much strain on the chest and shoulders.



**8:** Your objective is to restrain the criminal's hands as soon as possible, and there may be a struggle to accomplish it.



**9:** Once you have control over the criminal, immediately put him on his side in a recovery position, which makes it easier for him to breathe.



**10:** When he is cooperative, having the prisoner sit up is an even safer position for him while waiting for the police to arrive to take custody.

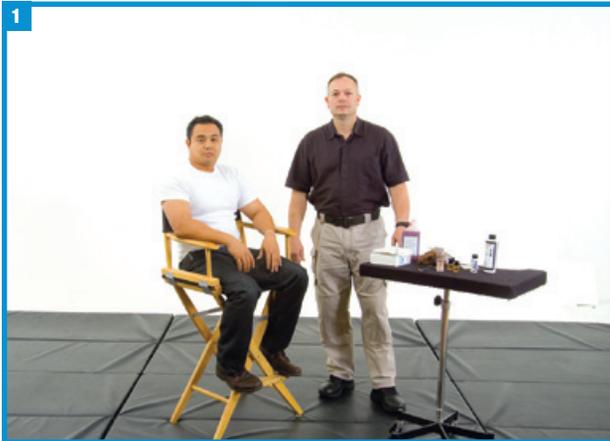


Photo courtesy of Jim Wagner

It was not until the late 1990s that police officers started getting educated in restraint positional asphyxiation. Then in 2000, European law enforcement began teaching it from the federal level down. In this photo, taken in 1997, Jim Wagner of the Costa Mesa Police Department arrests a suspect.

## Makeup (Wounds) Application

### Movie and Theatrical Techniques



**1:** You need a Halloween latex wound, spirit gum, flesh-colored makeup and a paintbrush to get started.



**2:** To make a stab wound or a gunshot wound, you need to carefully poke a hole in the shirt where you want the wound.



**3:** Paint the spirit gum with the applicator directly on the skin where you want the latex wound to appear.



**4:** Paint the spirit gum directly on the back of the latex wound, applying extra paint to the edges so it sticks to the skin.



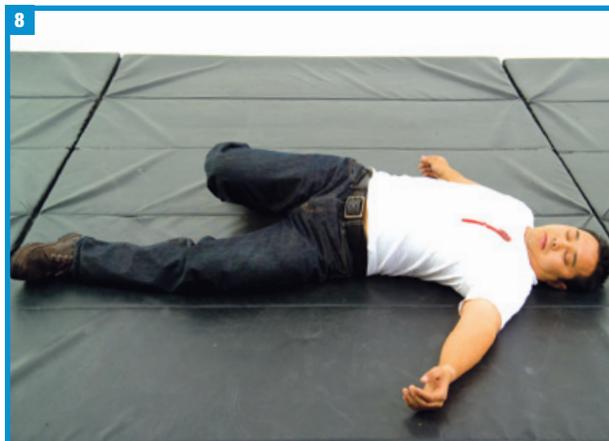
**5:** Adhere the “wound” to the spirit-gum-painted part of the skin. Press firmly and let it dry for a few minutes.



**6:** Using a fresh paintbrush, paint the flesh-colored makeup directly on the latex as well as on the surrounding real skin.



**7:** Paint gel blood directly into the wound and pour liquid stage blood into the wound. Let the blood drip onto the shirt.



**8:** Place your actor on the ground somewhere. Advise your students that they will see a man down and that they have to render first aid.



**9:** Having actual medical supplies on hand, like latex gloves, gauze and dressings, makes first-aid training more reality-based.



**10:** After the student has found all entrance and exit wounds on the body, apply direct pressure to the bleeding wounds. Keep him alive until the paramedics show up.

Working near Hollywood, Jim Wagner learned how to apply stage make-up for movies; he created injuries on actors to make films look more realistic. In 2003, he started teaching his top instructors the craft when he created Reality-Based Personal Protection.



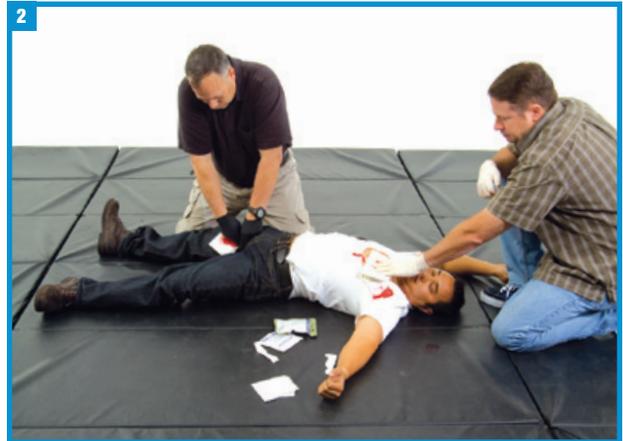
Photo courtesy of Jim Wagner

## Tourniquet Application

### U.S. Army Combat Life Saver Technique



**1:** The rescuer discovers bleeding from a major artery of the thigh, which he suspects to be a severed femoral artery because of the pink blood color.



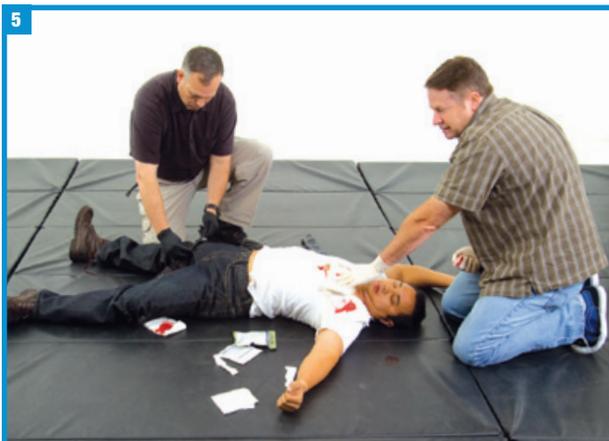
**2:** He applies direct pressure to the wound. If that does not stop the bleeding, he goes above the wound and presses the artery to the bone, which acts like a brace.



**3:** If the bleeding still does not stop, the rescuer will need to fashion a tourniquet. If he does not have one, he'll use the victim's belt. Note: It is not a good idea to use shoestrings because a narrow tourniquet can damage nerves and blood vessels beneath the tourniquet.



**4:** The following products are recommended: the Combat Application Tourniquet (CAT) or the SWAT-Tourniquet, if available.



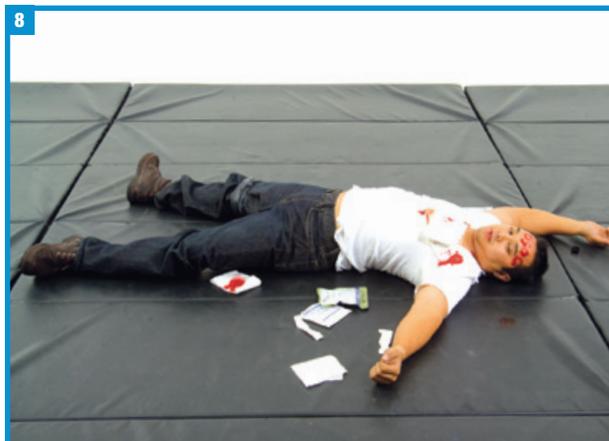
**5:** The CAT can be self-applied and cuts off blood circulation by use of a windlass rod that is wound in place to tighten the draw cords.



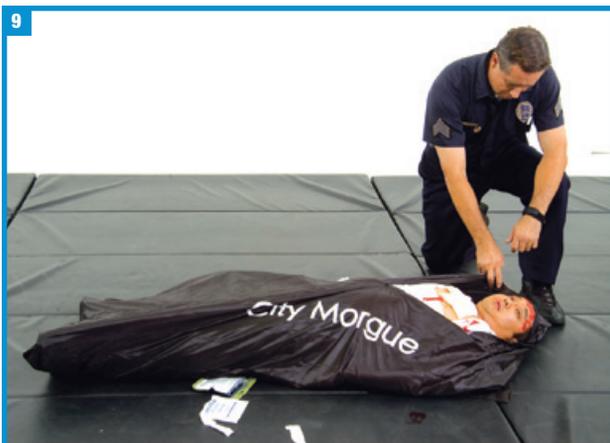
**6:** The SWAT-Tourniquet (for Stretch, Wrap And Tuck) can also be self-applied by using a graphic guide printed on it.



**7:** Write the letter “T” and the time on the victim’s forehead with the victim’s own blood or with a water-resistant marker to let paramedics know a tourniquet has been applied and to let the doctors know what time it was applied so you won’t forget to do either. There may be other casualties, and you may have to leave the victim alone. When someone sees that “T,” he they may not see the wound with all the blood and guts, he knows the victim is a triage priority for evacuation.



**8:** In situations in which there are mass casualties, the rescuer may have to move on to other victims after doing all that can be done.



**9:** It is imperative that you take first-aid courses from the Red Cross so that you can do your best to avoid outcomes like this.



Photo courtesy of Jim Wagner

In Jim Wagner’s survival course for women, students not only learn how to use a knife to protect themselves but also learn how to render first aid to victims of knife or gunshot wounds. In this photo, the “victim” is bleeding from the femoral artery, and the student uses her belt to make an improvised tourniquet. After this, she then treats the victim for hypovolemic shock.

## Controlling Shock

### U.S. Army Combat Life Saver Technique



**1:** Hypovolemic or low-blood-volume shock can result in death. It is caused by severe bleeding and must be treated immediately. Signs and symptoms of shock include sweaty cool skin, pale skin, restlessness, unusual thirst, confusion and rapid breathing.



**2:** Using nearby objects, elevate the victim's legs so that the feet are slightly higher than the level of his heart. In this picture, your partner is applying pressure to the wound.



**3:** Cover the victim. Blood loss can cause a significant drop in body temperature even in hot weather and speeds up the dying process.



**4:** Reassure the victim that everything is going to be all right and that you are there to help him. Keep him calm because he probably feels afraid and alone. Also, he may think he is still engaged in combat upon waking up and thrash around if not calmed.



**5:** A new technique used by European law enforcement is to not only talk to the victim but also to hold his hand for the human contact.

## Chapter 8

# Self-Defense Training for Children

**C**hildren are abducted, molested and assaulted every day. Those who prey on these innocent victims choose them as targets because they know that children are easily deceived and offer little to no resistance. Even if a child survives an ordeal, they seldom make good witnesses, thus resulting in few criminal convictions. If you have children, or through family or work you have contact with children, you need to know how to protect them.

If you really want to protect children, you must be a trainer to a child. With the help of the rest of this book, you will have enough knowledge to teach a child about situational awareness and even teach some self-defense techniques to older ones. However, training children must be conducted according to age brackets. You must never forget that children's minds and bodies are developing, and they develop at predictable stages. Too many adults make the mistake of trying to train children like adults. You must teach kids at their level in order for them to truly grasp that which you desire to teach them.

### Kindergarten to First Grade (5 to 6 Years Old)

There is no way that a child in the 5- to 6-year-old age bracket is going to be able to physically defend himself or herself against an adult. Teaching a child fighting techniques at this age can be disastrous and result in the child using aggressive techniques against other children.

When I was in boot camp in the U.S. Army and when I was a recruit in the police academy, the drill sergeants didn't start training with fighting techniques. Instead, I started with the basics, like how to wear and care for my uniforms, how to march, what is the rank structure, how to prepare for inspections and a hundred other small details before I reached the "good stuff." The same holds true for training children. You first need to instill in them basic concepts like not talking to strangers, good touch and bad touch, how to dial emergency services, keeping away from medications and guns, and other related topics.

Children at this age have short attention spans. When it comes to discussing the dangers of life, you'll only be able to keep their attention for 15 to 20 minutes, and that's only if your material is interesting. Lecturing 5- to 6-year-old children is good, but you need to reinforce your instructions through other activities such as drawing, coloring or role-playing. Your presentation must be at their level. Here are some examples on how to do so:

**1. Cartoons:** In the international DARE program, law-enforcement officers teach children the dangers of drug use. I would take cartoons printed on poster boards to classrooms in order to illustrate the lesson I wanted the children to learn. By showing them a visual, you will keep their interest focused, especially if the visuals are colorful and relatable. Just have someone with some artistic talent draw you a cartoon. Blow it up at a copy house on poster board, then have a fun lesson with your young students.

Here's another idea you can implement: Have a cartoon that shows a "friendly" man holding a dog leash, minus the dog. Show the man attempting to talk to a child. Now say to your young audience, while presenting the cartoon, "Here's a man. He is a stranger who walked up to this little girl in the picture. He asked her whether she would help him find his lost puppy. What should the little girl do?" Let the children give you their answers. Have a one- or two-minute discussion during which you bring up important issues that they need to know about. For ex-

ample, don't talk to strangers because it's probably a trick. You may want to point out how many bad adults steal children in this manner. You might help the kids conclude that the girl in the picture should run away. Answer other questions your audience may have. Once the main points have been made, move on so you don't lose their interest.

Another cartoon presentation could be an illustration of a nicely dressed businesswoman. After all, you know as an adult that you can't always judge criminals by the way they look or dress. In the picture, the woman is in a car and has pulled up next to a little boy. You tell your audience, "This woman says that she is lost and will give the little boy a new toy if he will help her find her way. Should this little boy get into the car?" Again, listen to your audience's answers, then alert them to the dangers—a possible kidnapping or abduction. Tell the kids not to be fooled by how someone looks or dresses; there are many women criminals and well-dressed bad guys.

**2. Role-Playing:** Make all your lessons hit home with this age group. If you don't have cartoons, then do some role-playing with them. Have the children "play" themselves while you or another adult play the "bad guy." Teach them techniques on how not to be lured in by cunning strangers. Teach them how to run away or scream if somebody grabs hold of them. In situations like these, tell them to scream as loud as they can: "Help! Stranger! Stranger!" This will alert bystanders to the commotion and make them realize that it is not simply a child being disciplined by a parent but that it could be an abduction. This kind of training is great in a martial arts studio or in your own home.

**3. Work Sheets:** Here is a work sheet that you can create for your own children: Have small photographs or drawings on an 8½-by-11 sheet of paper showing 10 items such as a gun, knife, toy, apple, syringe, book, etc. Then tell the children to put an "X" through the items that are dangerous. What should they not touch? Tell them to color which ones are safe to touch. Kids love these kinds of work sheets and so do parents. If you own or operate a martial arts school, have several different work sheets made up with the school logo printed on each. It's also a great form of advertisement because parents love to share with other parents what their children are doing.

**4. Other:** You may want to see what your local police or sheriff's departments have to offer in the way of educational materials: coloring books, work sheets, posters or stickers. Don't feel like you're intruding. After all, it's your tax dollars paying for these things.

I'm now going to cover a subject that makes most parents squeamish—gun safety, which is also known as firearm safety. I believe that the sooner children know about gun safety the safer they will be if they come across one. After all, do you want to protect your child?

Guns fascinate kindergarten and first-grade students. Why not take that natural curiosity for guns and use it to your advantage to teach them? Of course, if you are not familiar with firearms, you will want to get somebody who is. You can easily do that by taking your child down to a gun range. Have a range master teach you and him or her about gun safety. A good instructor will have an unloaded gun and ammunition on display. The instructor will explain the dangers of a firearm for a minimal cost. Even countries with strict gun-control laws will have shooting clubs. Would you rather have a professional explain gun safety to your child or have your child get tempted to play with a gun when there is no adult supervision? Remember, it's a common situation for a child's friend to show off his or her guardian's

hidden revolver. Don't you want your child to know what to do?

If you run a martial arts school with children's classes, your local law-enforcement agency would most likely be happy to make arrangements for an officer to speak to the group. You can ask for a police officer or community-relations officer to come into the classroom and speak about gun safety.

The first thing I do when teaching kids about gun safety, and I still do from time to time, is to hold up a bullet. I tell the children that the bullet is very dangerous. I explain the parts of a cartridge: bullet, case and primer. I continue by telling them that if the primer—the back end of the cartridge—is struck, the primer will explode, causing the gunpowder inside to burn; this is what happens when you pull the trigger of a gun. This forces the bullet to separate from the casing and travel at very fast speeds that are much worse than a big rock being thrown at you. I let them know that the bullet travels so fast that it can take their hand or arm off, punch big holes in them or even kill them. With that said, I ask the children, "If you find a bullet on the playground or next to your home, should you pick it up and play with it? Throw it against a wall? Put it into your pocket?" Of course, all the children yell out together, "No!" Because of my explanation, they know how dangerous bullets are. I then continue by telling the children, "If you find a bullet, don't touch it. Tell your teacher if it is found at school or your mommy or daddy if you found it near your home."

After taking a minute or two to explain the danger of bullets, I move on to the gun. When I am instructing kids, I tell them to never touch a firearm unless their parent or guardian is supervising them. I bring up hypothetical situations such as, "What would you do if your best friend brought a gun to school?" "Should you ever point a toy gun or a squirt gun at a police officer?" "Should you ever touch mommy's or daddy's gun if they're not home?" Let them answer you. Congratulate them for correct answers and patiently correct the incorrect ones.

## Good Touch and Bad Touch

To prevent young children from falling victim to molestation, you want to teach them what is appropriate touching and inappropriate touching, or good touch vs. bad touch, when others touch them. You don't need to get graphic or detailed but simply tell them that anywhere that their bathing suit covers is off limits for someone to touch. On the other hand, you'll want to stress that hugs, pats on the back, kisses on the cheek and other innocent touches from relatives and teachers are OK. But telling kids that something is wrong is not enough. They need step-by-step solutions. You need to let them know that if anyone does touch them on their "private areas" or they are asked to do the same to someone else, then they need to immediately tell a parent, teacher or police officer, even if they are threatened not to tell anyone.

### Second Grade to Fourth Grade (7 to 9 Years Old)

At this age, you still want to continue educating kids on the following topics: strangers, drugs (including alcohol and cigarettes) and gun safety. In addition to these, you'll want to alert children to the dangers of gangs and violence. This is the time many kids get their first exposure to gangs. Depending on their social and economic environments, they can easily be influenced by them. Reinforcing the idea that getting into a gang will lead to negative consequences will help save many children who may be prone to go in that direction. You also have to pay attention to what kind of music your child is listening to, what kind of DVDs they are watching and what kind of video games they are playing. Many of these

products on today's market promote drugs, violence and rebellion, all in the name of "art."

By ages 7, 8 and 9, children are more aware of the world around them. Your teachings should change accordingly. For example, instead of just teaching kids to dial emergency services and say, "Help," they can learn to report crimes to the police: who, what, where, why and how. Set up some scenarios and have them practice on a "dead" phone to see whether they will relay all the pertinent information to the dispatcher. For reporting a crime, have the children describe the suspect, who is a role-player coming into the room. The role-player does a scenario and leaves. The children must then relay the role-player's gender, race, age, height, weight, hair color, facial hair, clothing description, direction of travel and whether it was by foot or vehicle.

With this age group, you'll want to keep your discussions and group activity to 30 minutes or less. I also have found through experience that third-graders tend to be at that age when they test authority, so be patient and firm with them.

This is also a good age group to start kids off in their self-defense lessons but at the most rudimentary levels. Though they are still not capable of fighting off an adult, they can learn techniques on how to get away from someone who is trying to accost them. They can bite, kick, scream and always run away. If taken at a slow, easy pace, you may even spark an interest in them to want to study the martial arts when they get older. Too many self-defense instructors push kids too hard, and these kids might end up hating the subject rather than embracing it.

### **Fifth Grade to Sixth Grade (10 to 11 Years Old)**

This is the age group when children throughout the world, in countries that offer it, enter into the DARE program and other similar programs. Although kids are exposed to the program as early as kindergarten, the real substance of the core curriculum is targeted at fifth- and sixth-graders. It attempts to positively influence kids at this impressionable age just before they encounter the peer pressure they'll face in junior high school. And what works for this international organization also can work for you.

Your program should include the topics of drug and gang avoidance, personal safety and new topics such as respect for authority, good work ethics and, more important, self-esteem. Unfortunately, too many children get involved with drugs or gangs because they have low self-esteem.

One of the greatest boosters of self-esteem for children is the martial arts. I believe that this is the ideal age to get kids involved in formal martial arts training. Whether you are a parent or a martial arts instructor teaching a child, self-defense instruction can build self-discipline, respect for authority, physical fitness, respect for others and self-esteem. After all, martial arts training for children should be more than just learning to kick and punch but how to avoid confrontations, as well. Martial arts also can teach lessons that have real-life applications about never giving up, overcoming fear and obstacles, and getting right back up again if you fall.

Although children at this age should learn some basic self-defense techniques, it's best to place the emphasis on friendly competition, group instruction and scenario training to teach them how to avoid dangerous situations.

At this age, it's going to take more than just showing the kids illustrations and having them do work sheets to keep their interest. You have to make learning fun by employing sophisticated and creative

ideas. One idea you may wish to use when it comes to scenario training is to have the children videotape their own skits. Have several scenarios that teach a variety of safety lessons. One example would be to have two children trying to talk another child into joining their tagging crew, which is a group that does graffiti together.

To make the children really get into the scenarios, I reward the best group—based on team participation, enthusiasm and realism—with a small prize. The real learning process occurs during the making of their video, but the fun part is when it's finished and they all watch it together and laugh as they see themselves on the screen. It doesn't have to be completed in one day; it can be a project done over a short period.

### **Seventh Grade to Eighth Grade (12 to 13 Years Old)**

These kids are in middle school and are at that age when they're trying to be liked by their peers. This means a lot of the teaching methods that worked when they were younger will no longer be effective. Therefore, your teaching methods require a radical change. This is the time when you should treat them like adults, but remember that they still have childish tendencies.

At puberty, these children are either interested in learning self-defense or they're not. Fortunately, at this age they usually want to learn how to defend themselves, so all training should be focused in this direction. Work sheets, projects and even scenario training give way to pure physical training like physical conditioning, techniques, *kata* and some light sparring. Keep in mind that their attention spans wane after awhile. Therefore, instructions should last no more than an hour.

### **Ninth Grade to 12<sup>th</sup> Grade (14 to 17 Years Old)**

This is the high-school crowd. It's an awkward time for most teenagers, but it is also a great opportunity to teach and influence these children, if they are willing to be taught. In a self-defense training setting, they are usually very eager to learn.

At this age, they should be physically trained just like adult students. In fact, it's a good time for them to be integrated with adults. If you are running a martial arts school, you should make certain your adult students are given instructions to take it easy on the young ones but to not baby them when it comes to things like sparring. You want the kids to have it somewhat rough so they can get stronger and become acquainted with the real world.

Unlike adults, you must make sure that your high-school students are not getting discouraged in their training. There is nothing wrong in having them fill out an evaluation sheet or asking them outright questions like, What do you like most about the training? What do you like least about your training? What would you like more training in? How could the course be improved? In the police and military world, we are constantly filling out course evaluations. Evaluations only help to improve your teaching program.

Scenario training should be routine for any self-defense program. It is equally important to have high-school students run through them. Obviously, you're going to run through situations that are appropriate for their age group and that they are most likely to encounter. For guys, you can set up scenarios such as a fight over a girl, a fight over cutting someone off on the freeway, poor sportsmanship and other common sources of conflict. For the girls, you're going to want to prepare them to defend themselves

against sexual harassment, date rapists, fights from a boyfriend's ex-girlfriend, etc.

## Child Stranger Abduction

The worst fear of any parent is for their child to be snatched up by a stranger and never seen again. When you hear about such stories on the news, they usually do not have happy endings. In fact, statistics indicate that 74 percent of kidnapped children are killed within three hours of the abduction and

that most stranger abductions usually take place less than 100 yards from the home.

As a police officer, I was taught that there are two primary reasons why strangers abduct children. The first is for sexual gratification. The second reason is for murder, also known as "lust killing." The most common method used to commit the homicide is strangulation. Weapons are found in only 17 percent of the cases. Of course, there are other reasons for stranger abductions such as ransom, to sell the child as a sex slave or what is called "maternal desire." This is usually when a person cannot have a child of her own and resorts to kidnapping one instead. A recent well-publicized case happened on December 16, 2004. Authorities arrested Lisa Montgomery, who admitted that she strangled 23-year-old Bobbie Jo Stinnett to death and cut her fetus out of her womb in Maryville, Missouri. Montgomery brought the baby home, calling it her own.

As an adult, learning how to punch and kick is great and has its place, but you'll probably never use those skills on a terrorist because they'll be lobbing grenades or mowing you down with automatic weapons long before you ever get near them. Likewise, you may send your children to karate classes to alleviate your fears about a stranger grabbing them

## Nonstranger Abduction

Statistically speaking, children are more often abducted by one of their own parents. This usually occurs when two adults, who are both parents to the same child, separate or divorce. Even the threat of leaving a relationship can bring on an abduction by one of the parents. Although most parents would never harm their child, there are many cases in which a distraught parent abducts a child and then harms that child to get back at the loved one they think jilted them.

Obviously, a child is not going to stop a parent from taking him, and a child cannot be expected to use self-defense techniques in such situations. The abducting parent is an authority figure, and the child will offer little to no resistance.

To prevent nonstranger abduction is very difficult, especially if a parent is trusted before the abduction or has visitation rights. Therefore, the best way to prevent one parent from taking off with the child against the will of the other is to have as friendly as possible a separation or divorce, make sure all restraining orders and visitation rights are followed to the letter, monitor for telltale signs and be prepared for the worst.

one day, but how many traditional instructors teach their youngest students what they need most, such as situational awareness, detection and avoidance? It's easy for any of us to say to a child, "Don't talk to strangers" or "Bite and scream if someone grabs you." But do you, the parent, or the martial arts instructor for that matter, really know the enemy?

I do. I've had to hunt down some of these predators and arrest them. I've also had to sit next to them and interview them while maintaining my self-control after having had to see the abused children these monsters victimized. In addition, I've had to take many police courses in investigating crimes against children. Because most parents have not had the training or experience I have had and because

most martial arts instructors depend on the enrollment of children to keep their school afloat, it is vital to know more about the criminals who prey on children than just thinking in terms of a generic attacker. Just like there are many types of criminals who do a wide variety of crimes, there are different types of abductors. In fact, there are seven varieties:

**Hunter Abductor:** This predator looks for a specific type of victim. The prey could be only 3-year-old girls or just Hispanic boys. He plans his crimes carefully and even goes as far as having an “assault kit.”

**Poacher Abductor:** This type searches out a specific area, such as a school, playground or other places where kids congregate. He selects his victim based on this locality.

**Trawler Abductor:** This criminal is an opportunist. He may not do anything for years but takes advantage of a situation when an “opportunity” presents itself.

**Trapper Abductor:** This diabolical type is someone who is in a position of trust with children and uses his position to take advantage of his victims. Examples include a teacher, priest or a scoutmaster.

**Raptor Abductor:** This criminal is hard to detect because there are no real warning signs. He sees a “target” and attacks immediately. He is the type who may even kick down your door, run into the child’s room and carry her out.

**Stalker Abductor:** This sick personality sees a child who grabs his attention for some reason. This type then follows the victim around for a while. He picks up on the child’s schedule and does his kidnapping at a time when he is least likely to be detected.

**Ambusher Abductor:** This predator waits for his victim to come into “his” territory and then pounces. It may be a child who simply walks past his house every day. Then one day, he deceives the child and invites him or her into his home or car.

Regardless of the type of abductor out there, keep in mind that most of the victims abducted are girls. Knowing this, little girls have to be watched even more closely.

One of the techniques that I teach adults in my Children’s Survival course is how to properly teach children not to talk to strangers. Now every good parent or martial arts instructor will teach children not to talk to strangers, and they repeat these words like a parrot: “Don’t talk with strangers.” This method is simply not enough.

This is the way it must be done. Let’s say that you are buying groceries at the supermarket and you are with your young child. While the cashier is scanning the items, she says to your child, “You are so cute. What is your name?”

What do most parents do? They generally let the child answer, and a small conversation is exchanged between this stranger and your child. In other words, if you permit this conversation, you are sending mixed signals to your child. Your child is talking to a “stranger.”

Now let me expand the same example I just gave, but this time, you’ll learn how to handle the situation the correct way. The cashier, out of politeness, says to your child, “Oh, you’re so cute. What is your name?” If your child starts to answer, you will immediately say, “I told you not to talk to strangers. You will not talk to her without asking me. Do you understand?” Of course the child will ask permission,

and you will tell them, “No.”

I know the cashier will be offended, but you will tell the cashier that you are teaching your child not to talk to strangers.

Once the child understands that he or she must always ask Mommy or Daddy before talking to a stranger, this conditioning will carry over. Of course, there will be times when your child will ask you, in your presence, if he or she can respond to the question of a stranger, and you will at times let them. You will say to your child, “Thank you for asking me first, honey. Yes, you may answer her because I am with you.” That is the reinforcement: “Because I am with you.” If you don’t intervene when your child speaks to strangers when he or she is with you, what makes you think your child will not talk to strangers when you’re not there?

If, God forbid, your child is abducted, then what do you do? Here are the steps you must follow:

- Stay out of the child’s room and secure it. The police may need to collect evidence from the room because there is a possibility that the abductor may have been in the room. If the child has a computer, the police will take the information off the hard drive to see whether there was any correspondence with the abductor, which is all too common.
- Call the police immediately. Don’t waste time scouring the neighborhood or calling the neighbors first. Remember, the first three hours are the critical hours. As soon as the police receive the call, they will make other agencies aware of the missing child, and they in turn will do their part in the search.
- Provide the responding police officers with the names, addresses and phone numbers of anyone who has had past contact with the child, like neighbors, relatives, your child’s friends or schoolmates. The police will want to eliminate places the child may have gone because, many times, the child forgets to notify the parents that he is actually at a place he frequents. If your child has a cell phone and it is missing, as well, give the phone number and name of the phone company to the police officer because the FBI can track cell-phones signals.
- Make a flyer immediately with the child’s picture on it. Post it all over the neighborhood. Perhaps someone will see the flyer and remember seeing the child or something that may be of interest to the police. Although this may seem a bit morbid, it is a good idea to have a generic flier prepared beforehand. In other words, have a flier in your computer ready to go should this tragic event ever happen. If nothing happens, then great! However, update the flier once a year with a new photo. Remember, minutes count during a child stranger abduction.



There are a lot of perverted and twisted people roaming around out there who would prey on children, and as such, children have to be well-guarded to avoid being abducted. Unfortunately, this is a reality, and the information I have provided will help you protect your child or the child of someone close to you.

## Chapter 9

# Conclusion

It doesn't take years to learn self-defense. It takes days. As you have seen throughout this book, all the techniques are easy to learn and easy to master. Not only have you learned many ways to protect yourself in some common, and not so common, violent situations, but you also have learned to protect others.

Learning techniques is the easy part. Even children can master all the techniques found in this book. What cannot be passed on is the warrior mentality or the will to survive. That has to come from deep within. Therefore, whenever you are training, you must treat the situation as if it were the real deal. The sights, sounds and emotions must be imagined as best as possible. You must train your mind for conflict through realistic scenarios and always ask yourself "what if?" whenever you are in a restaurant, in a movie theater, on a bus or train, or even in the comfort of your own home. It only takes one second to kick in most doors, and if four masked men come running into your house, are you prepared to escape or stop them? There are many "war gaming" scenarios you can run through your head or even practice safely.

I pray that this book has been a tremendous help to you, and I encourage you to read my other books and view my *Reality-Based Personal Protection* DVDs to continue to build on what you have learned here.

As I say to all my students, "Be a hard target."



On October 8, 2010, Jim Wagner was made an honorary police officer of the Amsterdam Police Department because of the training he had provided to Dutch police instructors three years in a row. The material that he taught at the Amsterdam Police Training Center was then passed on to 3,000 police officers in the Dutch capital.



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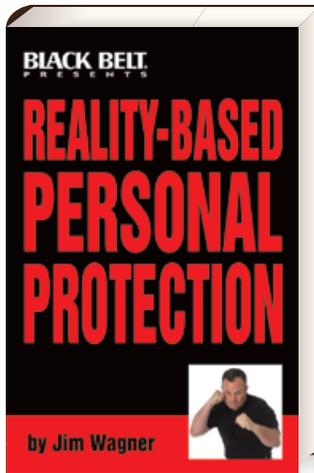
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## ABOUT THE AUTHOR

**A**s a well-known defensive-tactics instructor, Sgt. Jim Wagner draws on more than three decades of experience in martial arts, police, military and special operations. His methods are used by many elite forces, including the Israeli police and military, FBI SWAT and Germany's GSG9 counterterrorist unit. Wagner is the creator of the *Reality-Based Personal Protection* DVD series and the author of two other books: *Reality-Based Personal Protection* and *Defensive Tactics for Special Operations*. For more information about Wagner's Reality-Based Personal Protection system, visit [jimwagnerrealitybased.com](http://jimwagnerrealitybased.com).



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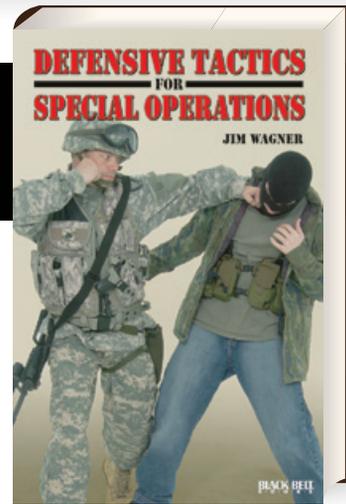
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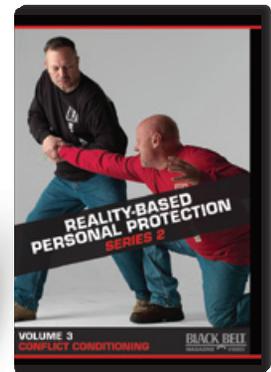
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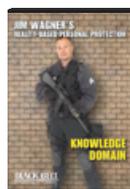


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