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Focus:

SWAT

POLICE

Special Report:

*Michigan State
Police Vehicle
Testing*

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Physical Conflict Resolution (PCR)



Instructor Ken Good is demonstrating an improper pushing and overextension allowing his opponent an opportunity to resist.

Physical Conflict Resolution (PCR) is a methodology and viewpoint based on both Aikijujitsu and Russian Martial Arts Systema. It addresses the situations where law enforcement is armed, and multiple adversaries exist, who may be armed.

For generations, law enforcement professionals have faced the conundrum of: drawing a weapon in a felony arrest situation; being threatened, obstructed or attacked by one or more apparently unarmed bad guys. What actions should be taken?

According to Ken Good, a former Navy SEAL, their approach is to offer solutions to a wide variety of problems associated with being armed and dealing with a variety of threats. They look at confrontations that will allow officers to use the appropriate level of force, with the "Use of Force Matrix," while removing unnecessary steps in defensive tactics moves.

The techniques taught work hand in hand with those that officers

already know, such as compliance, strikes, takedowns and handcuffing: they are not step-by-step techniques that will fail under stress. All too often when officers attempt to match learned techniques with a presented situation, one sequence does not work or is misap-

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An opponent is attempting to disarm an officer. The armed officer is intercepting his threat with the beginning of a head tip.

plied; the more complicated the techniques, the less likely they will be used successfully. In PCR training, officers are allowed and encouraged to work through technique variations because in a fight, set sequences often do not work. Combat capability is the bottom line, not brown or black belts.

PCR is *physical conflict resolution*, and not defensive tactics. An effective officer is the one who has the tools and is thinking ahead. Unfortunately, many martial arts instructors attempt to fit police methods into their disciplines and often it just does not work.

Aikijujitsu

PCR defensive counter measures employ the powerful takedown principles of Aikijujitsu, taking advantage of triangulation and points of balance. This means that instead of approaching confrontations strictly on strength, leverage and speed, the PCR approach moves to upset the threat's balance. Without balance,

the human body cannot efficiently function and becomes inherently weak. Try lifting a heavy weight while the weight or the foundation you are standing on is moving. The human body is actually a precariously perched bipod, standing on two pillars. If the body were designed to be more perfectly stable, it would be like a chair with at least three legs.

In PCR, ever-present triangulation points are used to destabilize the body so that it can be worked with and controlled. A rudimentary method of finding the triangulation point is to give the opponent a push. The spot where he or



Using an Aikijujitsu-based technique commonly called the Head Tip, the student is learning to take his opponent's head to the rear triangulation point using the wave principle.

she puts a foot to maintain balance is this triangulation point, the third leg that must appear to prevent a fall. The bio-mechanical reality of the situation is that if another part of the opponents' body is directed into this point before the opponent can move his or her feet, they go down.

Takedown techniques are combined with a focus on weapon retention, with much attention given to those situations when the officer's weapon is drawn or pointing; not holstered or slung. Students are shown how to control their falls by properly lowering themselves and placing their head in the proper position in relationship to the ground.

A critical differentiator of PCR is the fact that it has a use of force contin-



Instructor Ken Good is taking his opponent out of an area. Good is controlling his opponent's head therefore his opponent's body follows.

uum built into all the movements. Rather than approach every contact with an identical, step-by-step response, the officer is encouraged to regulate the outcome. For instance, during an entry it is highly possible that the lead officers will encounter female, juvenile, elderly, or other typically less capable threats. Approaching every conflict from a ballistic, take-it-to-the-extreme mindset is certainly not the optimal situation. Movements presented in PCR can be absolutely gentle and non-injurious; likewise, the same principles and techniques can be applied to finish a lethal force confrontation.

Head Tip

In an enforcement situation, officers are trained to move through the first person if that person is not immediately threatening. If a person gets in the way of the officer going into a building on a search warrant, for example, the instructor shows a technique called a "head tip." In the head tip, he places his hand on the person's forehead just outside the eye orbits and tilts it back to the rear triangulation point; the person's body will follow and he will fall to the ground. The movement is a smooth wave of energy as opposed to a directed linear blast—like a strike—or cranking it into the person. Rather, it sends energy that circumnavigates the

opponents' skeletal alignment. The lighter the touch, the better it works. He has not been bent over; instead he has been tipped over.

The person loses balance because where the head goes, the body tends to follow. It is more of a directing movement. The person is tipped back on his heels, going where the applying team member directs his opponent's body. The opponent loses balance and sits down.

In weapon retention, the head tip can be used when an opponent grabs for the officer's pistol. The officer keeps his head up and back straight, in a half circle. The head tip is conducted at close range, done in an easy wave motion to avoid getting in the way of the opponent's feet and ends with the officer flanking him. The head tip can also work when a grappler closes for the takedown.

Gun Retention

During a weapon retention scenario, with his instep to the opponent's leg, the officer guides the opposing person down to the forward triangulation point to avoid injury to him.

Gun retention from the gun grab is also taught. The key is to move the gun using the force of the other's grab, instead of tug-of-war resisting. The officer follows the bad guy's force while he is trying to pull the gun toward himself, and then continues the movement, forcing him off balance into a take down. If the officer pulls away from the bad guy, he is engaging in a pulling contest, giving his opponent strength. Done correctly, the officer can use the attacker's energy to triangulate him into a takedown.

Weapon Retention Drills

The drills begin in slow motion as officers draw weapons. They are also done with subguns and long guns at the ready. When the bad guy grabs the officer's gun, the idea is for it to become flexible like a tree limb from tension relaxation drills. This is a flexibility mindset. It means not surrendering the gun. It is a tension game: he who relaxes first wins.

Moving on to drills against one or more bad guys demonstrates why an officer cannot become too tied up with one of the bad guys for a long period of time. During the drills, the officer

moves to position one of the bad guys between himself and the other bad guy.

And officers learn to keep their weapons while walking through a lot of people by using the tactics of constant, smooth and easy movement, moving their feet a lot, and keeping their posture and back straight.

Takedown Drills

The lessons here are to make contact with people at the head, and at joints such as the elbows and knees. Drills include arm takedowns in which the officer makes his arm a dead weight and takes the bad guy down by tipping him over his or her base. Think about it: if you were to suddenly give somebody all your weight without any skeletal support from you, what would

In the head tip, he places his hand on the person's forehead just outside the eye orbits and tilts it back to the rear triangulation point; the person's body will follow and he will fall to the ground.

be the result? Minimal contact and minimal force is required. The relaxed, well-directed movement in and of itself does the work.

An important reminder is to let the opponent's body guide the officer where to go by where he is opening up and offering targets of opportunity. Getting free of a headlock includes the officer rotating his hips, exhaling and working his opponent to fall. The instructor demonstrated that when the bad guy comes in to apply a headlock, if the officer rotates his hips just a quarter of an inch, he becomes unstable and can be taken down. Students should practice forward and backward takedowns.

Getting With the Training Program

Instructors build a healthy respect for what special operations team members and police officers are able to do using physical conflict resolution. Training begins with warm-up exercises similar to those used in martial arts conditioning and yoga — breathing (breathing proceeds movement), rotat-

ing the neck, and working with joints before working with muscles. Students should practice these techniques at slow speeds while instructors teach how the body works. Students are reminded that if their posture is broken, they are weakened. Takedowns are about being relaxed and staying mobile. Then the practice can speed up.

The strategy of Aikijujitsu is one of minimum movement. The essence of combat is maximizing the amount of useful data we can process to our advantage, while simultaneously breaking the feedback loop the opponent is using to try to gather our data. Big, easy motions are big and easy to read. By using PCR, opponents receive the least amount of useful information with which to formulate a successful counter attack strategy.

The more time and space given to an opponent in a confrontation, the more options and counters he can discover to exploit. PCR looks for ways of minimizing movements in order to resolve the situation in a shorter time frame. Training to find the most efficient solutions allows operators and police officers to carry less mental baggage with them in a confrontation. Aikijujitsu teaches, "The less you do, the more you do." Through repetition, this is what PCR tries to get the officer to remember.

When using Aikijujitsu, officers learn to physically play one opponent against another, "connecting" one into another, and to make the bad guys go where they want them to go. They learn to retain their weapons using the principles of triangulation and jujitsu tactics. The lighter the officer's touch, the better PCR works.

Based on the sound principles of physics, human psychology and physiology, PCR is a highly effective and practical approach to problems facing modern law enforcement. Although officers gained nothing without proper training, PCR is relatively easy to learn and retain because it makes sense. It does however, look like physical magic and wizardry.

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