

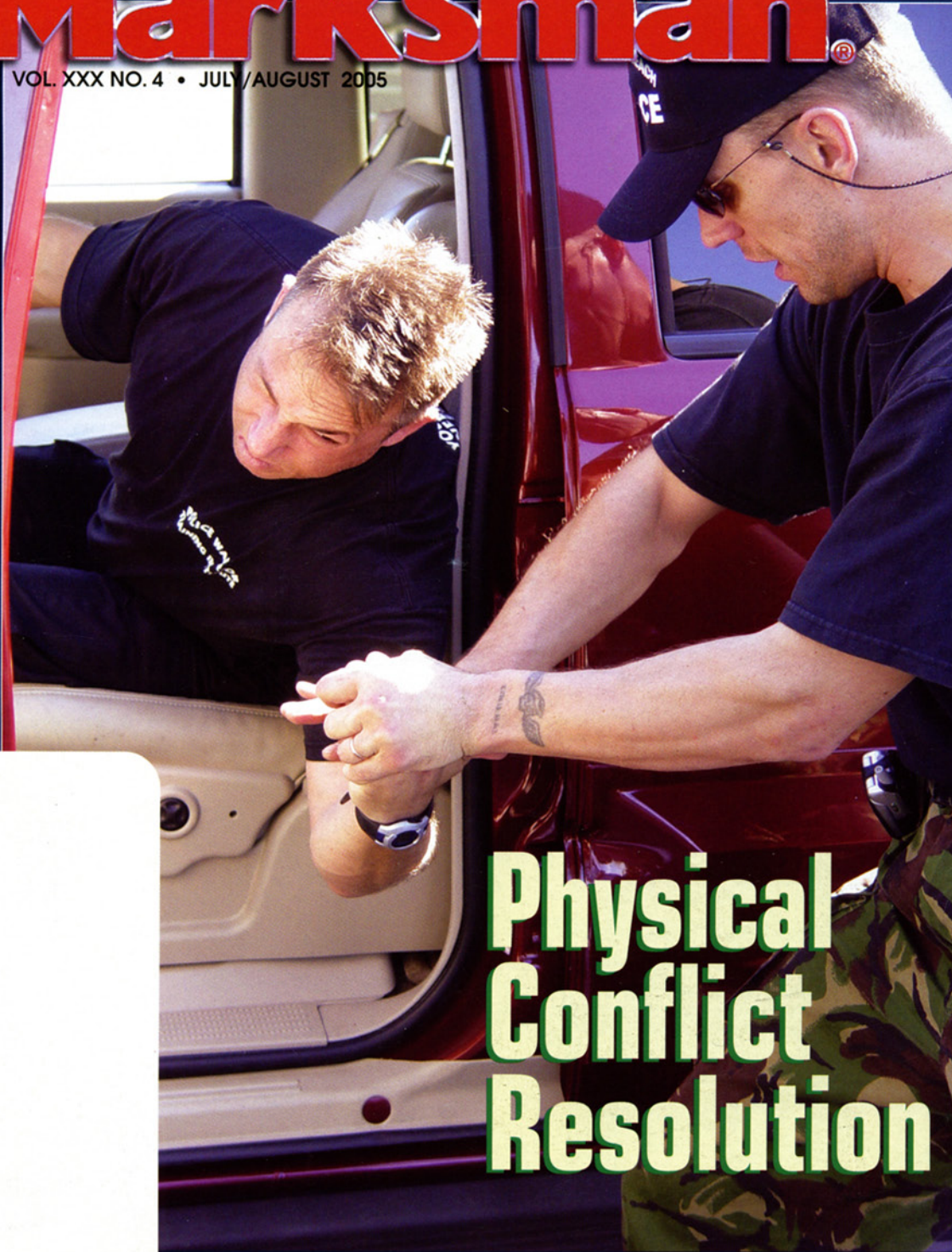
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**VERTICAL  
ANGLE THREATS**  
see page 18



## Physical Conflict Resolution



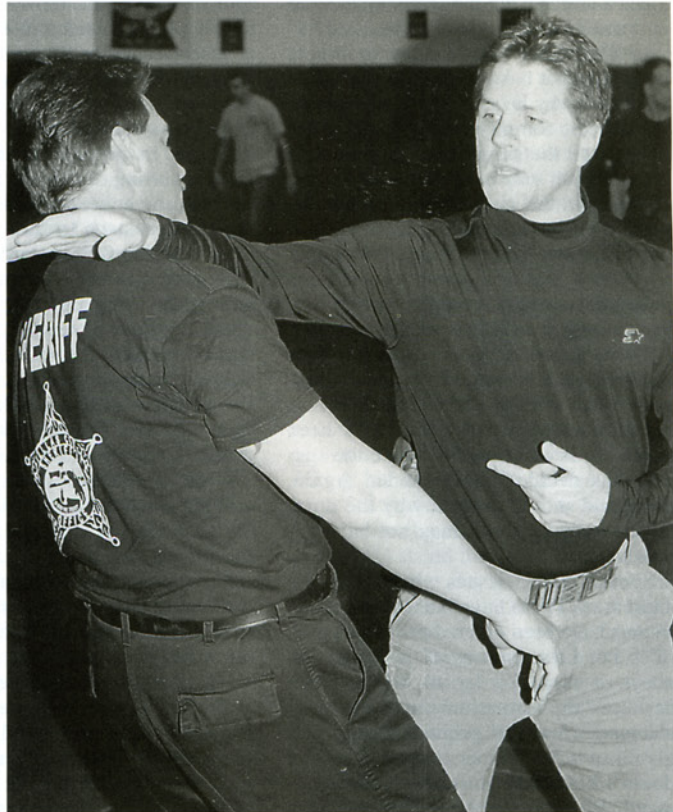
# Physical Conflict Resolution

By Jim Weiss and Mickey Davis

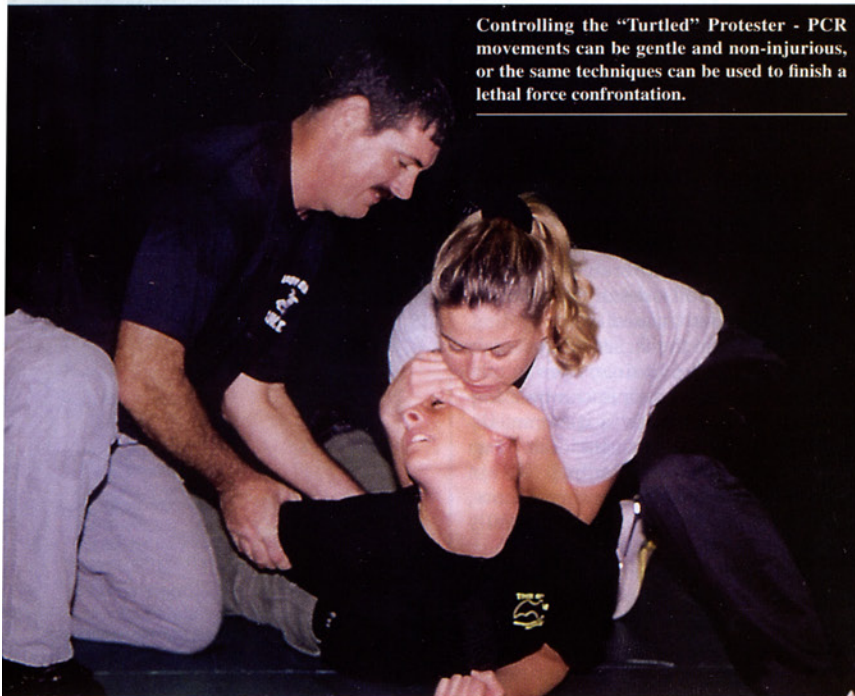
## The Problem

Even when practiced regularly, defensive tactics taught at police academies and in-service training don't always work. Such control techniques are usually taught by the book. While not particularly bad methods, often such tactics fall short under stress. This is because frequently, when officers and deputies attempt to match learned techniques with a presented situation, the by-the-book sequence does not work or is misapplied. In addition, the more complicated the tactic, the less likely it will be used successfully. Unfortunately, many martial arts instructors attempt to fit police methods into their disciplines.

Take Down - PCR is a principle-based understanding of biomechanics, how the body operates, constant breathing, constant relaxation, constant movement, constant posture, and psychology. Demonstrating the take down technique is Ken Good of Strategos International.



Controlling the "Turtled" Protester - PCR movements can be gentle and non-injurious, or the same techniques can be used to finish a lethal force confrontation.



## A Solution

Some trainers are working with a method they consider more effective. It is called Physical Conflict Resolution (PCR). Ken Good, law enforcement and military instructor, former Navy SEAL, and the president of Strategos International and former Soviet Spetnaz operator Saulius "Sonny" Puzikas, recently conducted a PCR instructors' course for deputies and police officers already certified by Florida as defensive tactics instructors.

During the training, PCR was explained and demonstrated. PCR is based upon the methodologies of Aikijujitsu and Russian Martial Arts Systema. It maximizes human performance in the tactical environment. Taught within our systems of laws and adaptable to an agency's Use-of-Force Matrix, PCR offers solutions to a wide variety of problems associated with being armed and dealing with a variety of threats such as multiple opponents.

PCR is not a sport martial arts system.

# PCR

Rather, it is a response to the openings the bad guy gives the police officer—an evolution in training meant to impact an individual's understanding of human conflict, improve a law enforcement operator's capabilities, and aggressively seek out strategies, principles, tactics and techniques that prevail in actual combat.

Unnecessary steps in defensive tactics moves have been eliminated. PCR uses what officers have already been taught: compliance, strikes, takedowns and handcuffing. Officers are encouraged to work through technique variations because in a fight, set sequences often do not succeed. Combat capability is the bottom line, not brown or black belts. An effective officer is the one who has the tools and is thinking ahead.

While PCR does not involve a list of techniques to memorize, it does require a willingness to learn new concepts. It is not a highly structured form of fighting. Encouragement is given to constantly move from old ideas to new ones and to drill, drill and drill some more.



**Head Tip** - If a person gets in the way of an entry team going into a building, the instructor uses 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.

## Aikijujitsu

PCR defensive counter measures employ the powerful takedown principles of Aikijujitsu, which takes advantage of triangulation and points of balance. It is a principle-based understanding of biomechanics, how the body operates, constant breathing, constant relaxation,

constant movement, constant posture and psychology.

This discipline does not approach confrontations strictly on strength, leverage and speed. PCR is based upon moves to upset the threat's balance. The body is a bipod balanced on two legs. When off balance, the human body cannot efficiently function. To stabilize himself, a person will move one leg to the spot where a third leg would be. In applying basic PCR techniques, the police operator takes down someone opposing him by moving one of that person's body parts—such as the head, arm or shoulder—to where that third leg would be. The spot where a third leg would move to prevent a fall is called the triangulation point. Once he is off balance, the person can be taken down.

The officer uses his body as a base to gain power. Through PCR, he is preventing movement, taking away breath, relaxation and posture from the bad guy. It is a misconception that soft movements do not give good results. The officer's constant movements are his defense, since stationary targets are relatively easy to attack.

Takedown techniques are combined with a focus on weapon retention, with much attention given to those situa-

Physical Conflict Resolution is a response to the openings the bad guy gives the police officer – an evolution in training meant to impact an individual's understanding of human conflict, improve a law enforcement operator's capabilities, and aggressively seek out strategies that prevail in actual combat.



# PCR



Physical Conflict Resolution - PCR techniques work hand-in hand with those that officers already know, such as compliance, strikes, takedowns and handcuffing.

tions when the officer's weapon is drawn or pointing, rather than holstered or slung. For instance, during an entry it is highly possible that the lead officers will encounter females, juveniles, the elderly or other less capable threats. PCR movements can be gentle and non-injurious or the same techniques can be used to finish a lethal force confrontation.

## Drill, Drill, and Drill

Each training session began with warm-up conditioning. Strategos International's conditioning is always a full body warm up to both reduce injuries and to promote dedication to physical fitness. A PCR controlled fall is different from the slap-an-arm-to-the-mat falls commonly conducted in police defensive tactics courses. PCR students are taught to fall

correctly by lowering themselves and placing their head in the proper position in relation to the ground.

Moves taught in one session are reviewed in the next. One of the basic PCR moves is the Head Tip. In this move, the officer, using a wave of energy motion, places his hand on the person's forehead just above the eye orbits and tilts the head back to the rear triangulation point. The person's body will follow the motion and he will fall to the ground. Because the movement is a smooth one that alters the opponents' skeletal alignment, the opponent is essentially "tipped over" because where the head goes, the body tends to follow. Balance is lost and the person sits down. A Head Tip also works in weapon retention and when a grappler closes for a takedown. In weapon retention drills using both handguns and long guns, retention from a gun grab is taught by guiding the person down, by applying a wave motion movement through the gun to his forward triangulation point and by moving with the force of the other's grab instead of tug-of-war resisting. The officer uses the attacker's energy to place him off balance in a takedown. The following are just a few of the other drills taught to the future PCR instructors:

**Circle Pushing Drill** – In this drill the officer allows himself to remain completely relaxed. He takes advantage of the energy given by others as they push him in different directions.

**Anti-Joint Locking** – Joint locks are used by law enforcement officers to control an opponent's entire body. Officers also employ these on the street. They include the basic wrist compliance/escort hold. To escape the wrist compliance using PCR, don't let the user lock the hold. Take a deep breath, eat the brief pain, let out the breath and extend the hand out, defeating the applied tension of the joint lock. Joint locks work because of tension.

During training, one partner in the drill is allowed to grab the fingers, wrist, hands, forearms, or elbows of the other person, placing him in a locked position until it is painful. Variations on the drill: 1) As the move is being applied, the officer evades the lock and slips out; 2) One officer has his back and shoulders on the ground. The second (bad guy) partner stands above that person, grabs at the downed officer's feet, ankles, and knees,

# PCR

and attempts to control him with a joint lock. Again, the downed officer moves in the same direction, slips and evades the lock; 3) Both officers (partners) stand and go for hands and feet as such targets present themselves. The defender (good guy) looks for opportunities to reverse roles and attempts to joint lock the attacker; 4) The defender does not allow the other person to build tension in attempting to apply a lock hold; 5) With two attackers—both attempting to apply joint locks—the defender must connect one attacker to the other (move one bad guy into the other), destabilizing both and becoming free; and 6) While avoiding the attack and connecting one attacker to another, the officer should counter lock one or both attackers.

**Weapon Retention - Individual Circling Drill Weapon on Target**—The officer is in a firing position with his sights fixed on a target. His opponent, coming in from a flank, grabs his gun. The officer moves his feet to alter the attacker's pressure, while keeping his sights on target. The opponent continues the drill, circling the officer and attacking from different angles. The key principles are to use natural movements, breathe, maintain posture and balance and change the attacker's priority. Variations: 1) As the opponent attacks while circling, the officer half-circles the gun, preventing it from being grabbed and sights back on the target. If the gun is grabbed, he alters the pressure on his gun by moving his feet. 2) When the circling opponent attacks, the officer moves to prevent the grab, destabilizes the attacker and sights back on the target; 3) The officer does whatever is necessary to control his opponent, while keeping his sights on the target.

Drills include working from the ground, vehicle extraction, safety in training, takedowns (because takedowns are dynamic and difficult to plan for), handcuffing, redirection, strangulation counters, impact strikes, headlock counters, controlling the "turtled" protester, vehicle defense, defense against knife attacks, baton work, balance points, slow speed sparing, officer's loss of weapon, and long gun and handgun weapon retention.

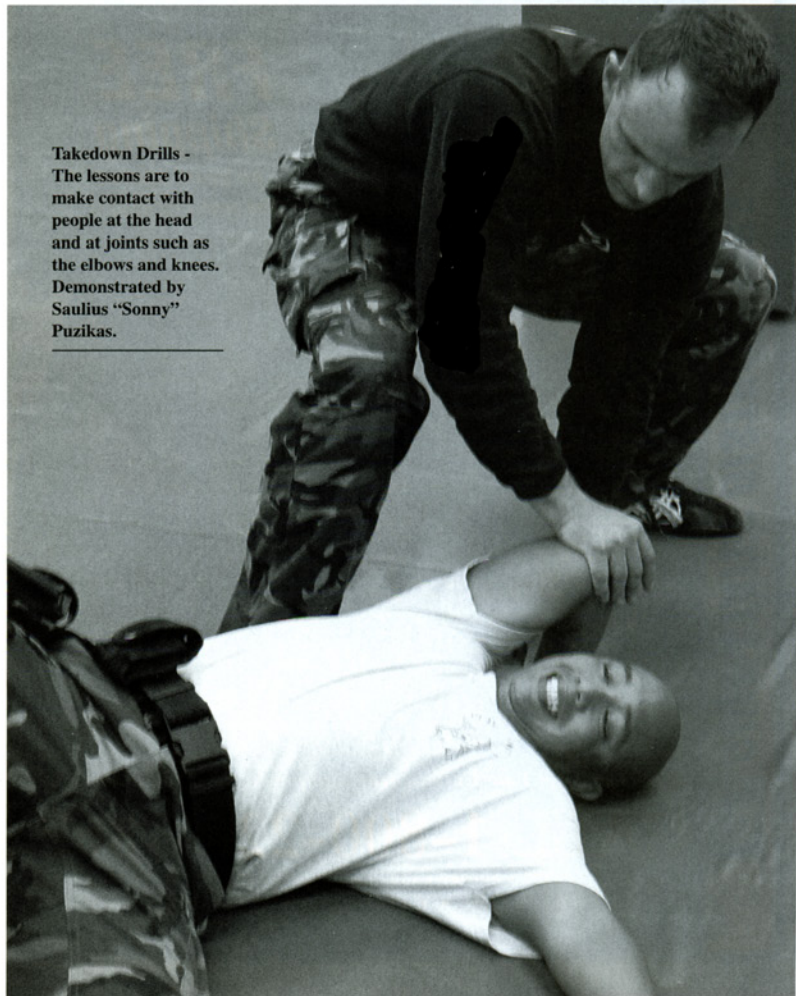
The instructors are also introduced to Air Force Colonel John Boyd's O.O.D.A. Cycle – Observation, Orientation, Decision and Action. Colonel Boyd discovered common factors in many battles: the slower side was always defeated when it

could not keep pace with a series of unexpected and threatening situations. Successful ground forces constantly maintained movement and had the correct perception of what was going to happen; the other force was then frozen into inaction. (**Editor's Note:** Elizabeth Kennedy's excellent article on the OODA Loop was published in the January/February 2005 issue of *The Police Marksman Magazine*).

Drills are also taught, with the use of the video camera by the general public and media in mind, and the harsh adjudication that may arise when the force used by law enforcement is deemed to be excessive by some viewers. PCR techniques are usually not strikes but often magic-appearing take downs and control methods. In our age of negative media and civil suits, the officers

need to be video safe.

In the drills as well as on the street, the biggest obstacle is the mind. Law enforcement officers and agencies must get away from being fearful of adopting a workable solution. As they become proficient, instructors create their own drills. In fact, some of the drills in the course manual were student-generated. Physical Conflict Resolution students change their previous martial arts concepts and take a fresh look at martial arts thinking. PCR is an adaptive way of learning.



**Takedown Drills -**  
The lessons are to make contact with people at the head and at joints such as the elbows and knees. Demonstrated by Saulius "Sonny" Puzikas.