



Victimization

- Location
- Situational – If it feels wrong it probably is
- Use of Drugs and Alcohol
- Acting like a victim

➤ **ATTITUDE!**



Attitude:

I train people how not to die. It is my primary passion in life. Every time something like this happens it breaks my heart.

Here are some basic rules...

Run to cover, prepare to fight, then fight! Go ugly early. There is nothing heroic about violence. Be as brutally violent as possible. Cheat! You don't have to fight fair. Two on one is good, twelve on one is better. Blind side them, hit them from behind, drop a brick on their head from above. Every second you don't act is time lost. Make a decision and execute it as horrifically violent as you can.

Tim Kennedy – former Green Beret, Special Forces Sniper, Army Ranger and MMA fighter

Justification



- Defense of Self and Others
- Primary Aggressors
- Reasonable Response
- What is your objective
- Force which is reasonably necessary

STRESS

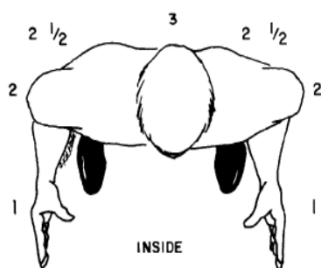
- Elevated Blood Pressure
- Pupils Dilate – Tunnel Vision
- Loss of Fine Motor Skills
- Auditory Exclusion – **Verbal Stun**
- Defeat Stress by Autogenic Breathing

Threat Assessment

- Subject Factors
- Pre-Attack Postures
- Alcohol or EDP
- Sudden Assault



Relative Positioning



Personal Defenses

- Environmental
 - Chairs
 - Pens/Pencils
 - Keys/key chains – Panic Buttons
 - Anything available



Other Defense Items

Pepper Spray



Stun Devices



Knives



Firearms



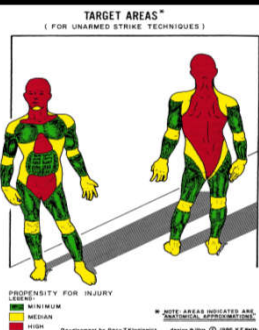
Physical Characteristics

- Low Center of Gravity
- Rotate Hips
- Focus Strikes
- Strike Through target
- Speed and Strength



Target Areas

- Stomach
- Joints
- Chin
- Toes
- Legs
- Eyes
- Groin
- Nose



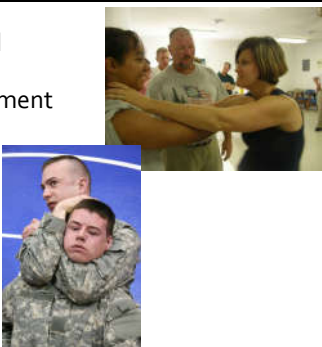
Protective Alternatives

- Face Distraction
- Elbow Strike
- Kicks
 - Front Kick
 - Angle Kick
- Knee Strike



Defending Choke Holds

- Front Choke Hold
 - Face Distraction
 - Explosive Movement
 - Inside Always
- Rear Choke Hold
 - Tuck Chin
 - Lower Center
 - Deliver Strikes



Techniques –

- Pulled hair
- Front choke
- Rear choke
- Thumb grab



ALWAYS

Remember This:
Attitude is Everything

Losing is **NOT** an Option!

WIN at all Costs!

The Green Lake County Sheriff's Department would like to thank you for your time and attention during this program. If you should have questions, comments, or concerns about this class or the instructor please feel free to contact our department.