

MDTS PARAMETERS OF PERSONAL DEFENSE

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Pre-Incident Phase

- Situational & Environmental Awareness
 - Cooper's color codes
 - Avoid task fixation
 - Commentary walking & driving
 - Hand check's
 - Evasive movement
- Profiling
 - Not LE- utilize knowledge of criminal intent to single out threats before they are within your activity zone
- Intuition
 - Awareness of your center of intuition- hair on arms, butterflies in stomach, tingle at back of neck
 - Suggested study/reading= Gift of Fear by Gavin DeBecker
- Pre-Conscious Cue's
 - Attentive to Grooming, Target Glances, Furtive Centerline Movement
- Pre-Incident Psychology
 - De-escalation strategies, Feigned compliance, Choice phrases
- FEAR Management
 - False Evidence Appearing Real
 - Stress Inoculation through training

Contact Phase

- Belief System
 - Must believe you are worth hurting another person for, must be willing to hurt another person, must be prepared for aftermath of hurting another person
- Hard Skills
 - Brewing Oriented Training- Most common type of incident, provides the opportunity to "prepare" a plan of attack or defense
 - Ambush Oriented Training- Less common but most difficult to defend or be aware of, training must focus on staying conscious & on your feet
 - Stress Inoculation through training

Post- Incident Phase

- Legal Obligations & Defense
 - If LE is involved must be prepared:
 - 'Will charges be made against me?'
 - "What are my legal rights?"
 - "Do I know what to say to a LEO, a lawyer, judge or jury?"
 - "How will past history affect me? DWI, etc"
- Post-Incident Awareness
 - Will opponent seek revenge?
 - Will his friends and family seek revenge?
 - Were there witnesses?
 - Was my opponent someone of importance?
- Avoidance Strategy
 - Stay away from area where incident occurred
 - Change habits
 - Become a "Hard" target for at least 3 months
- Profiling
 - Utilize profiling to greater degree