

# MDTS OPEN PROGRAMS



## STUDENT INFORMATION GUIDE (SIG)

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# SAFETY WITH FIREARMS

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Safety is the number one priority when handling any firearm. Safety with anything is a mental process; it must be learned and faithfully practiced to be effective. No mechanical device has a will of its own. Guns almost never discharge unless somebody causes them to do so. Guns are safe. It is people who are dangerous. Remember, there is no such thing as an "accidental discharge," just a negligent or unintentional discharge.

**The following principles of firearm safety must be treated with absolute seriousness and adhered to AT ALL TIMES!**

- 1. All guns are treated as being loaded**
- 2. Never point your muzzle at anything you're not willing to kill, destroy or purchase**
- 3. Keep your finger somewhere other than the trigger until your sights are on target and a conscious decision to shoot has been made**
- 4. Keep weapon on safe until your sights are up on target**
- 5. Be sure of your target and the entire environment**

(Note- only rule 4 relies upon mechanical safety devices, the rest rely upon proper mindset)

## Range Procedures & Ground Rules

- 1. Instructors and range officers control everything that happens on range** at all times
2. Keep your handgun holstered unless you are on the firing line or securing it after cleared
3. All "live" gun handling will be conducted on the firing line with muzzle down range
4. Do not turn around or bend down with pistol in hand - holster first, then move
5. Do not pick up any gear that may have dropped onto the ground until told to do so
6. **ANYONE** can call a **CEASE FIRE**, for **ANY REASON** (unsafe acts primarily)
7. If you experience a malfunction, attempt to clear it, if you do not know how, keep muzzle pointed down range and signal an instructor for assistance by raising the support hand
8. **DO NOT** handle your firearm while instructors or students are forward of the firing line
9. Range Commands: Load & Make Ready, Standby at a Ready Position (or Holster), Fire/Up/ Gun/Down/Knife/etc., Cease Fire, Clear & Safe Your Weapon, Line is Safe

**ATTENTION! YOU WILL BE CAREFULLY, FORCEFULLY, AND CONSISTENTLY INSTRUCTED IN THE PRINCIPLES OF SAFE GUN-HANDLING. ANY STUDENT WHO NEGLIGENTLY DISCHARGES HIS OR HER FIREARM OR IS COUNSELED THREE TIMES FOR THE SAME SAFETY VIOLATION WILL BE DISMISSED FROM THE CLASS.**

# MDTS COMBATIVES SAFETY

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Safety is the number one priority during physical defense training. Safety with anything is a mental process; it must be learned and faithfully practiced to be effective. It is critical that students pay attention to the instructions given during physical defense training sessions and follow the safety rules and procedures exactly the way they are described. Failure to do so may result in injury. As always, you are ultimately responsible for assessing the risk you face by participating in training that is designed to prepare you for physical conflict. There are no guarantees, only controls. These controls minimize the risk of injury we face, but do not remove it. Take these safety concepts and controls seriously, for if you don't, you or someone else may pay a gravely unnecessary price.

**The following four general rules of combatives safety must be strictly adhered to AT ALL TIMES!**

(These rules, if followed, will prevent almost all safety violations resulting in injury)

- I. **Follow the program of instruction; do not deviate.**
- II. **Know and train within your physical limitations.**
- III. **Be a good bad guy.**
- IV. **Do not push a bad position; communicate danger.**

## **Training Procedures & Ground Rules**

1. No prohibited or dangerous items will be allowed in the training area at any time.
2. Students must ensure that they are not carrying or wearing any unsafe items during training.
3. Students must make the instructors and other participants aware of their physical limitations or past/present injuries that could affect training safety.
4. No horseplay - be attentive and be professional.
5. If in a bad position or at risk of injury, physically "tap out" or yell "STOP or "OUT, OUT!"
6. ANYONE can yell "STOP" or "OUT" for ANY reason, at ANY time.
7. Perform movements slow and with good form increasing speed gradually with proficiency.
8. Always use proper falling techniques if possible to avoid injury and condition good tactics.
9. Ensure you have enough space for the drill(s) you are preparing to perform.
10. If you or a partner becomes injured, immediately tell an instructor.
11. Use the appropriate degree of force or "contact" when drilling; do not exceed what's reasonable for the level and type of training conducted.

# USE OF FORCE GUIDELINES

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**PLEASE NOTE:** This information is a UOF “Overview” and helpful “Guidelines”; it does not constitute legal advice. It is YOUR responsibility to know and follow the laws in the county/state you reside in, consult with a local attorney who understands local laws. When traveling, research and understand the laws in the counties and states you are traveling to and passing through.

## THE “LAW” OF SELF DEFENSE

- Regardless of geographical location and jurisdiction, English Common Law provides general legal guidance
- English Common Law states that you may use reasonable force to prevent an assailant from inflicting death or serious bodily injury upon you, a family member, or any other innocent party
- If you believe that someone is intent upon causing you death or serious bodily harm and is capable of doing so, you may use deadly force if there is no other way to stop them
- Justification in shooting an attacker does not provide legal protection for shooting an innocent bystander in the process
- We do not shoot to kill, we shoot to STOP and incapacitate

## UNIVERSAL FORCE CONTINUUM

**PRESENCE-** Our presence, appearance, body language, etc. can have an effect on fellow citizens or suspect’s compliance and perception. This is the first step towards communicating with an unknown subject, suspect or adversary.

**VERBAL DIFFUSION/COMMANDS-** Initial commands issued should encourage a subject/suspect to cease all movement. Stop his/her actions then assess and direct them to follow YOUR commands. Additionally, verbal warnings (or lack thereof) prior to use of higher levels of force can often be factors when justifying our actions.

**PHYSICAL IMPAIRMENT-** This level addresses intermediate force options/measures used against PASSIVE (no physical threat) or ACTIVE RESISTORS (potentially harmful physical resistance in attempt to escape or resist control), or IMMINENT PHYSICAL THREATS (perceived to be immediate, potential threat of physical harm if no action is taken) that require limited to no physical contact or impact. These measures include Offensive Direction Techniques (distancing, destabilization or control), OC Sprays, Tasers, and Handcuffs etc. Different options may apply to those working in a professional enforcement or protection capacity.

**TEMPORARY INCAPACITATION-** Intermediate use of force response to AGGRESSIVE ACTORS/RESISTORS (actively and physically threatening or attempting to inflict bodily injury) who are threatening or attempting physical harm. Temporary incapacitation includes physical counters to an attack that a reasonable and knowledgeable person believes constitutes non-deadly force. Options include practical combatives skills (unarmed defense); conventional or improvised impact tools targeting appropriate areas.

**DEADLY FORCE –** You may use deadly force if you believe deadly force will be, or is being, used against you and there are no lesser means of force available or feasible to stop the threat. Primary options for defending against AGGRAVATED AGGRESSIVE ACTORS/RESISTORS (actively physically threatening or attempting to inflict **death** or **serious bodily injury**) include small arms, fire, edged weapons, impact weapons targeting vital areas and lethal combatives (unarmed defense) techniques.

### **PRE-CONDITIONS OF DEADLY FORCE**

The following pre-conditions must be met in order to justify the use of deadly force:

**ABILITY/MEANS** - Does the adversary have the physical ability or means to use deadly force against you? (Size, strength, skill, knife, gun, stick, other weapons, etc.)

**OPPORTUNITY-** Is the adversary in a position to use lethal force against you? (i.e. distance, barriers, etc.)

**INTENT –** Does the adversary exhibit the intent to harm you, someone you are responsible for or someone else? (i.e. actions, words, etc.)

**PRECLUSION –** Have you exhausted all other methods of countering or preventing adversary's actions? (i.e. avoid, escape, verbal diffusion, physical impairment, temporary incapacitation, etc.)

### **USE OF FORCE DEFINITIONS**

**DEADLY FORCE-** That amount of force, which may cause death or serious bodily injury (NYS= Deadly Physical Force)

**INTERMEDIATE FORCE-** That amount of force, which may cause bodily injury

**BODILY INJURY-** Physical injury consisting of, but not limited to: minor cuts, bruising, soreness, sprains, strains, dizziness etc.

**SERIOUS BODILY INJURY-** Physical injury consisting of, but not limited to: broken bones, loss of consciousness, dislocations, maiming, or deep lacerations resulting in massive blood loss (NYS= Serious Physical Injury)

# READINESS & PREPARATION

(ARE YOU TRULY READY?)

## READINESS

- AWARENESS
- WILLINGNESS
- PREPARATION

These three elements of readiness must be considered, trained, and integrated into one's defensive lifestyle. No one element will work successfully alone; it is the consolidation of all three, which prepares one for unknown circumstances, and the eventualities of today's unpredictable world.

## THE MODERN "PREPAREDNESS" DILEMMA

- PROXIMITY= CLOSE QUARTERS CONFRONTATIONS
- MULTIPLE ADVERSARIES
- WEAPONS BASED ENVIRONMENT (WBE)

Today's economic, sexual, gang related and thrill seeking predator/s are educated, trained and determined. Close range attacks, superiority of numbers and weapons lend favor to them and make readiness and preparation for the lone citizen or Law Enforcement officer a daunting task. Understand unequal initiative and disproportional armament.

## THE MULTI-DISCIPLINARY PRACTITIONER

Personal protection is not a one-dimensional endeavor in today's world. Simply owning a handgun and being able to shoot adequately at the range minus the fear, stress and confusion common to personal conflict is not enough. Today's protector must be proficient at a number of skills and sub-skills to truly be "prepared". MDTS advocates a multi-disciplinary approach to training; we do not have to be the best at one single skill, like shooting, but we do feel the need to be proficient at certain core personal protection skill sets. See examples of various skills necessary in the chart below based on operational context:

Citizen	LE Officer	Military
Verbal Diffusion Skills	Tactics	Physical Fitness
Physical Fitness	Verbal Diffusion Skills	Team Tactics
Empty Hand Skills	Physical Fitness	Rifleman Skills
Edged Weapon Skills	Empty Hand Skills	Empty Hand Skills
Handgun Skills	Handgun Skills	Handgun Skills

# **MDTS CONTACT PLAN OF ACTION**

(DEFENSIVE SOFTWARE)

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**UNKNOWN CONTACT-** Any individual or individuals in your immediate surroundings of which you have no prior knowledge, friendship, or acquaintance with

**AVOID** – Avoidance eliminates the need for action or use of force decision

**KEYS TO EFFECTIVE AVOIDANCE:**

**AWARENESS** – Enables us to avoid any potential contacts or threats

**TASK FIXATION** – Must be avoided when in public domains, when possible

**VISUAL DEPRIVATION** – Maintain spatial relationships within environment enabling best visual awareness of immediate surroundings

**ESCAPE** – Some situations cannot be avoided. However, escape is often an option further enforcing ones desire to preclude all other means available prior to engaging in a use of force decision/situation

**DIFFUSE** – Properly trained and ingrained verbal and physical boundary setting skills and verbal diffusion/commands pre-contact can heighten personal readiness and may aid in predator de-selection

**ACT** – Final stage, all other means/options have been precluded and reasonable action must be taken in order to prevent or terminate deadly physical force or serious physical injury from occurring to you, your loved ones or someone else you are responsible for

# MDTS GENERAL DEFENSIVE FRAMEWORK

(Adapted from TotalProtectionInteractive.com with permission of Nik B.)

Intended for personal defense in the most general sense, that is, in defense of self or others, inside the home or outside. Apply not just with the use of firearms or other tangible objects.

## **1. Be able to *detect* a threat and *recognize* it as such early enough that it can be effectively defended against.**

- General as well as specific knowledge/awareness of potential threats
- Situational awareness and avoidance of task fixation
- Recognition vs. rationalization
- Tangible security measures (lights, barriers, locks, alarms, dogs, etc.)
- All of these both encourage de-selection and create more time to access tools (see 3., below).
- *Distance = Time = Options = Higher Probability of Success*

## **2. Have a tool that is realistically capable of stopping the threat.**

- A plan, preferably one that accounts for contingencies
- MUC—managing unknown contact (soft) skills, verbal and nonverbal
- PUC—practical unarmed combat (hard) skills
- Contact (chemical, impact, edged and improvised) weapons
- Firearms
- Whichever is depended upon must work reliably

## **3. Be able to *immediately access* that tool.**

- Accessing the tool quickly vs...
- ...Creating more time to access the tool (see 1., above)
- In the hand, on-body carry, off-body carry
- Other storage methods: balancing readiness with security

## **4. Be able to *safely and effectively operate* tool and keep it running.**

- Defining the necessary skillsets in terms of what tasks may need to be accomplished
- Training (skills need to be learned)
- Practice (skills are perishable and must be practiced)

## **5. Be *willing to operate* it and keep it running as necessary.**

- Mindset, commitment to prevail—having a reason to survive and giving yourself permission to act
- Legal, financial, moral, spiritual, emotional, social, professional and physical aftermath issues—the importance of working these out ahead of time (pruning the decision tree)
- These issues may present from failing to act as well as from taking action
- The irony of willingness: the more truly willing one is to use the defensive tool, the less likely one is to actually need to, and vice versa; however, there are no guarantees.



# PRINCIPLES OF CONCEALED CARRY

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- **“Possession does not equal proficiency”** – Clint Smith
- Carry your gun! It is useless if you don't have it when you need it
- Dress around the handgun
- Limit cover garments to one layer over concealed handgun
- One of the few elements we have absolute control over in a fight is the equipment we bring to it
- Firearms must be reliable, serviceable, ready and accessible to both hands
- The firearms manual of arms should be relatively simple; it may not always be you utilizing it (i.e. wife, son, daughter)
- Mechanical safeties, slide stop/release, de-cockers should be accessible when operating one handed WITHOUT compromising the final firing grip, strong & support sides
- Ammunition selected for carry must be reputable, factory loaded defense cartridge compatible with shooter and firearm
- Holsters should be rigid, secure, familiar and compatible to the carrier's personal and environmental circumstances
- At least one illumination tool, a spare magazine and an edged weapon should be available and accessible to both hands
- As a general rule, primary tools (tools you rely upon to protect your life i.e. - firearm, edged weapon) should be carried at the hips forward. Secondary and tertiary gear carried hips rearward
- Situational, environmental and physical awareness and proper concealment are the primary means of handgun weapon retention

# **MDTS PRINCIPLES OF INDOOR COMBAT**

(Elements adapted from Progressive F.O.R.C.E. Concepts Principles of Indoor Combat)

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1. Be good, not lucky
2. You are going to get shot
3. If you get shot, he'd better get shot a lot
4. You must be decisive, aggressive & ruthless
5. He knows you are coming
6. **Speed - Surprise - Violence of Action**
  - Speed will allow you to regain surprise
  - Surprise will make up for lack of speed
  - Violence of Action regains surprise & counters speed
7. If you screw up, then screw up aggressively
8. Don't give up, NEVER give up, Stay in the Fight, Run the fight.... End the fight
9. Act, fight, dominate, shoot, move & communicate as a team, when numbers allow
10. **Immobilize then secure:**
  - Persons, Vehicles, Structures
11. **The brass should land in the hall.**
  - Check the parachute while in the plane... not during freefall
12. Little bites are easier to swallow than big bites
13. The world is not built left or right-handed
14. Smooth is fast
15. For any reason & every reason, **BREATHE**
16. It is ultimately the OPERATOR, not the tool; pick something up and fight with it!

# MDTS EMERGENCY GUN-HANDLING

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Having the ability to efficiently and effectively manipulate your weapon system under fear, stress and confusion is a critical MDTS skill set. Deliberate, robust and safety conscious firearms manipulation demonstrates professionalism and proper fighting mindset. Every training session should include some form of emergency gun handling.

## HANDGUN MALFUNCTIONS

EMPTY GUN

FAILURE TO FIRE

FAILURE TO EJECT

FAILURE TO EXTRACT

OUT OF BATTERY

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NON-DIAGNOSTIC IMMEDIATE & REMEDIAL ACTION

## CARBINE/RIFLE MALFUNCTIONS

EMPTY GUN

FAILURE TO FIRE

FAILURE TO EJECT

FAILURE TO EXTRACT

DOUBLE FEED

CHARGING HANDLE IMPINGMENT / BRASS OVER BOLT

FAILURE TO LOCK (OUT OF BATTERY)

FAILURE TO UNLOCK

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DIAGNOSTIC IMMEDIATE & REMEDIAL ACTION

## SHOTGUN MALFUNCTIONS

EMPTY GUN

FAILURE TO FIRE (SHORT STROKING)

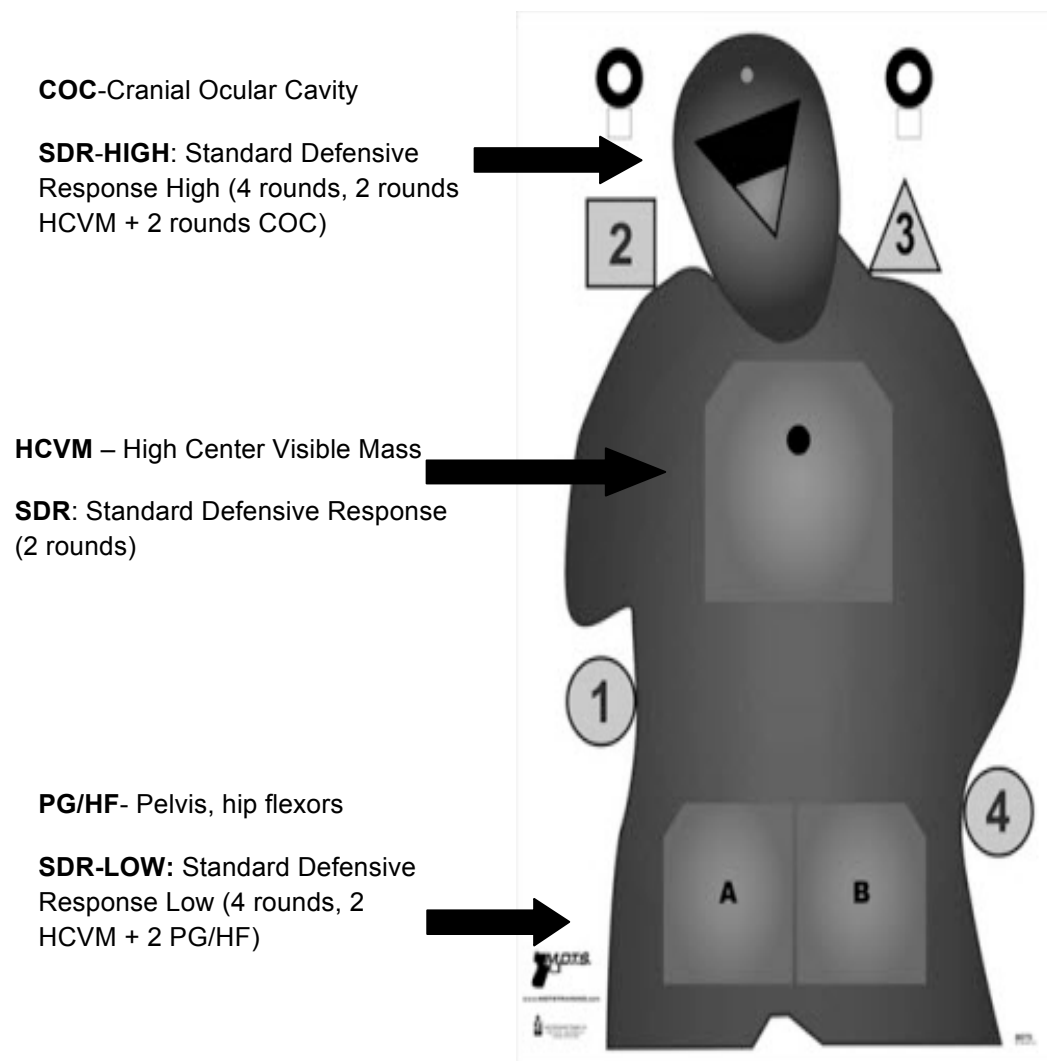
FAILURE TO EJECT

FAILURE TO EXTRACT

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DIAGNOSTIC IMMEDIATE & REMEDIAL ACTION

# MDTS SHOOTING RESPONSE/ READY GUIDE



**COC**-Cranial Ocular Cavity

**SDR-HIGH:** Standard Defensive Response High (4 rounds, 2 rounds HCVM + 2 rounds COC)

**HCVM** – High Center Visible Mass

**SDR:** Standard Defensive Response (2 rounds)

**PG/HF**- Pelvis, hip flexors

**SDR-LOW:** Standard Defensive Response Low (4 rounds, 2 HCVM + 2 PG/HF)

## FIREARM READY POSITIONS

**#2 Retention/Underarm Ready**  
-Pistol, Carbine, Shotgun  
-ECQ

**Close Ready/Center Retention**  
-Pistol= #3 in draw stroke

**Mod-Low Ready**  
-Pistol, Carbine, Shotgun  
- Visualize hands

**Contact Ready**  
-Pistol, Carbine, Shotgun  
-Sights on target

**Indoor/Diamond Ready**  
-Pistol, Carbine, Shotgun  
-18" off foot

**High Ready**  
-Pistol, Carbine, Shotgun  
-Front sight in visual plane

**High Port**  
-Pistol, Carbine, Shotgun  
-Muzzle at sky parallel with torso

## MARKSMANSHIP TARGETING PRIORITIES

- 1) **HCVM** – Heart & Lungs, maximum blood loss and blood pressure reduction
- 2) **COC** – Direct path to central nervous system, immediate shut down
- 3) **PG/HF** – Reduce locomotion of adversary via impact to pelvic/hip flexor hinge point
- 4) **COMBINATIONS** – Various combinations of zone's 1, 2 & 3 (i.e. Failure Drill)

## RESOURCE GUIDE

### KNOWLEDGE

[www.MDTSTRaining.com/articles.htm](http://www.MDTSTRaining.com/articles.htm)  
[www.AR15.com](http://www.AR15.com)  
[www.NRA.com](http://www.NRA.com)  
[www.NYSRPA.org](http://www.NYSRPA.org)  
[www.Handgunlaw.us](http://www.Handgunlaw.us)  
[www.Armedcitizensnetwork.org](http://www.Armedcitizensnetwork.org)  
[www.PersonalDefenseNetwork.com](http://www.PersonalDefenseNetwork.com)  
[www.NSSF.org](http://www.NSSF.org)  
[www.Kniferights.org](http://www.Kniferights.org)  
[www.NYFirearms.com](http://www.NYFirearms.com)  
[www.Bladeforums.com](http://www.Bladeforums.com)  
[www.AmmoLand.com](http://www.AmmoLand.com)  
[www.10-8Forums.com](http://www.10-8Forums.com)  
[www.TotalProtectionInteractive.com](http://www.TotalProtectionInteractive.com)

#### NYS Article 35 Information:

<http://ypdcrime.com/penal.law/article35.htm>

#### NRA Board Member

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#### VIEWING & READING

'Firearm Drills 1-3' -PFC, Hartman/Krystek  
'Gates of Fire'- Steven Pressfield  
'Principles of Personal Defense'- J. Cooper  
'Blink'- Malcolm Gladwell  
'The Gift of Fear' – Gavin De Becker  
'Extreme Alpinism'- Mark Twight  
'Real Fighting' – Peyton Quinn  
'Strategies of Low Light' – Ken Good  
'Sharpening the Warrior Edge'- B. Siddle  
'On Killing' – Lt. Col. Dave Grossman  
'On Combat' – Lt. Col. Dave Grossman  
'Hagakure' - Yamamoto Tsunetomo  
'Training at the Speed of Life' – K. Murray  
'Sting of the Scorpion'- Bob Kasper  
'Concealed Handgun Manual' – Chris Bird  
'Some of the Answers Series'- Jim Crews  
'Green Eyes & Black Rifles' –Kyle Lamb  
'Combative Fundamentals'-Jeff Gonzales  
'Book of Two Guns' – Tiger McKee  
'Defensive Handgunning' – John Farnham  
'In the Gravest Extreme'- Mas Ayoob  
'The Truth about Self Protection- M Ayoob

### GEAR (Holsters, Pouches, Clothing, EDC)

[www.Eagleindustries.com](http://www.Eagleindustries.com)  
[www.BravoCompanyUSA.com](http://www.BravoCompanyUSA.com)  
[www.Magpul.com](http://www.Magpul.com)  
[www.RavenConcealmentSystems.com](http://www.RavenConcealmentSystems.com)  
[www.CrossbreedHolsters.com](http://www.CrossbreedHolsters.com)  
[www.Comp-Tac.com](http://www.Comp-Tac.com)  
[www.Blade-Tech.com](http://www.Blade-Tech.com)  
[www.TheWilderness.com](http://www.TheWilderness.com)  
[www.SWATTourniquet.com](http://www.SWATTourniquet.com)  
[www.RougeElite.net](http://www.RougeElite.net)  
[www.AlessiHolsters.com](http://www.AlessiHolsters.com)  
[www.VRITactical.com](http://www.VRITactical.com)  
[www.wearvertex.com](http://www.wearvertex.com)  
[www.VikingTactics.com](http://www.VikingTactics.com)

### HARDWARE (Guns, Knives, Sights, Lights etc)

[www.SpikesTactical.com](http://www.SpikesTactical.com)  
[www.Otisgun.com](http://www.Otisgun.com)  
[www.Bushmaster.com](http://www.Bushmaster.com)  
[www.CutleryShoppe.com](http://www.CutleryShoppe.com)  
[www.aimpoint.com](http://www.aimpoint.com)  
[www.vltor.com](http://www.vltor.com)  
[www.bravocompanyusa.com](http://www.bravocompanyusa.com)  
[www.badgerordnance.com](http://www.badgerordnance.com)  
[www.tangodownllc.com](http://www.tangodownllc.com)  
[www.surefire.com](http://www.surefire.com)  
[www.4sevens.com](http://www.4sevens.com)  
[www.VikingTactics.com](http://www.VikingTactics.com)  
[www.NextLevelTraining.com](http://www.NextLevelTraining.com)



DATE	COURSE TITLE
NOTES / DIAGRAMS / PICTURES	