

# Physical Conflict Resolution (PCR)

Strategies, Principles, and Movements  
for Law Enforcement Officers  
During Physical Confrontations

**Feb 24-28, 2014**

Class Begins 0800 @

**Washington State**

**Department of Corrections**

**1007 Center ST**

**Tacoma, WA 98409**

Training will be held the "Annex" Bldg

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Presented by Progressive Combat Solutions LLC in Conjunction  
with the Washington State Department of Corrections



**PROGRESSIVE  
COMBAT  
SOLUTIONS**

[www.progressivecombat.com](http://www.progressivecombat.com)

Toll Free: 800.399.4580

# We will not be addressing Sport Fighting, "Street Fighting" or Personal Self-enlightenment

## Physical Conflict Resolution

**Meaning:** All applicable strategies, principles and techniques needed by law enforcement officers to operate in close proximity to a wide variety of potential threats if those threats become physically non-compliant or overtly aggressive.

The law enforcement professional must resolve any of these types of situations by adhering to the appropriate "Rules of Engagement/Use of Force" policies dictated by the reasonable application of force, if and when force is required.

No curriculum can fully embody all known equipment, encompass the vast number of potential techniques, or address all the methodologies used to meet the mission requirements faced by law enforcement agencies across the country. Therefore, this course of instruction has an open architecture. It is designed from the outset to be modified and improved upon.

This program is crafted to allow you to fit in and use what you already know and are required to use, as well as what you will learn in the future. If you are not moving forward, you are probably moving backwards!

This program gives you strong skeleton, a foundation from which to build a solid structure upon. We are not going to focus in on "X" number of techniques, trying to stuff a confusing matrix of sequences into your operating system.

It is our opinion, that viewing any confrontation as a simple matter of: "I see this, therefore I should select technique number 1, 2, or 3 and fit in here" will more than likely fail under duress.

As techniques become increasing complicated and exotic, the likelihood of an officer using any of them successfully is proportionally diminished. We look to simplify and remove unnecessary movements and procedures. Therefore, we are going to present a way of looking at confrontations that will allow you to use the appropriate level of force whenever force is required, whatever that level of force must be.

We are going to present from the outset themes and variations on themes. You will see continuity, simplicity, and adaptability.



....All of this happened in a couple of seconds and I feared that the man had a loose hand with a cuff as a weapon.

At this point, I quickly grabbed the man's palm, slid my left knee off of his back and rotated my knees and had the man in an armbar that immobilized him in a matter of a second.

The man at this point was forced to comply and he was secured and placed in the patrol car. He had no injuries. After an event is over you often replay it in your mind as all of us in law enforcement know...It was due to the last defensive tactics training I had received...I was able to act in such a quick manner and realize the effectiveness of the training you provided.

**Jeff Finken – Sioux City, Iowa Police Dept**



For the last (20) years, from the time I started in martial arts, to my career in the Marine Corps, to the personal security details that I have done as a civilian contractor and in training of law enforcement officers, the training techniques that your staff has shown me have totally opened a new door and provided me with a new sense of capabilities and confidence.

Taking the aggressive nature of personal protection and law enforcement training, and turning it into a system that magnifies "a total sense of awareness and confidence to take, and maintain, control of a violent situation with as little exertion of personal energy possible", has basically redesigned my personal training system.

**Victor J. DeMicco U.S.M.C.**

## Five Day Instructor Level Course - Instructors / Topics / Registration



### Ken J. Good

Mr. Ken Good, former Naval Special Warfare operator brings doctrines of small unit tactics, communication procedures, use of weapons, demolition techniques, employment of pyrotechnics, land, sea and airborne operations, parachuting, closed and open circuit SCUBA diving. His military experience also includes the instruction of techniques and doctrine to members of foreign militaries. He has trained many military, law enforcement, and security personnel over the last twenty years. Mr. Good has pioneered new methodologies for maximizing human performance in the tactical environment.



### Ryan Bertrand

Ryan is currently serving in the Uniformed Patrol Division. He is presently a member of the SWAT team and is the department's Head Defensive Tactics Instructor. He is an NRA certified Selectfired weapons instructor, and is also a "less lethal" instructor (impact and chemical munitions). He has received numerous commendations from his department, including two Exceptional Duty awards (2007, 2008), in 2009 he received the Chief's Commendation Award, and he was the "Officer of Year" for 2010.

### "PCR - Physical Conflict Resolution"

#### 5-Day Instructor Level Course

Cost \$500 - Checks & Credit Cards Accepted up to the Day of Training

#### TOPICS COVERED

- Force Continuum Application
- Drills practices to create the proper responses under duress
- Treading the ground while wearing all of your operational gear
- Safely closing the gap with suspects day and night
- Vertically and horizontally movement/displacement
- Maintaining balance while simultaneously upsetting your opponent's
- Applying and Preventing joint locks
- Weapons retention in a multiple attacker situation
- Removing weapons from people
- Safely taking people off their feet, and keeping them there
- Unlocking stiff and resistant positions taken by suspects
- Re-directing a variety of attacks and weapons
- Forestalling chokes and strangulation
- Using breath control to maintain balance
- Using breath control while striking
- Using breath control to diffuse punishment and pain
- Striking with body parts using relaxation and the opponent's energy
- Being on the ground and using the ground to your advantage
- Separating suspects from each other, from victims, and from partners
- Removing resistive subjects from vehicles (vehicle extraction)
- Using all tools at your disposal to defend yourself

#### Equipment Required

- Training Attire suitable for Defensive Tactics Training
- Soft-Soled Shoes
- Knee Pads for extended Drilling
- Duty Belt, Holster, Handcuffs, Flashlight
- Training Blue/Red Pistol that fits Holster
- Training Blue/Red Rifle if Available
- You can bring your actual Long Gun, we will remove Bolts
- Hydration

\* Instructor Manual will be distributed via CD-ROM or Email Link upon Completion of the Course

#### REGISTRATION PROCEDURE

Fill out the Attached **Registration Form**  
Review the **Release Form** and **Statement of Student Understanding** documents. These 2 documents will be provided to you at the time of Training for Signature

Online: [www.progressivecombat.com/programs.html](http://www.progressivecombat.com/programs.html)

Mail/Fax/Email the completed REGISTRATION Form to:  
Progressive Combat LLC  
11956 Bernardo Plaza Dr. #520  
San Diego, CA 92128  
Fax: 866-210-9108  
Toll Free: 800.399.4580  
E-mail: [info@progressivecombat.com](mailto:info@progressivecombat.com)





## Local Accomodations

The first two are a 5-minute drive away, walking distance to restaurants, etc.

### Courtyard Tacoma Downtown

Have state/govt. rates

1515 Commerce Street, Tacoma, WA

(253) 591-9100 · [marriott.com](http://marriott.com)

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### Hotel Murano -

May have govt. rates

1320 Broadway # A, Tacoma, WA

(253) 238-8000 · [hotelmuranotacoma.com](http://hotelmuranotacoma.com)

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### La Quinta Inn & Suites Tacoma Seattle

Waterfront

Have state/govt. rates

1425 East 27th Street, Tacoma, WA

(253) 383-0146 · [lq.com](http://lq.com)



Print this Form / Then Mail or Fax to:  
Progressive Combat Solutions  
11956 Bernardo Plaza Dr. #520  
San Diego, CA 92128  
FAX: (866) 210-9108

Website: <http://progressivecombat.com>  
Email: [info@progressivecombat.com](mailto:info@progressivecombat.com)  
Toll Free: **800-399-4580**

## REGISTRATION FORM

\_\_\_\_\_  
Course Name

\_\_\_\_\_  
Course Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

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Address 2

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Department or Agency

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Phone

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Other Contact Number(s)

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Fax

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Email

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Credit Card Type

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Credit Card Number

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Card Holder Signature

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Expiration Date

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Today's Date

\_\_\_\_\_  
Check#

Additional Comments:

Cancellations made more than 30 days prior to a scheduled course will receive a full refund. Any cancellation within 15-30 days of the scheduled course Progressive Concepts will provide a refund of 50% of the course tuition. Cancellations within 14 days or less from the scheduled course dates the tuition will be forfeited.  
Initials \_\_\_\_\_



RELEASE OF LIABILITY AND  
ASSUMPTION OF RISK AGREEMENT

**IN CONSIDERATION** of being permitted to participate in any way in the training and instruction being offered by Progressive Combat Solutions LLC, I, **THE RELEASOR**, acknowledge, appreciate, and agree that:

1. This Training Program may involve close quarter combative training, defensive tactics, instruction and practical drilling in threat takedowns, pins, ground-engagements, multiple attackers, arrest and control. Scenarios and drilling include simulated, full contact self-defense situations. **I am fully aware of the inherent risk of injury associated with the activities and equipment involved with such training and instruction, including the potential for permanent disability and death, and while particular protective equipment and personal discipline will minimize this risk, the risk of serious injury does exist;**

2. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, EVEN IF ARISING FROM THE NEGLIGENCE OF THOSE PERSONS RELEASED FROM LIABILITY BELOW, AND ASSUME ALL RESPONSIBILITY FOR MY PARTICIPATION IN SAID TRAINING AND INSTRUCTION;** and

3. I understand that this training program is physically and mentally intense. I understand that I must, at all times, follow the instructions of any and all training personnel. If I observe any unusual or unnecessary hazards during my participation, I will bring such to the attention of the training staff as soon as practical; and

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **FOREVER RELEASE, HOLD HARMLESS AND PROMISE NOT TO SUE Progressive Combat Solutions LLC., THE OWNERS AND LESSORS OF THE PREMISES USED TO CONDUCT THE SUBJECT TRAINING AND INSTRUCTION, THEIR OFFICERS, INSTRUCTORS, AGENTS AND/OR EMPLOYEES ("releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.**

5. I understand and agree that this **RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT** covers each and every training session and/or simulation in which I participate or attend.

6. **I HAVE READ AND FULLY UNDERSTAND THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND UNDERSTAND THAT, BY SIGNING MY NAME BELOW, I FREELY AND KNOWINGLY GIVE UP IMPORTANT LEGAL RIGHTS.**

Date Signed: \_\_\_\_\_

RELEASOR'S Signature: \_\_\_\_\_ (Must be signed in ink).



Please Initial  
Each Section

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## Statement of Understanding Training with Progressive Combat Solutions

In order to ensure high-quality and meaningful training to all those attending our courses, please review and carefully consider each statement below prior to registration.

Progressive Combat Solutions was founded out of a strong desire to provide extremely realistic combative training as relates to law enforcement situations and military close quarter combat engagements.

Our courses are **not administrative in nature**; they are specifically designed to place individuals and teams under the type of duress that closely simulates the stress of real-world engagements.

Our courses are for serious operators, not those wishing to simply check the box for another certificate.

Our courses are **designed to impart a genuine capability** to those who intend on bringing the data, concepts, tactics and training methodologies back to their respective departments.

Based on this foundation, training as delivered through Progressive Combat Solutions is **physically, mentally and emotionally challenging**. The training is painful, but is designed not to permanently damage the body.

This is not a physical fitness course per se, but it is **highly recommended that you work on your flexibility, body-weight to strength ratio, and have reasonable cardiovascular fitness** before participating in this type of training. We believe this is sound doctrine for anyone who carries firearms professionally.

Those who are obese will have constant difficulties during the entire training course.

Please Initial  
Each Section

Five-Day Combatives Courses will include **6-8 hours daily of hands-on Physical Conflict Resolution work typically identified as Defensive Tactics, although** this work will not necessarily only be defensive in nature (i.e. Active Shooter Scenario).

Participants will be drilled in following:

- Getting up & down properly using correct Skeletal Alignment.
- Proper Movement across terrain
- Bilateral Mechanics
- Weapons Retention and Removal
- Redirections
- Proper Take-Downs & Pins
- Working from the Ground if required

These blocks of training are designed to show the participants new ways of problem solving, create a close interaction with fellow students, illustrate the principles of combat, provide principle-based and technically sound solutions to anticipated situations.

Those attending training should arrive on Monday morning **mentally prepared to receive new concepts**. They should be prepared to give them a fair evaluation and demonstrate a strong spirit to apply them during the practical training blocks.

Progressive Combat Solutions staff members and those students attending our courses **would rather you decline this training opportunity if you are not FULLY prepared to work EXTREMELY HARD during training**. Our training staff has already made this commitment to those who are spending the time, money, and effort to improve their tactical capabilities.

**Progressive Combat Solutions staff members are required to maintain a "show you"** capability; nothing required of the students will fall outside of the following sequence:

- Tell You – Show You - Allow You – Evaluate Performance – Repeat -

We employ multimedia, handouts, note taking sheets, video review, practical drills, scenarios and full-mission profiles to expose you to maximize your training experience.

Staff members fully participate in role-playing as officers, suspects, & combatants.

Staff members serve as instructors, mentors, and **will continually strive to maintain a teachable attitude**.

Printed Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_