



**OFFICER**  
— SURVIVAL SERIES —

DE-ESCALATION THROUGH CONFIDENCE

**TIER I**



Welcome to the “Officer Survival Series Program: De-Escalation Through Confidence.” Below is a detailed description of the course along with a course outline and levels of certification based on your prior experience. We are deeply committed to providing law enforcement with the very best use of force, defensive tactics, and arrest and control training possible. This program is based on decades of intensive training, competing and real-life experience on the job by people that have repeatedly tested themselves, and the material we teach. We are honored to have each of you in the course!

I have spent more than two and a half decades as a police officer in the State of Connecticut, and I have been heavily involved in bringing grappling-based programs to officers in Connecticut, throughout the USA, and internationally since 1999. I have been involved in Martial Arts for over 30 years, and I own one of the longest standing Gracie Jiu-jitsu Academies in the State of Connecticut. That experience is what I have drawn from to create the Officer Survival Series courses which is fully CT POSTC certified and approved.

Over the past 25+ years, I have continued to update my course material to keep up with changing times as well as the new police accountability bill and POSTC standards for defensive tactics/arrest and control procedures. As I tell my students, “Evolution has no finish line.”

### **Why is this training needed?**

It’s no secret that one of our country’s biggest issues in the past several years and throughout policing history has been use of force. Officers are facing the highest trained and most resistant civilian population of our time. Officers are being scrutinized to a much higher degree in these situations than ever before, but few agencies are trying to correct the issue. The training that most officers receive ***DOES NOT ADDRESS WHAT THEY ARE FACING IN THE STREET.***

Officers desperately need updated training that is not static, step by step techniques that will fail when placed under pressure. Too often officers are taught to respond to a “scripted role” that occurred in training. Unfortunately, real fights are not scripted. Instead, officers need concepts, principles, and fundamental positions that are pressure tested and give them confidence because they work against ***resisting suspects that are fighting back*** and are not playing a role.

The material that is taught in our courses has been extensively tested under live resistance, as well as in BJJ/MMA competitions (at the highest levels) and in real situations in the LEO/Military world.

We do not teach theory; we teach science, and we can prove it repeatedly on the mat, in scenarios and under the pressure of real-life critical incidents.

### **Below are some principles that make Jiu-jitsu/grappling-based programs such as the “Officer Survival Program” a must for LEOs:**

- Most physical police engagements require subduing a person (it is rare to strike). Striking is taught in our program but with a different purpose and minimal use.



- Grappling based programs are very scalable (from basic holds to deadly force). We know how to meet the resistance level of our opponent with a suitable level of force and train our students not to panic. Not every problem requires a hammer...force should be applied like a volume control on a stereo. Officers learn they don't always need the volume at level 10.
- We teach Pressure Tested Concepts, and most LEO programs are static, 2 hand touch training, but in reality, officers face a "tackle game" in the street.
- Our method of training allows participants to safely engage in very realistic training methods that mimic the unpredictability of real-life engagements. Our program is not a "scripted" system of techniques, but rather a concept-based system designed to make officers "think" under pressure and remain calm, with their emotional control intact.
- Grappling provides a better way to control, with less damage to both suspects and officers. Often times, ineffective force is viewed as excessive force. We teach students to be effective and to apply techniques and concepts that are safer to both the officer and the suspect through proper application of effective force.
- Offers a much better platform to de-escalate than striking based programs.
- Mental, emotional, and physical benefits to those who train. A confidence builder like no other....
- Relies on leverage, angle, distance management, and weight distribution versus size and strength. We teach officers to disrupt their opponent's base, control their posture, control grips, and win the angle. Dominant angles win fights. Our program is a science more than an art, and it has been proven time and time again across the globe, from high school wrestling teams to Jiu-jitsu academies to MMA competition and with the LEO/Military elite.
- Much like police work, Jiu-jitsu/grappling is a problem-solving activity. It teaches those who practice it to give and take, to survive in very uncomfortable positions, and to never underestimate someone based on appearance. It instills confidence but controls the ego. It also teaches students to have compassion and that in most situations you don't have to resort to extreme levels of force. With the right teacher you will learn these things, bad teachers with different morals do exist. Be careful who you train with.

### **Our Method of Teaching: Crawl, Walk, Run....**

One of the other issues that typically occurs in LEO training is that training is often crammed into short sessions, and officers only retain the material long enough to pass the class. Imagine you can't swim, and you go to a swim coach to learn. The coach crams 4 hours of swimming techniques into a lesson plan, they have you practice on dry land, and then a year later you



head out on a boat where you fall in the deep end of the ocean. You will drown. Our process is very different, and the skills we teach students will last, much like riding a bike.

We know that training needs to be gradually increased, and officers need to feel pressure in increasing amounts to learn properly and to be able to apply it for real. Consistent training with reputable instructors is the only way to truly improve your skills. Otherwise, it's just a box that is checked.

The program we offer to Connecticut agencies is spread out over several weeks, one or two days per week (7 hours per day with the last two classes being 8 hours, for a total of 58 hours). This gives students time to absorb what they learned each week, to digest it. \*We do offer a more condensed version of the course for out of state students (contact us for details).

At the beginning of the course, each student is issued a course manual and officers also have access to an online database of the lessons taught each week that they can review. Just scan the supplied QR codes in the manual and you will be directed to secure video links of each technique or concept. In addition to the weekly group class, each student can train at either of Rob Magao's BJJ academies as much as they want during the program (at no additional cost). Students can continue to train at our Manchester or Hebron academy FREE of charge for up to six months beginning the first day of your course (\$900+ value). [www.bushidobjj.com](http://www.bushidobjj.com)

This GREATLY INCREASES the skill base of the student should they take advantage of this. If students are not near our facilities in Manchester or Hebron, we can set them up with a qualified and vetted OSS affiliated academy closer to their home or work. Each affiliate sets their own discounted rates for LEOs, inquire with them for rates.

Through a combination of the weekly course training, video access to the course material, and especially combined with a few extra training sessions, students can become drastically more proficient.

Completion of this **58-hour course is a "User Level Program"** unless a student also has outside experience similar to our program that we can test and evaluate over the length of the course. \*Example, a student has a Jiu-jitsu/Wrestling/Judo background that our staff can evaluate in live training. Simply put, we must see and feel their skills before any level of instructorship is awarded.

If a student does not have a prior grappling background but still wants to pursue an **Instructor Certificate**, they can continue their training with us weekly (FREE of Charge) until a minimum of 100 hours of training has been fulfilled, **AND** the student can perform all course material under the pressure of live human resistance. Some students may need more than 100 hours (must complete within 6 months of course).



## Officer Survival Serie: De-Escalation Through Confidence Curriculum

The Officer Survival Series: DTC Program covers concepts, strategies, and techniques from each of the five ranges of combat as applicable to law enforcement:

1. **Striking** – Officers learn stance, movement, how to cover, how and with what purpose to strike, as well as the limitations and legal issues of relying on striking as their primary tool. Most importantly, striking is taught from the perspective of learning how to anticipate, recognize, and react to strikes that are being used against the officer. The best way to defend against something is to understand how to do it yourself.
2. **Clinching** – Control the distance and control the damage. Distance management is crucial to understanding real combat, and sadly, very few police training courses even mention it. The clinch is the most important and often least trained area of combat. Whoever controls the clinch, dictates the path of the altercation. We show officers how to safely clinch and hold, clinch and disengage, clinch and take the person down to cuffing, and to utilize their tools from the clinch when needed. The importance of clinch work cannot be overstated.
3. **Takedowns** – Often in police work, officers will take a subject to the ground to “better control them.” The reality is that most officers have no idea how to effectively do this, and the takedowns typically taught to LEOs are very ineffective; some are downright unsafe to both the officer and suspect. We teach basic, reliable takedowns for one and two officer situations that are extremely effective. The takedowns we teach are done using superior body mechanics, position, angle and strategy versus size and strength.
4. **Groundwork** – Once on the ground, if you are unfamiliar with the basic positions (Mount, Side Control, Back Mount, Knee on Top, North/South, and the Guard), you will be lost as to what to do. Our program will teach officers the fundamentals of each position from both the offensive and defensive sides. Students will be well versed in each position as it relates to their job and much more capable to control another person safely than prior to receiving the training. The difference between someone with basic level grappling abilities and someone with none is equivalent to one person having a single shot musket and the other an AR 15 with red dot sights. It is an immense difference, and a little knowledge goes a long way.
5. **Weapons Based Environment** – In real life self-defense (especially police work), every incident occurs in a weapon-based environment. During any of the above combat ranges, a weapon can be introduced into the situation. We teach officers how to recognize when someone is armed, how to prevent a suspect from grabbing weapons from their body/surroundings, and how officers can protect their own weapon from being taken. We also teach them how to deploy their weapon, if needed, during live physical combat, standing, in the clinch, and on the ground. We will utilize Simunition/air soft weapons and head/face, neck, and groin protection gear will be utilized to accomplish this.



In addition to the above categories, our program covers other common situations that police officers can be confronted with and we train them how to respond with realistic and safe methods.

- Suspect pulling away/trying to escape while on their feet
- Suspect laying on/hiding their hands while prone on the ground
- Removing people from a vehicle (dealing with steering wheel, seat belts, other occupants, etc.)
- Suspect with weapon in waist band and resisting
- Dealing with confined spaces
- Suspect Escort Positions
- 3<sup>rd</sup> Party Attacks: Breaking up Fights/Altercations Safely
- Spitting/biting suspects
- Team tactics (teach officers how to work together to subdue a suspect)
- Team Communication

If you have any questions, please contact me directly.

Thank you,

Rob Magao

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

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

Online Curriculum is available on our OSS website for course graduates in the member's section of the website. Must create an account and receive approval for access.

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## Officer Survival Course Outline CT POSTC Certified

### Day #1

#### **I. Use of Force Legalities**

- A. Review of Supreme Court Case Law to include Graham v. Connor (1989) and Tennessee v. Garner (1985)
- B. Case studies of recent police use of force incidents around the United States that have led to recent sweeping police reform
- C. Review of CT Use of Force Standards and the 2020 CT Police Accountability Bill

#### **II. Warrior Mindset vs. Guardian Mindset**

- A. Is one better than the other?
- B. Why not have both? Learn to switch gears as needed
- C. Violence does not pick a side
- D. Don't rely on mindset. You must actually have the skills

#### **III. Striking**

- A. Stance/Movement
- B. How to Cover/Punch Protection
- C. Understanding distance, elevation, and angle in relation to the target
- D. Jab, Cross, Elbows, Knees, Front Kick
- E. Pad Work/Partner Drilling

#### **IV. Clinch Work**

- A. Pummel Drill/Head Position Drill
- B. Over Hooks
- C. Underhooks
- D. Wrist/Bicep Tie (Dagesanti Handcuff)



- E. Two on one grip (Known as Russian in Wrestling)
- F. Closing the Distance to the clinch from striking range
- G. Weapon protection/drawing from clinch

**V. Live Training Drills**

- A. Clinch grappling (winning the underhook/wrist control)
- B. Closing distance against strikes (under pressure/no script)
- C. Getting to the back
- D. How to communicate with opponent while in the clinch

\*Each day will begin with a review of the skills learned the previous day. The entire program builds off each lesson. It is all connected, and after only a few days, students will be transitioning between skills and positions like speaking a language.

**Day #2**

**I. Clinch Work Continued**

- A. Clinch and Disengage
- B. Clinch and Hold
- C. Clinch with Use Wall or Vehicle
- D. Clinch and Take Opponent to the Ground
- E. Front Headlock Defenses (Standing, Turtle, Guard)

**II. Takedowns**

- A. Body Fold
- B. Rear Clinch
- C. Single Leg
- D. Two on One Grip Take Down



E. Wrist Weave

**III. Suspect Escorts**

A. Bar Hammer Lock

B. Two on One Russian

C. Two Officer Escorts

**IV. Ground Positions**

A. Knee on Top/Knee Ride (Knee on Hips)

B. Mount Control/Escape

C. Back Control

D. Crab Ride

E. Choke Holds vs. Carotid Restraints Application (Deadly Force) and Prevention (how to stay safe from being choked)

F. Handcuffing Position/Kimura Grip position (Prone)

G. Triple HHH Control – Head, Hips and hands

H. Finding/Controlling the Hands (Head Displacement)

**V. Dealing with Autistic Children, Teens and Adults**

A. Sgt. Ryan Roettger will be sharing his knowledge and experience with the autistic population and how police can deal with Autism encounters in the field especially in cases regarding use of force

**VI. Live Training Drills**

A. Various drills to reinforce distance management skills, closing the distance against strikes, utilization of the clinch, and takedowns to the ground to include the handcuffing control position

B. Positional Control Drills from Mount and Knee Ride Positions

C. Timed Drills, repeating all skills learned so far in course



## Day #3

### I. Dealing with People and Vehicles

- A. Extracting People from Vehicles (Cooperative and Resistant)
- B. Dealing with seat belt, steering wheel, vehicle pillars and overall scene safety

### II. Confined Spaces

- A. Dealing with combative person inside a vehicle
- B. Patrol vs. Undercover altercations in a vehicle
- C. Use of wall, vehicle, or other structure during a confrontation
- D. Getting back to your feet using a wall/structure while under pressure

### III. Ground Positions (Side Control)

- A. Side Control Pros and Cons
- B. Maintaining Side Control from top
- C. Transitioning to Knee Ride from Side Control
- D. Preventing/Escaping Side Control from bottom

### IV. Guard Position

- A. Introduction to Guard
- B. Use of Guard as “Emergency Parachute” from bottom
- C. Protection from strikes
- D. Dealing with your opponent’s guard (get around the legs)

### V. Live Training Drills

- A. Various drills to reinforce distance management skills, closing the distance against strikes, utilization of the clinch, and takedowns to the ground to include prone handcuffing control position and maneuvering suspect into prone position



- B. Clinch Grappling (Win the Underhook Control)
- C. Positional Drills from Mount, Side Control, Guard, and Knee Ride
- D. Timed Drills, repeating all skills learned so far in course

## **Day #4**

### **I. Weapon Retention**

- A. Standing Holstered
- B. Standing Drawn
- C. From Clinch (crucial and almost never taught)
- D. On the ground

### **II. Armed Opponent**

- A. Recognizing an Armed Suspect
- B. The 45 Degree/High Elbow (danger is near)
- C. Controlling Suspect's Reach
- D. Winning the Clinch

### **III. Edged Weapon Response**

- A. Knife Fights are not West Side Story
- B. Why stabbing victims often do not see the knife; think they are being punched until they feel the wetness of their own blood
- C. Recognizing the draw of an edged weapon (feeling vs. seeing)
- D. Dealing with edged weapons standing, clinch, and on the ground
- E. Two on One Russian Grip Edged Weapon Response



- F. DOC Personnel will Assist (Well versed in Edged Weapons Response)
- G. TECC with Dr. Kamin (Surviving after the fight)

**IV. Combining, Clinch Work, Ground Positions and Striking**

- A. How, when, and where to strike from all clinch and ground positions
- B. Stopping your opponent from doing the same

**V. Live Training Drills**

- A. Positional Control Drills from all positions (Standing, Clinch and Groundwork); this is unscripted forcing students to adapt vs. respond
- B. Unscripted Edged Weapon Attack/Response

**Day #5**

**I. Edged Weapon Response Continued (Solo)**

- A. Grounded Edged Weapon Attacks
- B. Response when Officer is armed
- C. Response when Officer is Unarmed (Ex. Booking)
- D. Surprise Attack Drills/Shock Knife

**II. Edged Weapon Response (Multiple Officers)**

- A. How to work as a team
- B. DOC Presentation (great resource for edged weapon response)

**III. Suspect Attempts to Escape During Arrest**

- A. From standing handcuffing position
- B. From Prone Position (Building the house)
- C. Responding to the punch during a pat down



#### **IV. Team Takedowns/Anchor Concept**

- A. Body Wrap/Leg Wrap (high/low AKA Burrito)
- B. Partner two on one arm control to the floor and to the wall
- C. How to work together, control emotions
- D. Communicate with each other, with suspect and bystanders
- E. Communication, Control, Custody, and monitor suspect
- F. Dealing with suspect biting or spitting
- G. Breaking up fights and/or third-party attacks

#### **V. Live Training Drills**

- A. Throughout the day, continued live partner training evolutions will be conducted with varying levels of intensity
- B. There will be a heavy emphasis on live drilling both at beginning and end of day; this is a crucial and often missing element of police training

#### **Day #6 Scenarios**

During day six, students will be put through a series of scenarios while in full uniform. In some scenarios the officer will be alone, in other scenarios they will have a partner. There will be a series of scenarios, and some will only require communication while others may require force to be used. The scenarios that are utilized all stem from actual real life police encounters. All scenarios are video, and audio recorded and will be reviewed by police litigation attorneys that conduct the mock trial portion of the course. They will be deleted after they are used for the course.

Upon completion of the scenarios, each officer will have to write a "Use of Force Report" (using WORD) which will be emailed to our staff.

#### **Day #7 "The mat will expose every lie and confirm every truth."**

During day seven, students will be exposed to an intensive day of live training. Students will train side by side with very experienced BJJ/MMA Competitors, most of which are also LEO/military. We utilize them because they are highly skilled, very controlled, and understand how to train safely without injuring their opponents.



This is an extremely important part of the training which will clearly differentiate people that understand what they are doing from those that do not. Students will learn to apply their skills and survive under live pressure and resistance. They will learn to be faced with a problem and find an answer versus trying to make a technique fit a situation.

For those that have attended our trainings before, all have found this part of training to be a learning moment like no other and one they will never forget. Students also receive constructive feedback from all the coaches both during and after the live training sessions.

\*There is an extensive review of all material taught during the course throughout the day, in between live training sessions.

### **Day #8 Testimony**

During day eight, officers will take part in mini, mock trials where police litigation attorneys will place them on the stand. While on the stand, officers will be both direct and cross examined by attorneys regarding the scenario the officer wrote their report about from the scenario training day.

Very few police officers ever get the experience of being questioned under pressure from a trained attorney. Just like feeling the pressure of live human resistance on the mat is important, so is the pressure of being deposed or cross-examined in court. As with the physical drills, officers will be receiving feedback from the attorneys who will critique the officer's performance and offer insight and advice on their written report as well as their oral testimony.

While day eight is the final day of the course, it should be the beginning of the officer's continued training. The best way for officers to be prepared and to stay prepared, is to put in continued work.

Following completion of the course, officers will have their course manual and online video database of all skills learned as resources to keep. Students will be encouraged to continue their training and will be offered the chance to train FREE of charge at Manchester and/or Hebron Brazilian Jiu-jitsu academies for up to six months (\$900+ value).

If a student does not reside close to our academies, there are numerous OSS Affiliate academies throughout CT. Please visit our website for a detailed list. Each affiliate offers their own incentives for officers to continue to train after the completion of the course. Not every affiliate can afford to offer FREE training. Check with the individual affiliates to find out what incentives each affiliate offers.

For those that take advantage of this opportunity, a coaching certificate may be issued upon review of the student's abilities by course founder and head instructor, Rob Magao, or his



designee. As previously mentioned, students who enter the course with a previous baseline of skill may also be evaluated for a coach's certificate.

Throughout the program we will also have guest speakers who will deliver presentations that directly relate to police use of force and officer survival. These speakers will be scheduled throughout the 8-day course based on the availability of each speaker.

Topics will include:

- Use of Force Report Writing
- Police Accountability bill, department policy, and UOF case laws
- Office of Inspector General Investigations
- BWC Review of UOF incidents including OSS material being used in the incident
- Dealing with special needs populations in UOF incidents
- TECC medical training
- Mental Health awareness for LEOs after UOF and critical incidents
- Psychology of performance in high stress environments
- Importance of Physical Fitness
- Methods of teaching, instruction, and lesson plan planning

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**DISCLAIMER:**

The information in this curriculum is meant to supplement, not replace, proper law enforcement training. Like any training involving skill, speed, equipment, balance and environmental factors, this training poses some inherent risk. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the skills described in this curriculum, be sure that your equipment is well maintained and do not take risks beyond your level of experience, aptitude, training, and comfort level.



## Officer Survival Series Levels of Certification

There are 5 levels of certification within the Officer Survival Series Program. Each level of certification is based on the student's completion of the course as well as any prior training, experience, and abilities that are relevant to the material being taught in the course. The biggest factor considered is the student's ability to perform under the stress and pressure of live human resistance AND their ability to relay that information to other students (teaching ability).

We are not in the business of giving instructor certifications to individuals that do not consistently train and hone their craft. Officer Survival Series Program Coaches are people that have made the commitment to pursue this type of training as a lifestyle and not as a course they took to collect another certificate.

**Level One:** Successful completion of the 58-hour Officer Survival Series Program. This is a user level certificate and does not provide any teaching credentials to graduates.

**Level Two:** Successful completion of the 58-hour Officer Survival Program, **AND** the student is a documented Blue Belt in Jiu-jitsu (Gracie/Brazilian Jiu-jitsu) or equivalent. Level Two Certification allows the student to teach the basic course material to other officers (example in-service or academy recruit training). *\*Any level above level two is for career development and for those wanting to pursue a path towards blackbelt and become a subject matter expert.*

**Level Three:** Successful completion of the 58-hour Officer Survival Program, **AND** the student is a documented Purple Belt in Jiu-jitsu (Gracie/Brazilian Jiu-jitsu). Level Three Certification allows the student to teach the basic course material to officers **AND** allows the student to assist in teaching the Officer Survival Program 58 Hour Course as part of the Course Cadre if recruited.

**Level Four:** Successful completion of the 58-hour Officer Survival Program, **AND** the student is a documented Brown Belt in Jiu-jitsu (Gracie/Brazilian Jiu-jitsu). Level Four certification allows the student to teach the basic course material to officers **AND** to act as an assistant coach in the Officer Survival Program 58 Hour Course as part of the Course Cadre if recruited.

**Level Five:** Level Five Coaches can be recruited to the OSS Board of Directors that will review the curriculum of the program and make changes to the curriculum as needed. \*In order to be certified as a Level Five Coach you must have authorization from a minimum of two other Level Five/Blackbelt Coaches (one being Course Founder Rob Magao or his designee). To be considered for Level Five Coach you must have the following certifications:

- Completion of the Officer Survival 58 Hour Course and Tier 2 Courses
- Have assisted as an instructor during an Officer Survival Series Course
- Minimum of 5 years of experience as a full-time police officer
- Documented Gracie/Brazilian Jiu-jitsu Blackbelt
- Use of Force Instructor



- Handcuffing Instructor
- Basic Firearms Instructor
- Decision Shooting (Force on Force) Instructor
- TECC Course Completion
- Competition Experience highly suggested and highly regarded (BJJ/MMA/Judo/Wrestling/Boxing/Muay Thai) with video evidence of participation/competitive success.

**Confirming rank and background of students/coaches:**

Any student claiming to have Jiu-jitsu rank will need to provide detailed documentation of such rank to include the name, address, phone number, and email address of the Jiu-jitsu Coach/Academy that issued their rank to them. They will also need to provide a copy of the rank certificate (if applicable) and date they were promoted to each belt level.

Students will also be required to get on the mat and physically demonstrate their skills under live training pressure with our coaching staff. You must “show your work.”

It is possible for Civilian Jiu-jitsu Coaches (those without a LEO/Military background) to become certified as an Officer Survival Program Coach after a lengthy vetting and training process at the expense of the student. If interested, contact Rob Magao for details, but be prepared that it will not be easy. The max level a civilian can reach is level 4. Level 5 blackbelt must have a minimum of 5 years full-time LEO experience.

***\*\*\*Any student that misleads our staff in the attempt to obtain a coaching certificate will be permanently banned from our program.*** The Jiu-jitsu community is small and most of us know each other. If we do not know you, we will conduct a background investigation to confirm all your claims prior to any coaching certifications being authorized.

**Maintaining Certification:** Certifications are good for 2 years. To recertify you have several choices:

- Stay in contact and train monthly with Rob Magao to verify your skill/abilities.
- Be part of our cadre of trainers who consistently assist with courses.
- Re-take OSS Tier 1 (every two years)
- Take OSS Tier 2 (every two years)
- Bring OSS level 5 blackbelt to your PD for 2-day recertification course with your instructors (inquire for details).

**Level One Course Graduates** who desire to become a Level Two (Blue Belt Coach) may, upon completion of the Basic Officer Survival 58 Hour Course continue training with us FREE for up to six months as they work towards their blue belt. After the six-month mark, students would be responsible for their membership tuition fees.

Upon completion of their blue belt **AND** confirmation that the student has retained their skills from the Officer Survival Course material, a Level Two Certificate may be awarded.



Confirmation of curriculum retention can be done through a scheduled private lesson with a Level Five Black Belt Coach (fee applies) or by assisting with a scheduled Officer Survival Program Course (no fee). See Course Director, Rob Magao for a list of academies that have been vetted and are in agreement to provide this training.

**Other Grappling Systems:** Should a student not have a Gracie/Brazilian Jiu-jitsu background, but instead has significant grappling abilities from other grappling systems, they can request to be evaluated by two Level Five Black Belt Coaches to determine if their abilities/knowledge are consistent with our program. For example, if a student is a Judo Blackbelt or extensive wrestling background, we would evaluate their skill and determine which coaching level they would fall under based on the totality of their experience/abilities.

We use the Gracie/Brazilian Jiu-jitsu system of training and ranking because we feel it is the most successful overall. Students/coaches will also be able to find an abundance of training facilities back in their own communities where they can continue training in a system that is the base of the Officer Survival Series Program and is consistent with our methods of training.

### **Why become certified with OSS?**

- Our curriculum is medically/legally defensible and vetted by police use of force attorneys and medical doctors at the highest level.
- Our Curriculum is POSTC Certified and meets/exceeds all use of force case laws
- OSS curriculum is based on extensive data to include BWC footage which proves the validity of our program curriculum
- OSS Curriculum is scalable to the situation which reduces injuries for both officers and suspects as well as allows for a better platform to verbally de-escalate a situation. De-escalation is better achieved through improved officer confidence.
- 24/7 access to our online database of curriculum
- Access to our cadre for use of force consultation and testimony at no charge
- Our cadre of instructors are subject matter experts with decades of consistent experience as LEOS and are all BJJ Blackbelts who live the lifestyle year-round
- Our program is ever evolving and on the cutting edge of use of force training
- Our cadre is often sought after by other leading trainers that come to us to further their own training.
- OSS is the most comprehensive police use of force program in existence covering all ranges of physical conflict, verbal de-escalation, dealing with special needs populations, mental health situations, use of force decision making, TECC, team arrest tactics (including integration of K9 teams), report writing, mock trial, use of force testifying and much more...

Any questions can be directed to the Program Director, Rob Magao

[rmagao.rlmtraining@gmail.com](mailto:rmagao.rlmtraining@gmail.com)

860.377.7897 Cell



## Officer Survival Series Terms/Ideals

**Scripted Role:** A process by which many defensive tactics/arrest and control instructors “test” their material by severely restricting the resistance level, movement, and reaction ability of course participants. This creates a false reality of what works under real pressure and gives officers a false sense of confidence in the material presented. We do not train like this!

**Pressure Test:** The process of validating a technique, concept, or principle under live conditions where the participants are resisting one another.

**Volume Control (Scalability):** The ability to adjust one’s response to a situation based on the level of resistance being faced. A type of “volume control” for the physical application of force. Not all situations require a “10” on the volume dial. Make sure you’re on the right frequency, otherwise it’s just noise. Grappling has a volume control. Striking only has an on/off switch.

**Crawl, Walk, Run, Sprint Training Method:** Students begin by learning techniques and concepts used in our program in a slow, crawling pace, with little to no resistance. As confidence is gained, we begin adding in small problems to solve with light resistance (walking pace). Eventually, and under close supervision, students will be faced with situations where their opponent is not cooperating and is trying to prevent the techniques from being successful (run phase). If students train long term and become more vested in testing themselves and the skills they have learned, they would be able to compete at various levels against other well-trained opponents (sprint phase).

**Controlled Descent:** The ability to control the impact of a person to the ground based on the circumstances being faced in the moment. Suspect takedowns can be dynamic if required but more commonly they need to be controlled, with little to no damage if performed by a well-trained officer.

**C/T=R:** Consistency over time equals results. Many LEO DT programs are short programs that offer no long-term process for officers to continue training. DT skills are perishable and require consistency in training with quality trainers to truly become proficient. \*Credit to my friend Chad Lyman C4C PJJ for the C/T=R equation example.

**Technique:** A method or application of a specific movement that when applied correctly answers a specific question.

**Concept/Principle:** A method of understanding how to respond to situations you may have not faced before. Gives you the ability to figure out answers to situations you have not faced before because you understand how and why concepts of fighting work.



**5 Ranges of Combat:** Striking, Clinching, Takedowns, Groundwork, and Weapons Based Environment. It is vital to be well rounded in all ranges.

**Decisive Force:** Applying the correct level of force at the right moment to reduce the possibility for the un-needed escalation of force. Actions that produce a definitive result and prevent the situation from worsening.

**De-Escalation:** Human behavior, communication or actions that are intended to prevent escalation or continued conflict. De-Escalation can be applied in many forms, not just verbal.

**Triple HHH Control (Hips, head, and hands):** Control these things and you control the person.

**Positional Control:** Being able to successfully control a suspect's movement with properly applied positional control holds is vital. Understanding how and where to apply pressure. Understanding posture, base, angles, grips and how to take these things away from a suspect, all while maintaining these things for your own benefit is crucial. The single most important combative ability for police officers is understanding positional control.

**Ground Positions:** You can find yourself on either end of all these positions.

**Knee Ride/Hip Control:** A positional control method that uses your knee/shin to properly control a suspect's hips in the prone position by utilizing leverage, angle, and properly applied weight distribution. Allows the officer to take mobility away from a suspect while maximizing the officer's mobility. When properly applied, the knee ride position does not place weight on a suspect's back, spine, neck, or chest area and does not impede a suspect's breathing. \*Best positional option for LEO purposes.

**Mount** = On top of your opponent, straddling their hips (past their guard/legs).

**Side Control** = Controlling Opponent that is on their back and you are on top and perpendicular to their position, holding them in a chest-to-chest position.

**Guard** = Emergency Parachute type position for law enforcement where you are on your back (slipped, tripped, or overpowered to your back) and you utilize your legs around the suspect's waist (closed guard) or feet on their hips (open guard) to control distance and work to get back on top or to your feet while trying to avoid being hit and protecting your weapons.

\*Can also be inside someone else's guard.

**Back Control:** Positioned behind the suspect with legs around the suspect (hooks set on suspect's upper thighs). Arms controlling top of suspect with seatbelt position.

**Control, Cuff, Search:** A suspect needs to be physically controlled first before handcuffs or other restraint devices are applied and then searched. No other order is safe or acceptable.



**Building The House:** When a prone suspect can “Army Crawl” and get their legs under their hips and start to “build the foundation of the house” to get back to their feet. Proper knee ride position and team tactics will often prevent this from happening. \*Remember Triple HHH Control.

**High Elbow:** The configuration/position of a person’s elbow indicative of a weapon being drawn as a person reaches into or near their waist band to draw a weapon. The angle of the elbow typically ranges between 45 and 90 degrees as a weapon is drawn.

**Distance Management:** Awareness of both the minimum and maximum ranges that a person and/or weapon can be used to harm you. Also understanding the effective ranges of any techniques or weapons you may use during a physical engagement. If you can manage the distance, you can manage the damage.

**Timing Rule:** Process of controlling your opponent’s arm/hand nearest to your weapon before drawing your own weapon. You must earn your draw, otherwise your adversary will interfere with your draw and very possibly take your weapon. Many LEOs draw weapon based on an emotional response vs a tactical decision. *Credit to my friend Craig Douglas Shivworks*

**Lifeguard Analogy:** Imagine you are walking the beach. You see a person struggling in the water over their head, they are drowning. You look over and right next to you is a lifeguard stand with a lifeguard in the chair. You alert the lifeguard to the situation at hand, and they look at you and say...

*“I don’t know how to swim”*. Your first question should be who hired this person? A police officer that does not know how to fight is a lifeguard that can’t swim. Rob Magao

**Typical DT Instructor Class = The Pretty Lie** (you can be an instructor in 5 days with no experience).

**The Officer Survival Series = The Ugly Truth** (training must be ongoing and forever). The mat will expose every lie and confirm every truth.



## **Medically and Legally Defensible**

The Officer Survival Series has been extensively vetted and reviewed by attorneys and medical doctors and found to be legally and medically defensible for use by law enforcement. These professionals also have an active role in teaching our program because they believe in it.

*“I observed a demonstration of Officer Survival Series/Brazilian Jiu-jitsu for over an hour and a half with two other attorney police officers. During the demonstration we were able to question Rob Magao and offer comments on legal use of force issues. Such grappling training can provide greater confidence to officers helping them avoid use of force and possibly reduce the escalation of force. Having the ability to effectively control subjects without causing significant injury is consistent with legal standards and Connecticut’s use of force policy”.*

### **Attorney Elliot Spector**

#### **Spector Training Network**

Dr. Yoni Elder provides medical perspective, vetting, and oversight of the Officer Survival Series. He evaluates the techniques and strategies from the medical perspective to ensure maximum safety for our police officers and the citizens they serve. Techniques and strategies can have varying results and injury prevention cannot be guaranteed, but ongoing self-evaluation and an evidence-based process yields high standards for good outcomes to all parties.

Dr. Elder, Practicing Trauma Surgeon Massachusetts General Hospital as well as Wentworth Douglas Hospital in New Hampshire. Dr. Elder is also an instructor of surgery at Harvard Medical School and an Advanced Trauma Life Support Instructor. Dr. Elder also served in the Israeli Special Forces with combat experience and is Brazilian Jiu-jitsu Black Belt under Rob Magao. Dr. Elder also assists with teaching the OSS program.

#### **Dr. Yoni Elder, Trauma Surgeon**



**Technique:** Officer Stance, Movement and Pivots

**Position:** Stance/Mobility on Feet

**Introduction:** Officers need to be able to move on their feet and have stable footing. They must maximize their mobility and place themselves in the best position possible to stay on their feet. Officers need to be able to react to a variety of unknown attacks on various surfaces/environments all while wearing restrictive uniforms and carrying cumbersome equipment.

**Technical Explanation:**

- Comfortable Athletic Stance with feet hip to shoulder width apart
- Don't be on a tight rope (Too Narrow) or riding a Rhino (Too Wide)
- Weight should be mostly on the balls of your feet (60/40)
- Don't be caught stiff legged or on your heels
- Knees slightly bent (legs act as a shock absorber)
- Keep Base Low to Mid-Range
- Head centered over hips
- Hands up/centerline and ready to protect head
- Avoid stances that take away mobility
- Avoid Crossing Legs
- When moving toward a direction your closest foot reaches and rear foot propels you
- Use pivots when needed to get off the train tracks (matador)
- Use wedges and anchor points to strengthen your stance (wall, curb, tire etc.)
- **Scan QR Code for Video of Technique**



Video



**Technique:** High/Low 2 Officer Takedown

**Position:** From Standing to the ground

**Introduction:** It is possible that Law enforcement, Military or Security Professionals could be presented with a situation where a subject needs to be taken to the ground to be taken into custody. While it is possible to perform a takedown as a singular officer, it is considerably easier and safer when working as a team with another officer and both know their roles. The High/Low 2 Officer Takedown is a highly effective, easy to perform, and is a relatively low risk takedown.

**Technical Explanation:**

- Opponent is resisting in the standing position
- One Officer wraps their arms around the subject's upper body in a protective embrace.
- One Officer wraps their arms around the subject's legs, pinching the subject's legs together and providing an anchor that prevents the subject from walking by taking away their base.
- The Officer that wrapped the upper body then disrupts the posture of the subject and controls the subject's decent to the ground, allowing the subject brace themselves with their hands/arms when feasible.
- Both officers then work together to isolate the subject in the prone position by controlling the subject's hips to prevent them from standing up again prior to being handcuffed.
- Once subject is handcuffed, immediately roll them to their side and then to the seated position and finally assist them to a knee and then to their feet. Do not leave subject in the prone position any longer than necessary based on the circumstances on scene.
- **Scan QR Code for Video of Technique**



Video 1



Video 2



**Technique:** Pummeling Drill

**Position:** Clinch

**Introduction:** Pummeling is a drill designed to Improve Clinch Response and Reaction Within the Clinch. This drill will help officers become comfortable within the clinch and help test their base. The clinch is a crucial part of fighting and is often overlooked by LEO DT programs. Whoever controls the clinch dictates the path of the altercation.

**Technical Explanation:**

- Become accustomed to pushes and pulls
- Creating and filling space
- Learning to feel opponent's movement (hitchhike off it)
- Controlling grips on head, collar, bicep, and wrist
- Winning inside position
- Basic cooperative pummel drill (learn to move inside clinch)
- Semi-Competitive pummel drill (creating problems to deal with)
- Non-consensual/competitive drill (trying to win the position)
- Goal is to win inside position, seat belt, or get to the back of opponent
- **Scan QR Code for Video of Technique**



Video 1



**Technique:** Close Distance to Clinch

**Position:** Clinch/Punch Protection

**Introduction:** Closing the Gap/Distance to a Clinch to Avoid Being Punched. Whenever possible Officers should maintain appropriate distance, utilize verbal commands, and avoid physical confrontation if possible. When this is not possible, and strikes are imminent, the next best choice is to close the gap, clinch and control the suspect in a body lock to avoid being hit. From the clinch many options can occur which are listed below.

**Position Bonus:** *The clinch position offers a realistic platform not only for physical control but also offers a place to verbally de-escalate from.*

**Technical Explanation:**

- Manage and Control Distance Between Officer/Suspect
- Keep Distance and create barriers when possible
- Cover and close distance to a clinch when strikes are not avoidable
- Clinch and hold
- Clinch and Disengage
- Clinch and Pin Suspect to Vertical Object
- Clinch and Take Suspect Down to Ground
- Clinch and Access tools if needed (in fight weapon access)
- Great Position for underhook escort/takedown (Video 2 Below)
- **Scan QR Code for Video of Technique**



Video 1



Video 2 Underhook Escort/  
Takedown (Bar Hammer Lock)



Video 3 Added Details



**Technique:** Body Fold

**Position:** Clinch/T-Position

**Introduction:** The Body Fold Takedown is a high percentage takedown that is initiated from within the clinch, specifically from the T-Position. This takedown allows the opportunity for an Officer to keep from getting repeatedly punched, control the suspect's hands and hips, disrupt their posture, and take away their base all while controlling the suspect's decent to the ground. Once completed, the body fold takedown places the officer in a superior position than the suspect allowing for better control over the suspect's movement.

**Technical Explanation:**

- From T-Position (Create angle on suspect)
- Control Suspect with Under Hook Near Side
- Over Hook Far Side (Punch Protection)
- Keep Inside Head Control
- Control Hips of Suspect
- Break Posture of Suspect
- Disrupt Base of Suspect
- Control Suspect Decent to the Ground (using volume control principle)
- Allows for easy transition to Side Control, Mount or Knee Ride Position to Prone Cuffing
- **Scan QR Code for Video of Technique**



Video 1 Basic Body Fold



Video 2 Leg Reap Option



**Technique:** Single Leg Takedown

**Position:** Clinch

**Introduction:** The single leg takedown is a very usable takedown from inside the clinch. People are bi-pedal creatures so if you take away one leg, they become much more unstable on their remaining foot. This is a great option when you can't get a full body lock to do the body fold takedown. Once a single leg takedown is completed, the suspect is left in a similar position as all our other takedowns with the officer in a top/superior position of control and able to advance to a position where taking custody of the suspect is most probable.

**Technical Explanation:**

- Performed from within clinch
- Establish Inside head control
- Secure close leg of suspect between your arms and pinch with legs
- Turn in a semi-circle backwards in a downward, corkscrew fashion
- As suspect makes contact with ground, step around their legs to knee ride position
- Use positional control and verbal commands as needed until custody is possible
- **Scan QR Code for Video of Technique**



Video



**Technique:** Rear Clinch Takedown

**Position:** Rear Clinch

**Introduction:** The Rear Clinch Takedown is one of the most highly successful takedowns there is. Once the rear clinch position is established it is very difficult (even for trained fighters) to not be at serious risk of being taken down. The rear clinch offers a distinct advantage for the officer because they are on the back of the suspect making it difficult for the suspect to grab or strike the officer if the rear clinch is established correctly (hip control, head tight to suspect's back). As with our other takedowns, the rear clinch places the officer in a position of advantage for control and taking the suspect into custody (handcuffs).

**Technical Explanation:**

- From Rear Clinch
- Control Hips
- Keep Your Head close to suspect (between/under shoulder blades)
- Use either a butterfly grip, Gable grip, or S-Grip for best results
- Keep weight in suspect's hips making their feet connected to the ground
- For best results drive them forward till they react by using feet to brace them selves
- Once suspect "puts the breaks on" reverse direction and turn in a corkscrew manner
- This will break suspect's base/balance/posture and making it difficult to remain standing
- Let go with hands as suspect makes contact with ground to avoid injuring your hands
- Stay on balls of feet and avoid your knees hitting the ground (hot lava principle)
- As with most of the OSS takedowns, you can control their decent like a volume control
- Positional Control to cuffing
- **Scan QR Code for Video of Technique**



Video 1 Basic



Video 2 More Details



Video 3 Rear Double



**Technique:** 2 on 1 Escort/Takedown (Russian)

**Position:** Standing on the side of the suspect

**Introduction:** The 2 on 1 control hold is one of the oldest forms of human physical control. It has been well documented throughout history as far back as ancient Roman and Greek times. There are historical stone drawings and sculptures 1000s of years old showing this technique being used in combat. In modern times it has been heavily used by Olympian Wrestlers and made popular by Russian Wrestlers (hence the nickname “The Russian”). This technique/concept is very versatile. It can be used as a basic escort position, control hold, takedown, and is even very valuable in weapon defense and disarming procedures. It can also be used in weapon retention and suspect/vehicle extraction methods. It is probably overall the most used technique in our system.

**Technical Explanation:**

- Position on an angle to the side of the suspect
- Secure Suspect’s arm with a 2 on 1 grip
- Underhook secures upper part of suspect’s arm
- Over hook/Lego Man Grip on near wrist of same arm (think possible weapon)
- Keep arm pinned to your chest (hug it tight)
- Use your chest/shoulder/hips to pin suspect’s arm
- Can escort or transition to takedown by sprawling
- Can also transition to Wrist Weave or rear clinch takedown
- Can transition to a two officer team tactics standing cuffing procedure
- Can disengage by using the created angle to make distance if needed
- Can be used by two officers at same time (one on each side of suspect)
- Easy transition to wrist weave, rear clinch, single leg, body fold, or high/low takedowns
- **Scan QR Code for Video of Technique**



Video 1



Video 2



**Technique:** Wrist Weave

**Position:** Standing on the side of the suspect (begins in 2 on 1 hold)

**Introduction:** The Wrist Weave is a technique that builds off a 2 on 1 control hold. The wrist weave is typically done when a suspect starts to tense their arm and pulls their arm close to their center. When this happens the wrist weave is a great option and can prevent the suspect from accessing weapons especially when done in conjunction with two officers (one controlling each arm of the suspect). The wrist weave works well in conjunction with the high/low takedown and provides an excellent platform to handcuff the suspect once the suspect is brought to the ground.

**Technical Explanation:**

- Initiated from 2 on 1 control hold
- Weave your underhook hand under/over suspect's near arm
- Make fist with underhook side hand and support your other wrist from underneath
- Both of your wrists should be connected
- Don't spill the beer! (Keep fist thumb side up on underhook hand).
- This is done when suspect bends their arm and brings it to their center/core
- Utilize inside head control
- Bring suspect's hand to the ground (also allows suspect to brace themselves)
- Transition to knee ride and prone handcuffing position
- Can be done with singular officer or during team arrest procedures
- **Scan QR Code for Video of Technique**



Video 1



Video 2



Video 3



**Technique:** Knee Ride/Prone Handcuffing Position

**Position:** Knee Ride/Knee on Top

**Introduction:** There are many prone handcuffing positions utilized in law enforcement. Prone handcuffing is most utilized in higher stress arrests where suspects have either been verbally ordered to the ground or physically forced to the ground based on a serious crime, physical resistance or both. The ground is often used as a barrier in these situations to limit the suspect's mobility and escape routes and to also prevent them from accessing weapons or striking the arresting officer or officers while being taken into custody. We use the knee ride or knee on top position for prone handcuffing. This position is derived from a BJJ position called "knee on belly" but we have adapted it to control the hips and keep any un-needed pressure off the suspect's stomach, chest, back and neck areas. This position offers a high level of control without sacrificing mobility or becoming too entangled in other positions. In self-defense, especially police use of force situations, you want to maximize your control over a suspect without giving up your own ability to move and transition if needed.

**Technical Explanation:**

- Approach prone suspect from best angle possible based on the environment
- As you lower your body to initiate the knee ride position control your weight
- Do not drop your weight all at once
- Hands make contact to suspect's upper torso first
- Use hands to support yourself and control your decent into the knee ride position
- Your closest knee/shin should make contact with the hips (front or back side) of suspect
- Your trail leg will be used as a post/outrigger for balance and adjustment of pressure
- Use volume control principle to negotiate the amount of pressure needed for control
- Control hands of suspect
- Roll suspect to handcuffing position with leg weave and twisting arm control if needed
- Keep unnecessary weight off vital areas of the suspect to avoid disrupting their breathing
- Follow spine with handcuffs for proper handcuff application (double lock)
- Once scene is safe immediately transition suspect to recovery position
- Avoid leaving suspect in prone position for too long
- **Scan QR Code for Video of Technique**



Video 1 Knee Ride



Video 2 Suspect Turnover



**Technique:** Team Arrest Procedures (Team Tactics)

**Position:** From Prone Position

**Introduction:** One of the biggest failures in most police DT training systems is poor team tactics and arrest procedures involving multiple officers. Often, police end up fighting against each other's movements and attempts to control a suspect rather than assisting each other. The term "Pig Pile" or "Nylon Tsunami" are often used to describe situations where multiple officers are trying to take a suspect into custody, but they are not united in their efforts and end up failing because of lack of planning and lack of effective methods. Our system is organized into sectors of responsibility and is based on a hierarchy of positional control over the suspect. Systematically following these principles offer a high probability of taking a suspect into custody safely and in a timely manner.

**Technical Explanation:**

- Proper Positional Control by Sector
- Triple HHH Control (Hips, Head and Hands)
- First Officer control hips with Knee Ride and near side arm/hand
- Second Officer Control has choice of other side hips/hand or securing legs
- Third Officer fills in gap left by second officer
- Forth Officer Head Control
- Any remaining officers supply scene security
- Stay calm
- Communicate clearly and directly with calm voice
- Isolate suspect's movement
- Keep pressure off vital areas when possible
- Arm extraction methods to cuffing
- Place suspect in recovery position as soon as possible
- **Scan QR Code for Video of Technique**



Video 1 Arm Extraction



**Technique:** Standing Double Arm Wrap

**Position:** From Rear Standing Handcuffing Position

**Introduction:** A common situation for police officers is standing complaint handcuffing. Either as a solo officer or in a team atmosphere.

A common practice by many officers is to tell the suspect to place their hands behind their back and then the officer approaches from the rear and grabs one of the suspect's hands/wrists and begins the cuffing process. While this can still be used in some situations it does allow the suspect an easy opportunity to pull away, resist, run, spin towards officer and fight or reach for weapon with free hand. Most people that resist will do so when the first cuff touches their wrist.

A better control position that offers much less chance of the suspect being able to resist or break free is the **Double Arm Wrap**. This can be done as a solo officer or with assistance of other officers.

**Technical Explanation:**

- Stand perpendicular to the suspect
- Weave your strong hand (if possible) behind the suspect's arms and along their back
- Use five finger grip on suspect's far arm gripping above their elbow along their bicep
- Keep your head tight to their back
- Brace their body from behind
- Use your rear leg to create a kick stand
- Once controlled have another officer apply handcuffs
- Can apply cuffs alone but best with another officer assisting
- Can also be done as team against a wall or other structure
- **Scan QR Code for Video of Technique**



Video 1 Double Arm Wrap



Video 2 Double Arm Wrap on Wall



**Technique:** Standing Weapon Retention (Holstered Handgun)

**Position:** From Standing Position

**Introduction:** As police officers we wear a duty belt that holds numerous tools of the trade. While many of the tools we carry can be grabbed and used against us, none are more potentially devastating than our firearm.

We must maintain control and retention of our firearm at all costs. Not only could it be taken and used against us personally, but it could also be used on other police officers or on the public we serve.

To do our jobs, we must get close to people and even put our hands on people to control them. This puts us in jeopardy of being involved in a situation in which our weapons can be grabbed, taken, and used against us or others. Many police DT program weapon retention systems are complicated, and officers are taught a variety of defenses that offer too many options and are not realistic under pressure. Our system builds off the same methods we use in other situations making them easier to learn, remember, and deploy under stress.

**Technical Explanation:** Must stay conscious (don't get knocked out)

- Prevent grips by suspect (clinch/hand fighting drills help build skill in this area).
- If grabbed with either hand or both hands, secure suspect's hand/arm in 2 on 1 hold
- Use inside head control
- Create angle and get to suspect's back
- Stay close/tight to suspect
- Control from rear clinch if possible
- Learn to draw from clinch (Timing Rule/Earn Your Draw Craig Douglas/Shivworks)
- **Scan QR Code for Video of Technique**



Video 1 Standing Weapon Retention



**Technique:** Edged Weapon Response

**Position:** From Standing Position/Clinch

**Introduction:** Edged weapons are part of our everyday lives. They can be found everywhere, from kitchens, to restaurants, to being concealed on someone's person. Edged weapons are silent in deployment, they do not jam or run out of ammunition. They can be deployed in restrictive places and at various angles of attack. Edged weapons can be devastating at close range and instill a sense of fear unlike most other weapons.

**Technical Explanation:**

- Most knife attacks are sudden/spontaneous acts of violence
- Many are not "Westside Story" style attacks but occur "within the fight" from the clinch
- Many people that have survived an edged weapon attack did not recognize it in the moment. They thought they were being punched.
- Attackers will use a sewing machine style attack with quick repeated stabs.
- Attackers will often frame or grab victim with one hand while the knife is deployed with the other hand.
- If you can't get away or place a barrier between you and the attacker, you must control the attacking limb. **Control the head of the snake.**
- Isolate the weapon. Two on one control is best option in a terrible situation.
- Be aware of hand switches
- Try to get to back of attacker and win an angle that will allow you to deploy your own weapon. Disengaging too soon can lead to a race between attacker and victim. Staying in the clinch and deploying weapon from clinch gives you a better chance.
- TECC knowledge is vital immediately after an edged weapon attack
- **Scan QR Code for Video of Techniques**



Video 1



Video 2



Video 3



Video 4



**Technique:** Striking, covering vs blocking and striking focus mitt drills

**Position:** From Standing Position

**Introduction:** Officers learn stance, movement, how to cover, how and with what purpose to strike, as well as the limitations and legal issues of relying on striking as their primary tool. Most importantly, striking is taught from the perspective of learning how to anticipate, recognize, and react to strikes that are being used against the officer. The best way to defend against something is to understand how to do it yourself. Striking as an offensive tool has its disadvantages. Unlike fighters in cage or ring, LEOs will not have gloves and wraps to protect their hands.

**Technical Explanation:**

- Striking should be learned and incorporated into training
- By learning to strike you also learn to gage distance and protect yourself from strikes
- Strikes can be effective and there are times when they are needed, although rare
- Must understand levels of force when deploying strikes at certain areas of the body
- Understand that injury to your own hand or other body part used to strike can and most likely will cause damage to you as well as the person being hit.
- Striking is not as scalable like grappling is
- Striking can appear excessive to some and will require extra documentation in most cases.
- Striking can be of value in some cases and should be available to LEO if needed.
- Covering against strikes works significantly better than trying to block.
- Use the “Follow the hand” example to demonstrate striking/blocking vs covering/grappling methods.
- **Scan QR Code for Video of Techniques**



Video 1 Pad Drill



Video 2 Covering



**Technique:** Ground Positions and Getting Back to Feet

**Position:** From Ground

**Introduction:** Our priority in any combat situation should be to stay on our feet. With that said, we are bipedal creatures and are subject to the laws of gravity. We can easily slip, trip, fall, or be surprised and taken to the ground against our will. We can also be overpowered by a stronger opponent and forced to the ground. Any trainer that denies this is not competent to teach law enforcement. All our head trainers are BJJ Blackbelts and have spent years, even decades learning what we know. The only true way to become proficient in teaching groundwork is by training consistently all the time. The only way we will certify someone to teach groundwork is if they are at least blue belt or higher in BJJ or a very closely related discipline. Below are some basic ground grappling ideas and concepts to get you started.

**Technical Explanation:**

- Groundwork requires practice and consistent training
- Expertise on the ground cannot be attained by taking a course
- Groundwork requires you being placed in bad positions repeatedly until they become normal to you.
- There is no shortcut to becoming proficient on the ground. You must put in the work.



Video 1 Guard



Video 2 Side Control



Video 3 Stand in Base



Video 4 Guard Get Up



Video 5 Control/Body



Video 6 Mount Top



## Officer Survival Series

### HEAD INSTRUCTOR & OWNER Rob Magao



*Rob Magao is the founder, owner, and head instructor of the Officer Survival Series: De-Escalation Through Confidence Program. With over 25 years of law enforcement experience, Rob has worked in various units to include patrol, SRO, conservation law-enforcement, street crimes, narcotics, internal affairs, and as a detective investigating serious crimes. Rob also served 18 years on SWAT and helped to create and run the CT SWAT Challenge since its inception in 2005. Rob also has experience in dignitary protection and has provided executive protection services to high priority clients and has assisted in training executive protection specialists. This experience is vital in being able to teach realistic self-protection skills based on real life experiences and not just theory.*

*Rob is a highly respected international law enforcement instructor. He has taught thousands of personnel from local, state, and federal law enforcement agencies as well as those in the United States Military in the areas of defensive tactics, arrest and control, ground fighting, officer survival, force on force, firearms, Taser, SWAT, Dignitary Protection and Physical Fitness.*

*Rob has over 30 years in the martial arts and is a certified Gracie Jiu-Jitsu 3rd degree blackbelt under legendary Gracie Jiu-Jitsu instructor Pedro Sauer. Rob is also a Combatives Blackbelt under Matt Larsen and Combatives University. Rob is a certified instructor with Knife Control Concepts. Rob owns and operates both Manchester Brazilian Jiu-jitsu/Bushido in Manchester, CT and Hebron Brazilian Jiu-jitsu in Hebron, CT. Rob is the host of The Code Podcast available on YouTube!*

*Rob is also the Director of Development for the Federal Law Enforcement Officers Association (FLEOA) 111 Project, and he is a sponsored athlete/ambassador for the Invictus Law Enforcement Jiu-jitsu Collective and instructor at the Origin LEO Immersion Camp. Rob is also an active grappling competitor and coach with IBJJF, Reality Fighting/NAGA and other organizations as well as an MMA coach.*

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