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Jiu Jitsu and Use of Force Survey V 2.0

Invictus first launched its data collection in 2020 in order to help officers and departments understand training and why officers need it for their job. This updated survey includes more questions and will further help LEO with data. PLEASE share this survey with as many cops as possible! We surveyed 300 officers in **Nov/Dec 2024**. This is an updated version for data collection.

Also note that the original data collection was over 1400 pages. We have reduced it to 42 pages to make it easy to read and understand. A few questions were left out as they were administrative in nature and did not directly relate to this study.

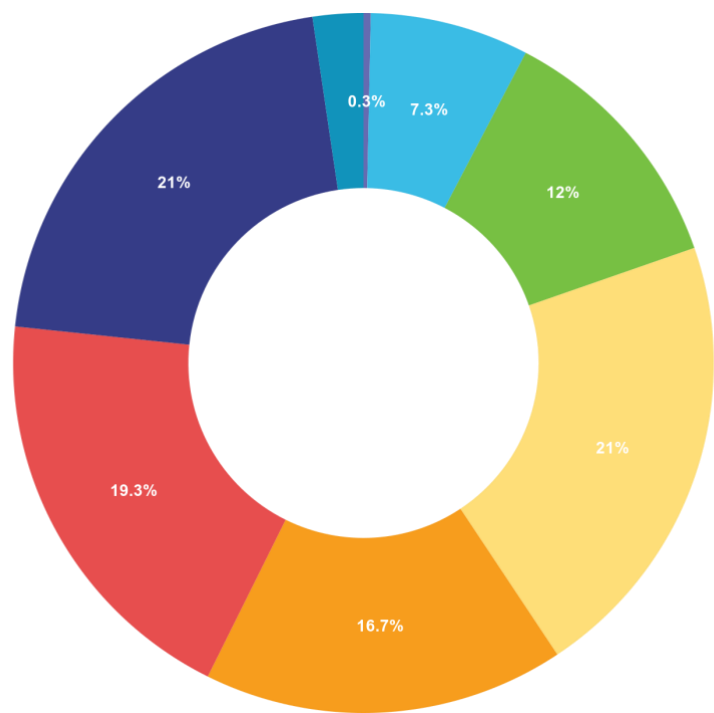


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2025-10-01

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Q1: Law Enforcement Experience
Multiple Choice

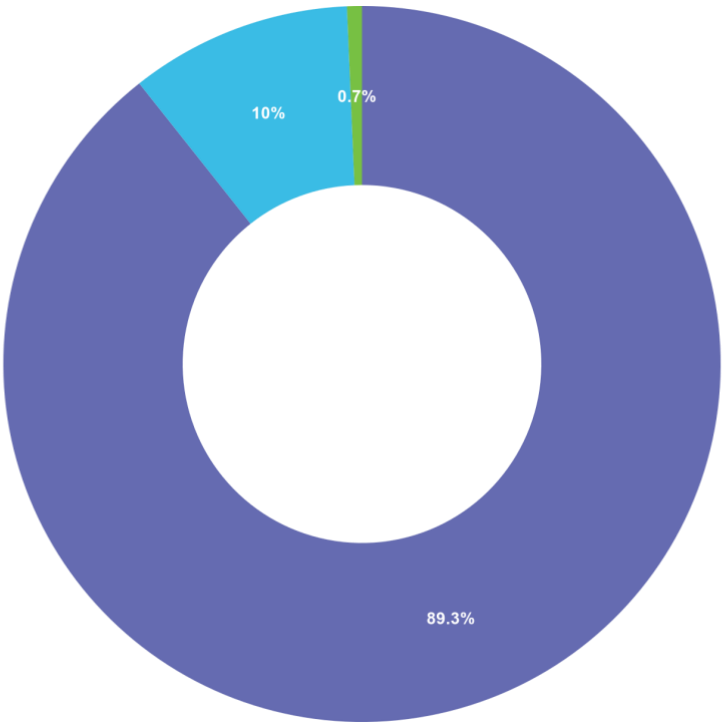


	Choice	Totals
•	Less than 1 year	1
•	1-3 years	22
•	4-6 Years	36
•	7-10 years	63
•	11-15 years	50
•	16-20 years	58
•	21+ years	63
•	Retired	7

Responses 300 Answered 300 Unanswered 0

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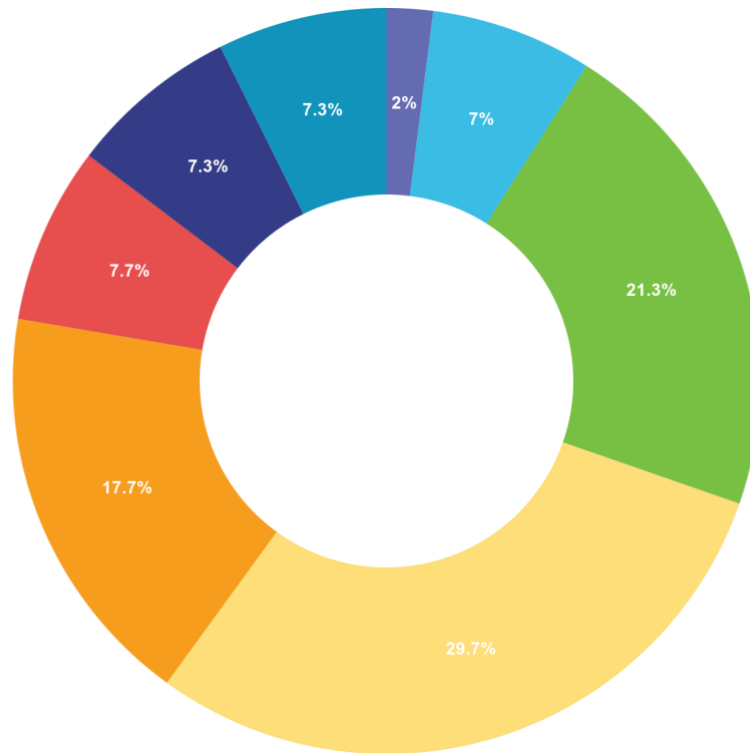
Q2 What country do you work in?
Multiple Choice



Choice		Totals
•	USA	268
•	CANADA	30
•	Other-Where	2
Responses 300		Answered 300 Unanswered 0

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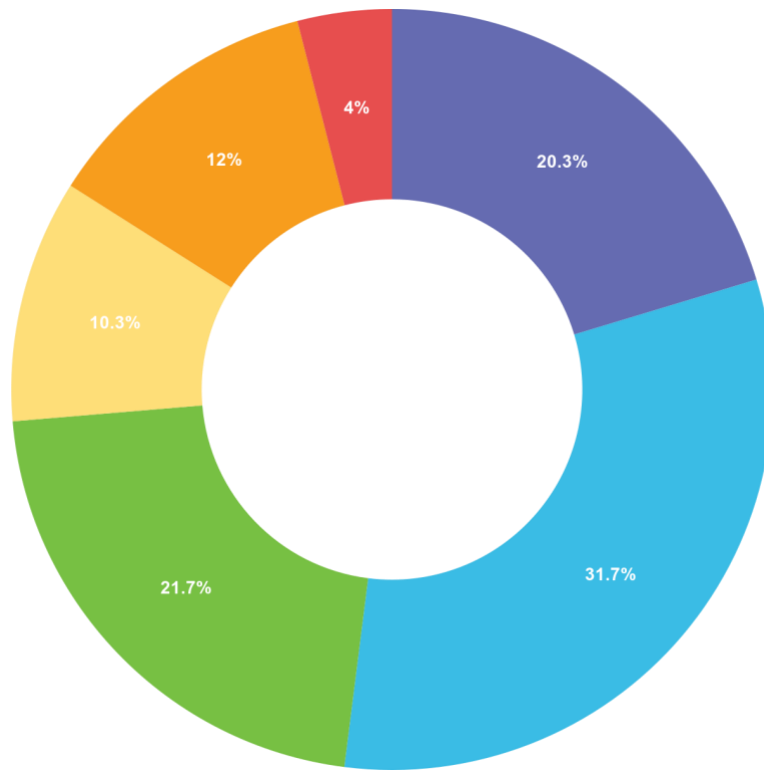
Q4 Jiu Jitsu Experience: How Many Years have you been Training?
Multiple Choice



	Choice	Totals
•	Haven't Started but want to	6
•	Under 1 year	21
•	1-3 years	64
•	4-6 years	89
•	7-10 years	53
•	11-15 years	23
•	16-20 years	22
•	Over 20 years	22
Responses 300		Answered 300
		Unanswered 0

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Q5 If you train BJJ, what belt are you?
Multiple Choice

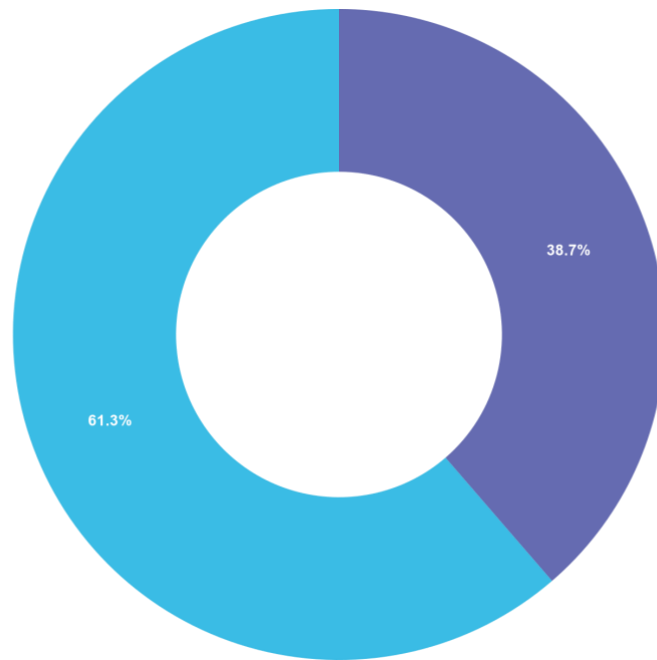


	Choice	Totals
•	white	61
•	blue	95
•	purple	65
•	brown	31
•	black	36
•	I do not train BJJ	12

Responses 300 Answered 300 Unanswered 0

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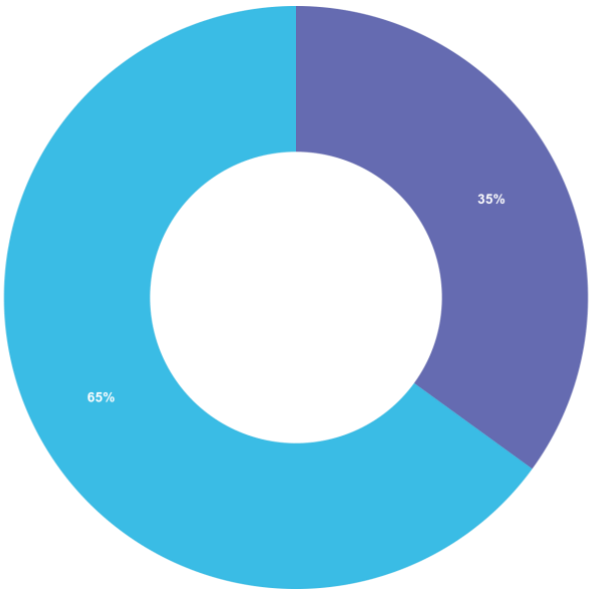
Q6 Do you have other Martial Arts or Combative Training?
Multiple Choice



	Choice	Totals
•	No	116
•	Yes-What art(s)?	184
Responses	300	Answered 300 Unanswered 0

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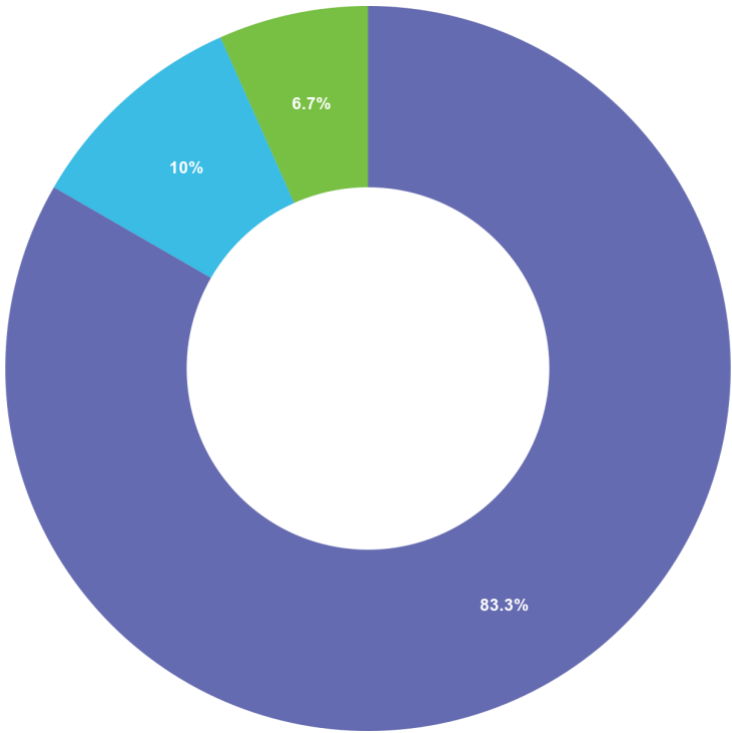
Q7 Have you been injured while taking someone into custody at work?
Multiple Choice



	Choice	Totals
•	yes	105
•	no	195
Responses	300	Answered 300 Unanswered 0

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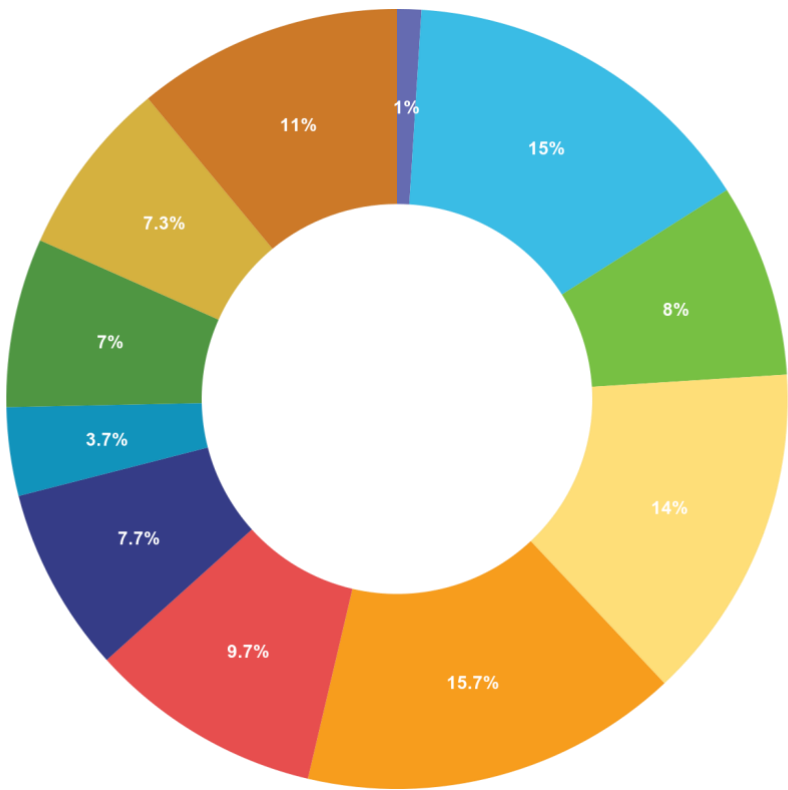
Q8 If you have Jiu Jitsu training, has it prevented injury to you while on the job?
Multiple Choice



	Choice	Totals
•	yes	250
•	no	30
•	not applicable/haven't started	20
Responses	300	Answered 300 Unanswered 0

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Q9 How many Sworn members do you have at your department?
Multiple Choice

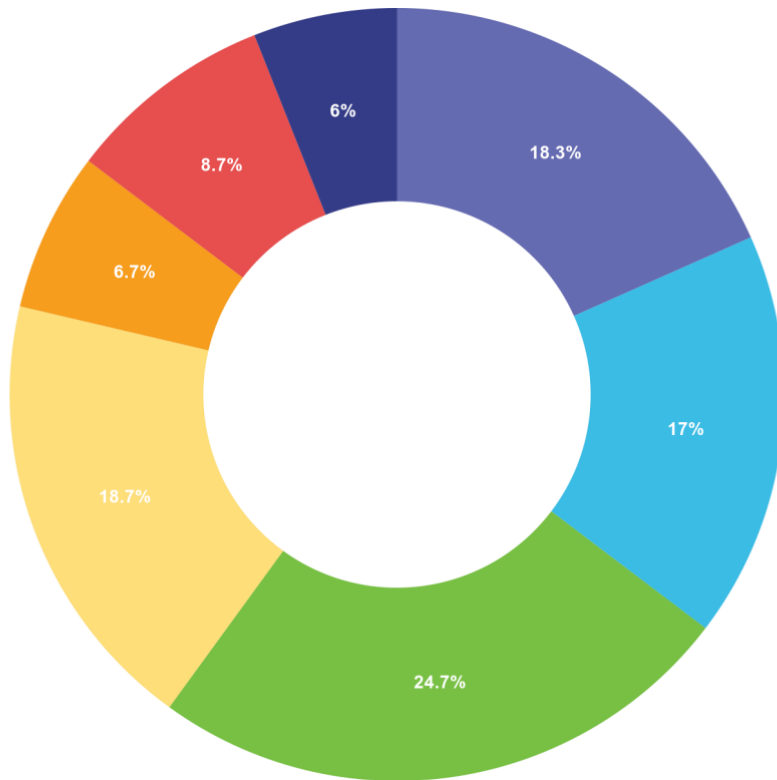


	Choice	Totals
•	Less than 10	3
•	10-30	45
•	30-50	24
•	50-100	42
•	100-200	47
•	200-400	29
•	400-800	23
•	800-1000	11
•	1000-2000	21
•	2000-3000	22
•	3000+	33
Responses 300		Answered 300
		Unanswered 0

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Q10 Based on your department size, estimate the number of officers that are training jiu jitsu at your agency. (ie: 10 people out of 200 is 5%)

Multiple Choice

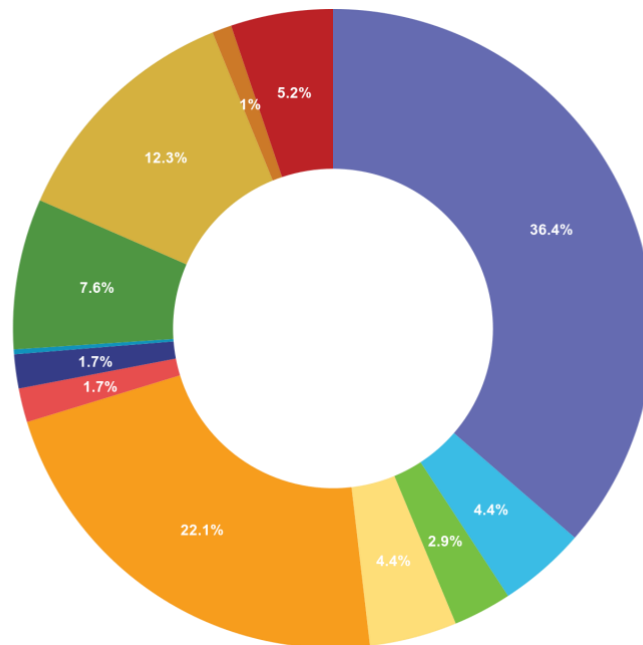


	Choice	Totals
•	less than 1%	55
•	1%	51
•	2%-3%	74
•	4%-5%	56
•	6%-7%	20
•	8%-10%	26
•	Over 10%	18

Responses 300 Answered 300 Unanswered 0

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Q11 What injuries, if any, have you sustained while trying to arrest someone?
Multiple Choice

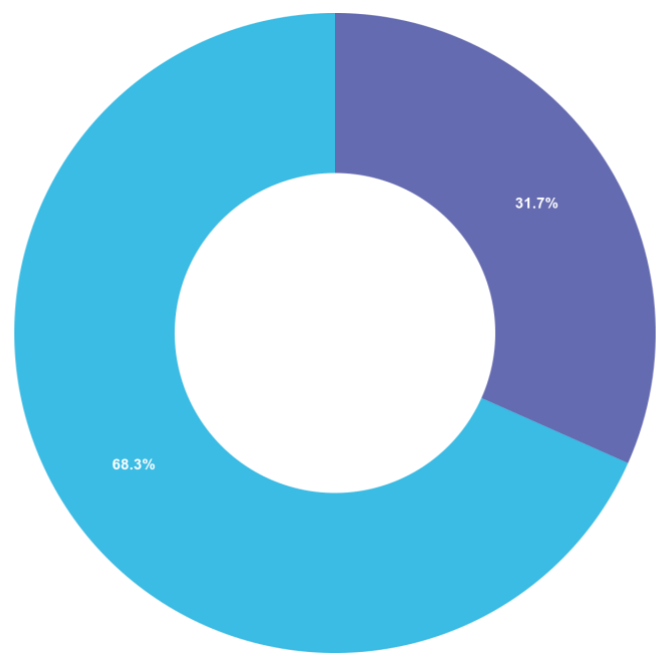


	Choice	Totals
•	None	148
•	Back Injury	18
•	Broken Bones	12
•	Bite Wound	18
•	Cuts or Lacerations	90
•	Concussions	7
•	Eye Damage	7
•	Gun shot	1
•	Knee Injury	31
•	Shoulder/Elbow/Hand Injury (Tendon/Ligament)	50
•	Stabbed	4
•	Other	21

Responses 300 Answered 300 Unanswered 0

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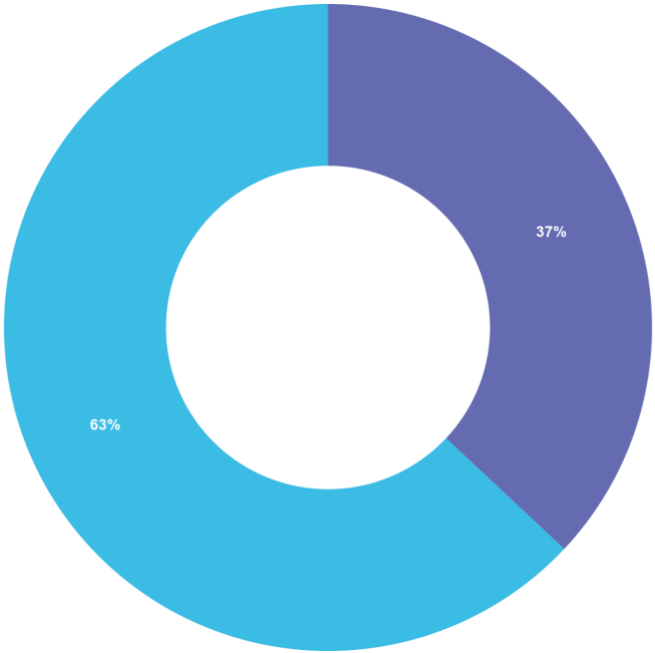
Q12 Have you been injured while training Jiu Jitsu? If so, what are they?
Multiple Choice



	Choice	Totals
•	No	95
•	Yes-List	205
Responses	300	Answered 300 Unanswered 0

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Q13 Have you been injured outside of work doing other activities (lifting weights, cross fit, running, skiing etc)?
Multiple Choice

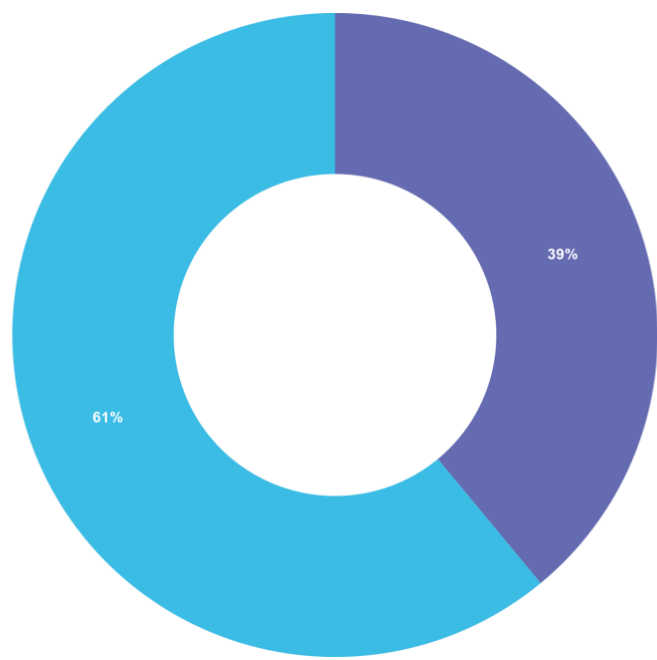


	Choice	Totals
•	No	111
•	Yes-List	189

Responses 300 Answered 300 Unanswered 0

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Q14 Is your department using Jiu Jitsu as its primary use of force training and application?
Multiple Choice

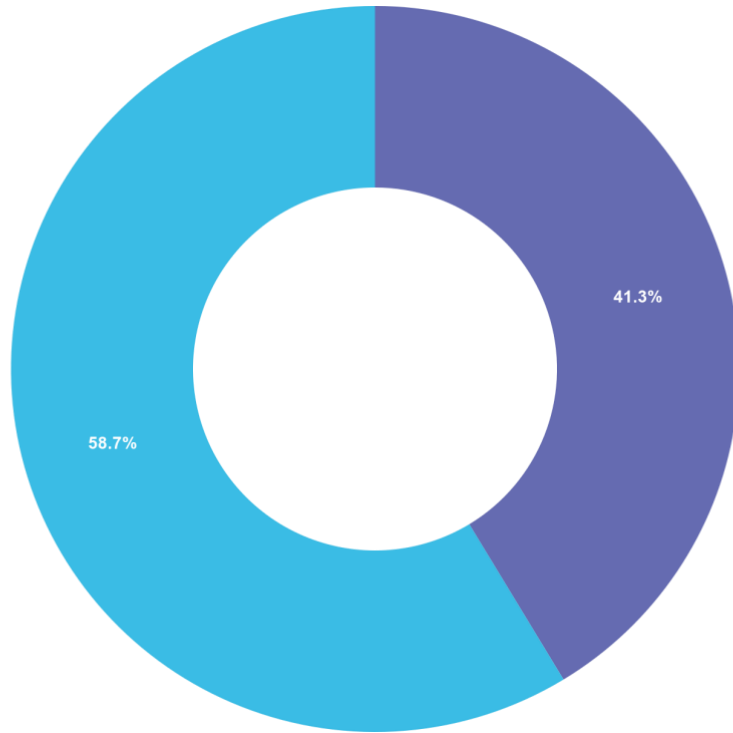


	Choice	Totals
•	Yes	117
•	No-What are you using? (PPT, SPEAR, Karate, nothing)	183

Responses 300 **Answered** 300 **Unanswered** 0

INVICTUS

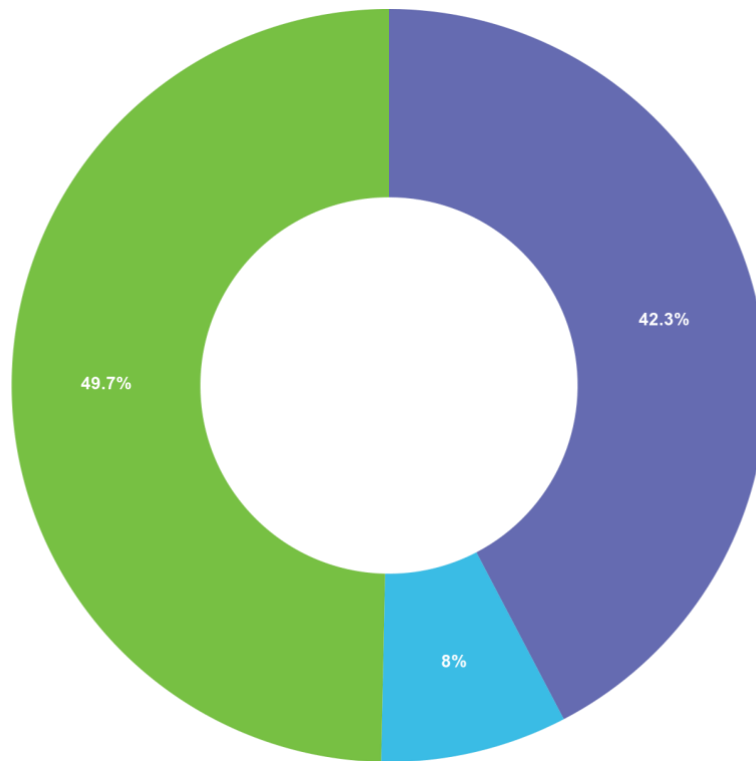
Q15 Has your department adopted Police Specific Jiu Jitsu training such as C4C, EFC, GST, Sheepdog, Jiu Jitsu Five 0?
Multiple Choice



Choice		Totals
•	Yes	124
•	No	176
Responses	300	Answered 300 Unanswered 0

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Q16 For those departments that don't use Jiu Jitsu how would you describe the training?
Multiple Choice

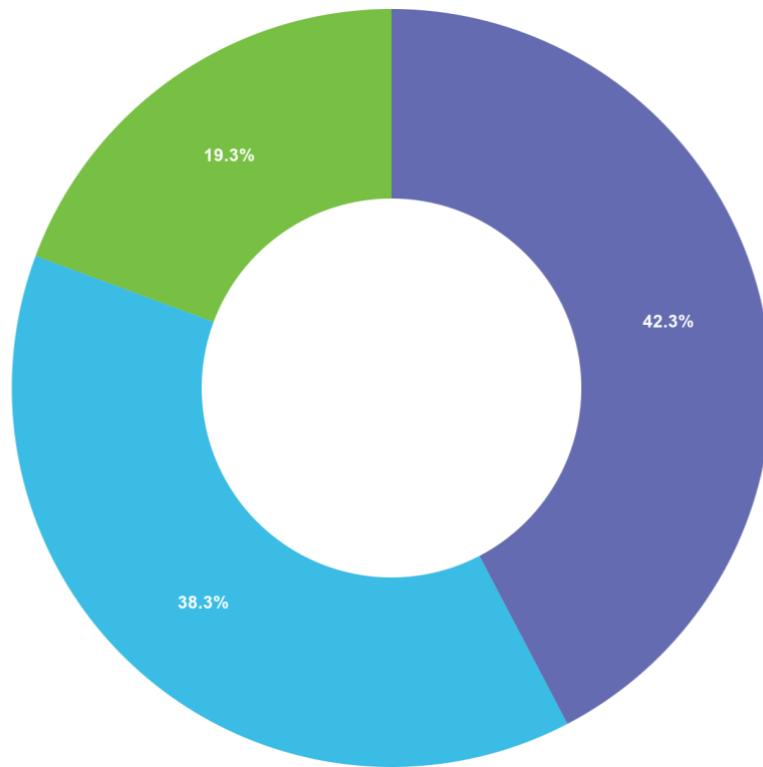


	Choice	Totals
•	Not Applicable-We use Jiu Jitsu	127
•	Effective	24
•	Not Effective	149

Responses 300 Answered 300 Unanswered 0

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Q17 Are the majority of your defensive tactics instructors in your department Jiu Jitsu practitioners?
Multiple Choice

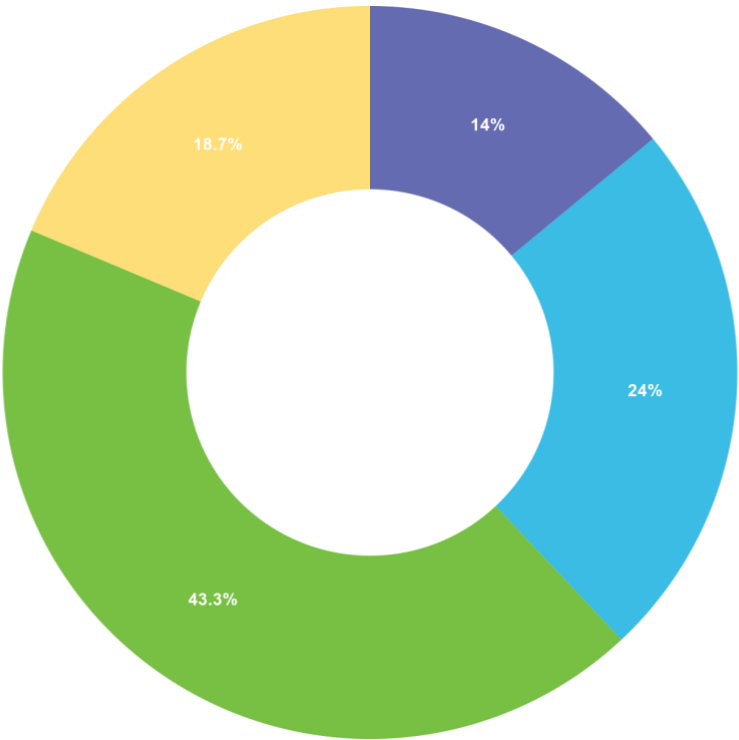


	Choice	Totals
•	Yes	127
•	No	115
•	Other-Explain	58

Responses 300 Answered 300 Unanswered 0

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Q18 Does your department allow officers to train Jiu Jitsu at the station (On or off duty using the dept facilities?)
Multiple Choice

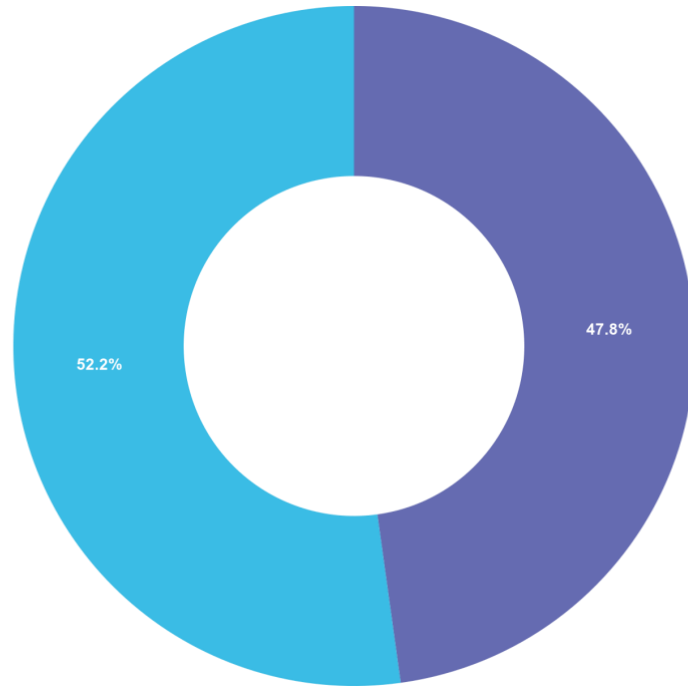


	Choice	Totals
•	Yes-On Duty	42
•	Yes-Off Duty	72
•	No-My dept is living in the dark ages	130
•	Other	56

Responses 300 Answered 300 Unanswered 0

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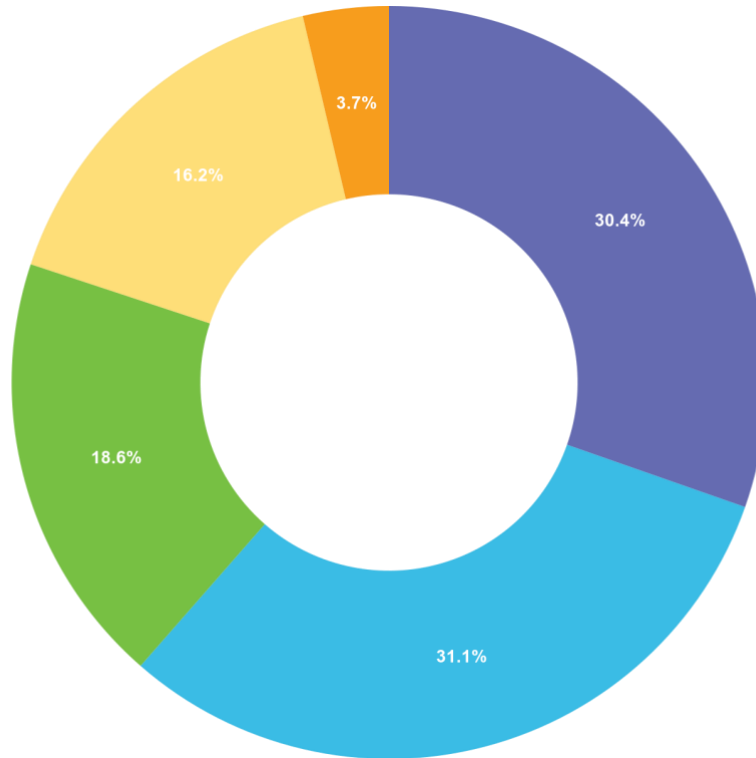
Q19 Has your Jiu Jitsu training protected you from serious harm or death on the job? If yes, describe.
Multiple Choice



	Choice	Totals
•	No	142
•	Yes-Describe	155
Responses	300	Answered 297 Unanswered 3

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Q20 If you do train, what is the focus of your academy? Multiple selections possible.
Multiple Choice

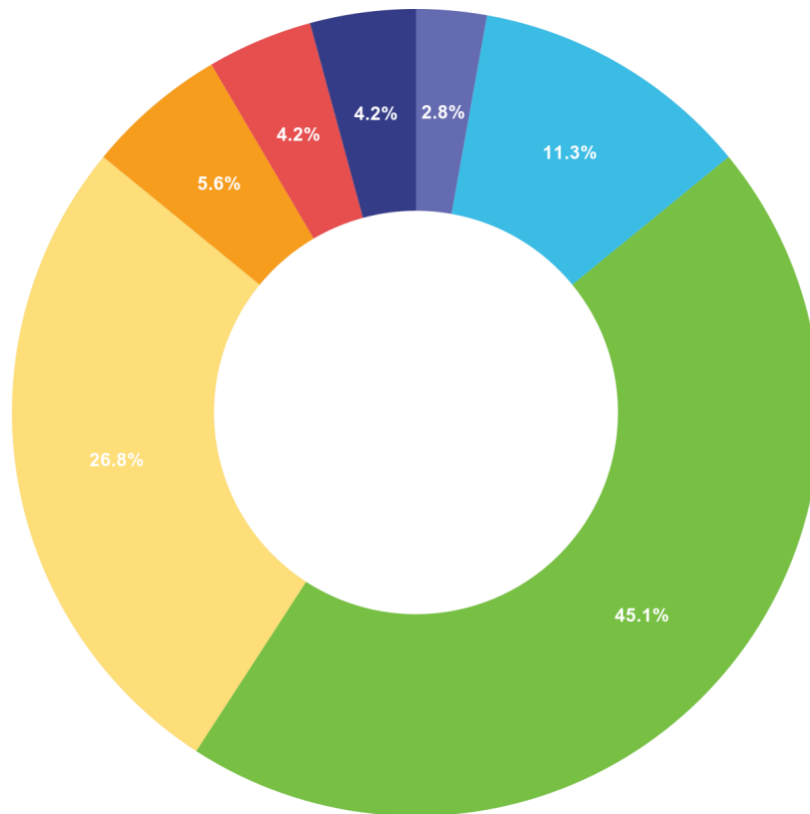


	Choice	Totals
•	Sport	215
•	Self Defense	220
•	Police Arrest and Control	132
•	Fitness	115
•	Other	26

Responses 300 Answered 300 Unanswered 0

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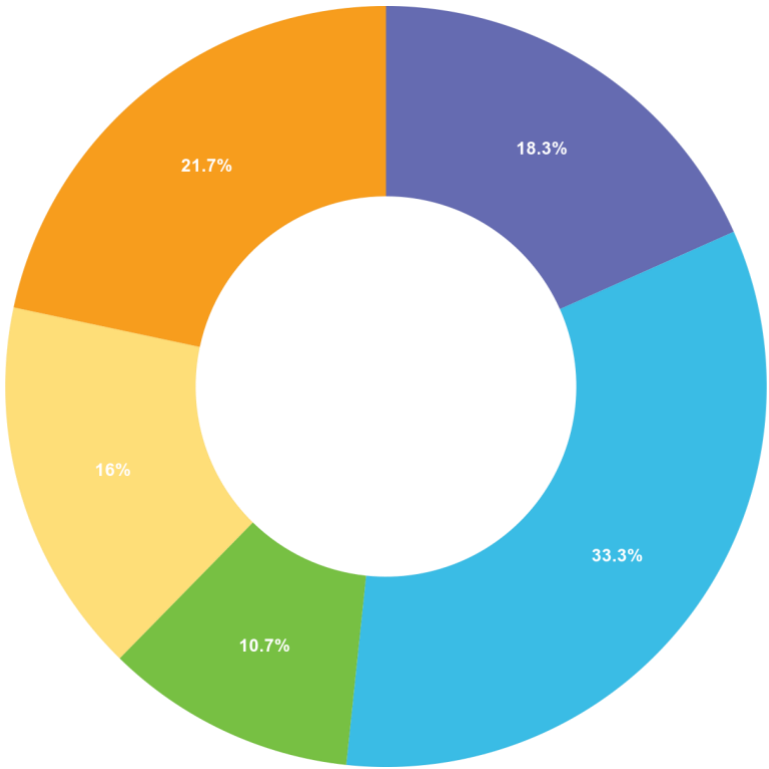
Q21 How many hours a week , on average, do you train jiu jitsu?
Multiple Choice



	Choice	Totals
•	1 hours	2
•	2 hours	8
•	3-4 hours	32
•	5-6 hours	19
•	7-10 hours	4
•	more than 10 hours	3
•	Not Applicable-Don't train	3
Responses 300 Answered 71 Unanswered 229		

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Q22 Do you regularly train weapon retention techniques during the year?
Multiple Choice



	Choice	Totals
•	Never	55
•	Once a Year	100
•	Twice a Year	32
•	Two to Five Times a Year	48
•	Its part of my regular training	65
Responses 300 Answered 300 Unanswered 0		

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Q23 If you started your Jiu Jitsu training after you became a cop, what got you started? If you were training before, did your focus change?

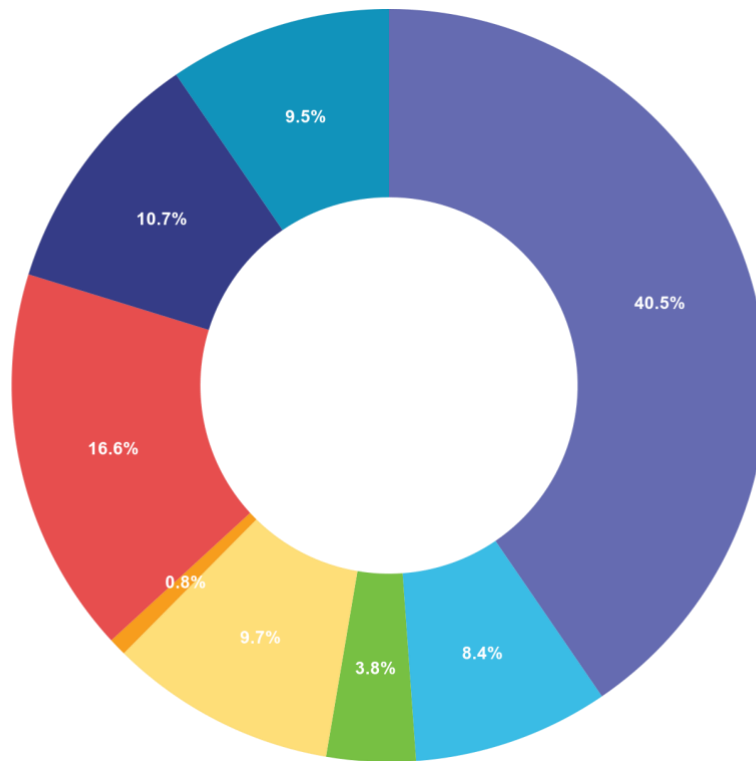
Note: This Section had 268 total answers but, in an effort, to keep this survey manageable, its been limited to some examples at random from the survey.

- I was an officer and came across Invictus on Social media. I liked their vidoes and researched so I decided to start training. Best decision I ever made and I only wish I started sooner.
- Yes. My focused changed from sport jiujitsu to Arrest and Control Tactics, and Weapon Retention.
- I got started because I seen first hand how much easier it was to control people that really didn't understand how to fight. My first intro was through Gracie program in 2006. Of course my focus has changed over the years especially now after going through EFC instructor course with Jay.
- I started when i realized myself and others had issues while in fights with suspects.
- Did Officer Survival Training with Rob Magao. One of the absolute best courses I've ever taken. A Real Eye opener.
- Was always interested, gym opened close by.
- A fight I was in making an arrest

Responses 300 **Answered** 268 **Unanswered** 32

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Q24 What is your main control measure to get a suspect onto the ground?
Multiple Choice

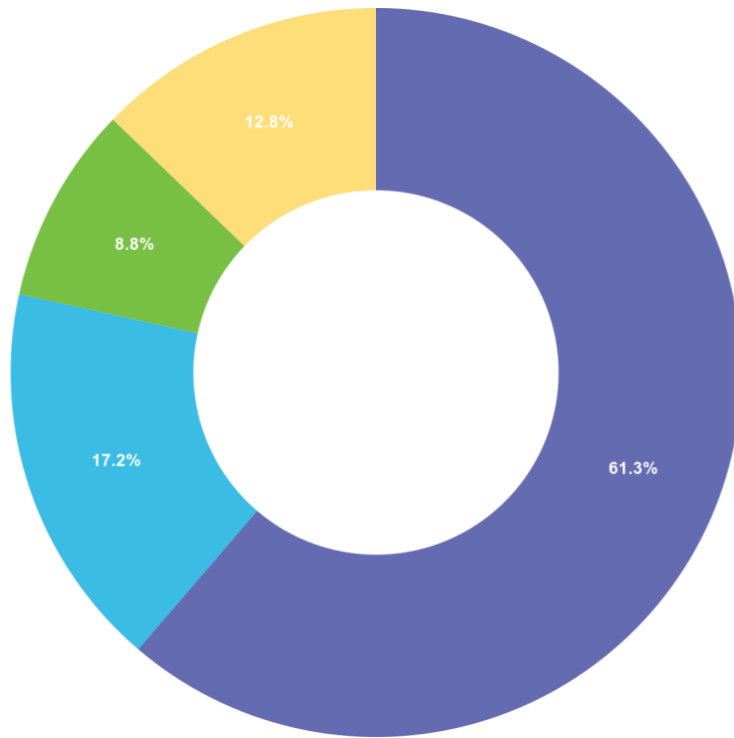


Choice	Totals
• Body Lock	212
• Head Control (Cervical Lock or Face Push)	44
• Tackle (football type)	20
• Reap (sweep the leg Jonny!)	51
• Smash (Punch or Kick)	4
• Single or Double Leg	87
• Wrist lock or Joint Lock	56
• Other	50

Responses 300 Answered 300 Unanswered 0

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Q25 Has a non trained officer disrupted your arrest, causing you to lose control AFTER you had already gained control? (Eg: rushing in and pushing you off or pull the suspect in the opposite.
Multiple Choice

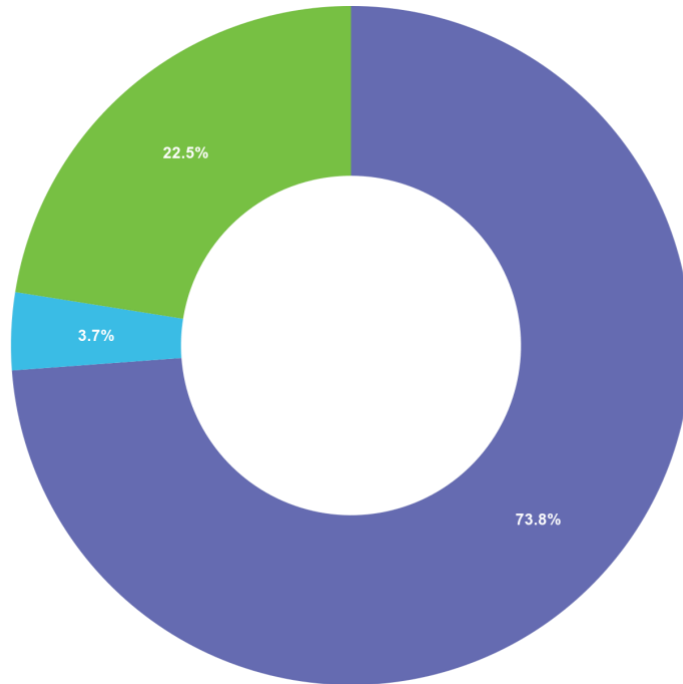


Choice	Totals
• Less than 5% of the time	182
• 5% to 10% of the time	51
• 10% to 20% of the time	26
• More than 20% of the time-I work with a bunch of Zoo Lions	38

Responses 300 Answered 297 Unanswered 3

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Q26 Do you believe suspect injury has dropped since you've learned jiu jitsu?
Multiple Choice

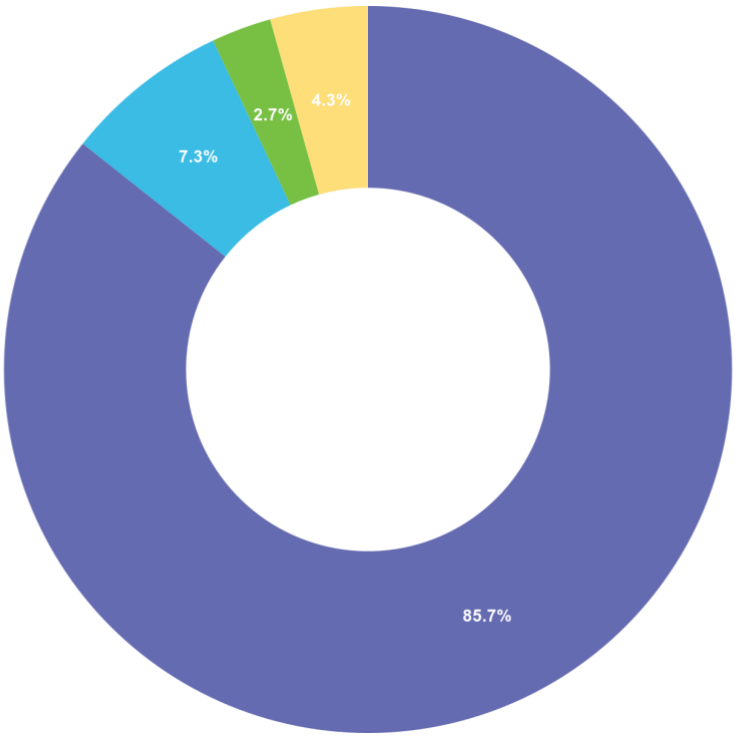


	Choice	Totals
•	Yes	220
•	No	11
•	Not Applicable	67

Responses 300 Answered 298 Unanswered 2

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Q27 Do you pay for your own Jiu Jitsu training?
Multiple Choice



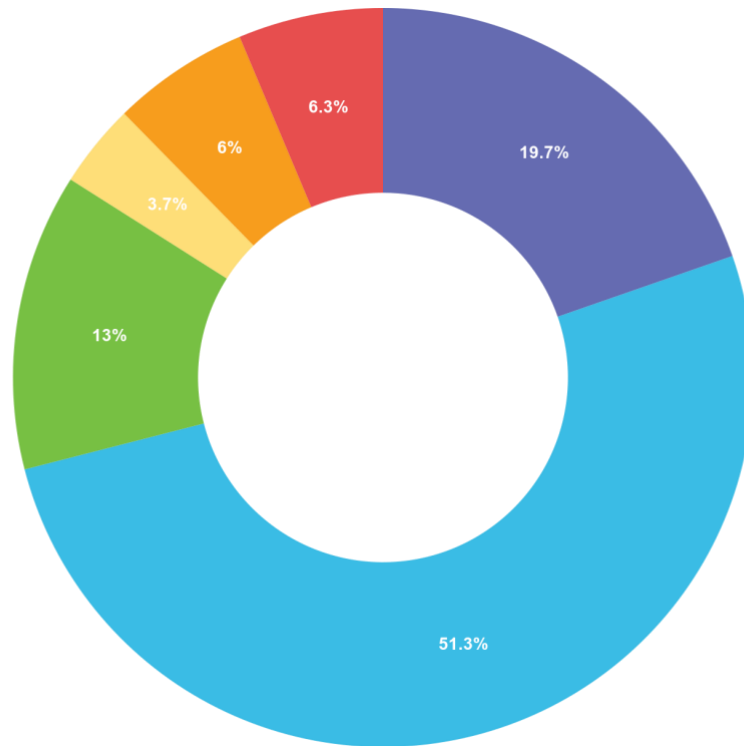
	Choice	Totals
•	Yes	257
•	No	22
•	I don't Train	8
•	No-Adopt a Cop/Dept	
•	Pay/Other	13

Responses 300 Answered 300 Unanswered 0

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Q28 How often does your department have Use of Force training for members? Not firearms or scenario training by hands on training.

Multiple Choice



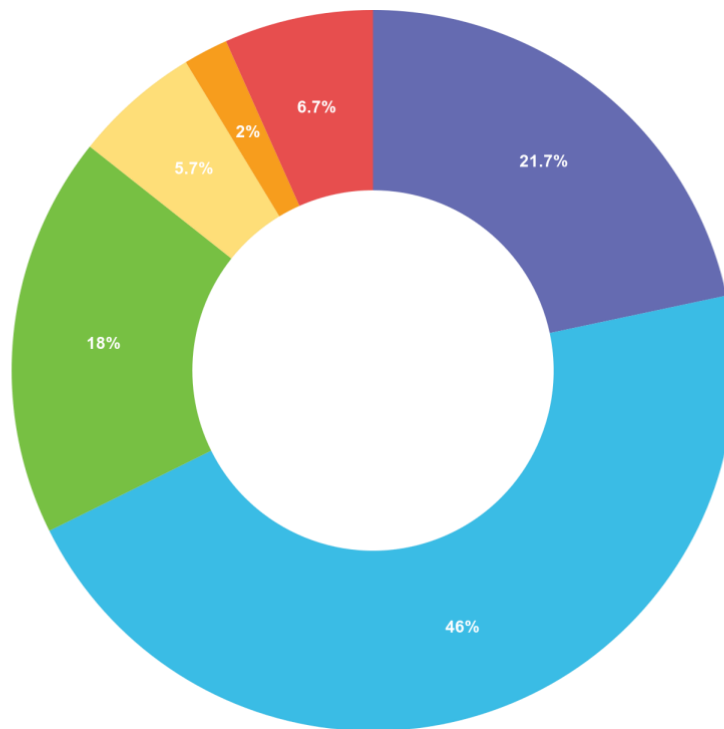
	Choice	Totals
•	Never	59
•	Once a Year	154
•	Twice a Year	39
•	3 times a year	11
•	4 times a year	18
•	5 times a year or more	19

Responses 300 Answered 300 Unanswered 0

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Q29 How many actual hours do you spend on the mat training arrest and control techniques with your department PER YEAR? Note: just because you have an 8 hour training day, it doesn't mean you are actually training that entire time. This is actual "putting in the reps" and not sitting around.

Multiple Choice

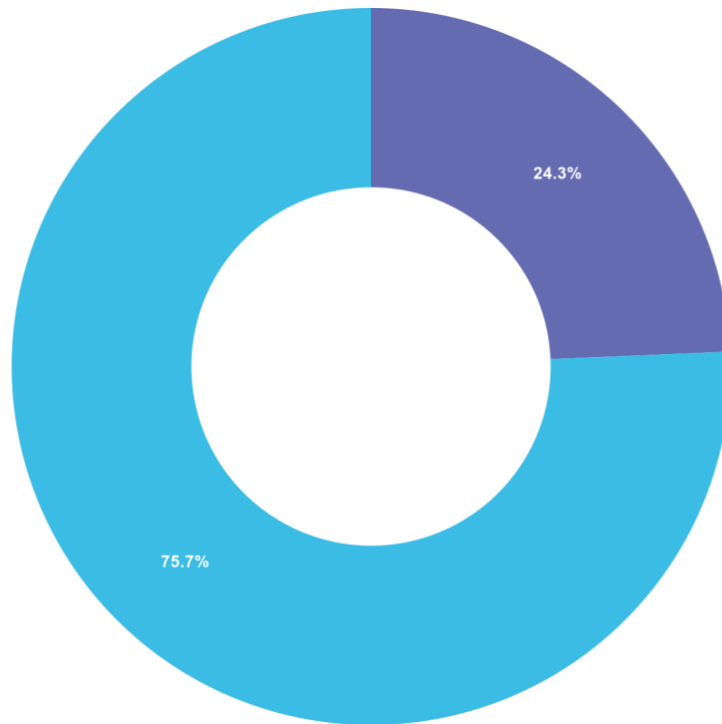


	Choice	Totals
•	None	65
•	Less than 5 hours	138
•	5-10 hours	54
•	10-20 hours	17
•	20-30 hours	6
•	30 hours +	20

Responses 300 Answered 300 Unanswered 0

INVICTUS

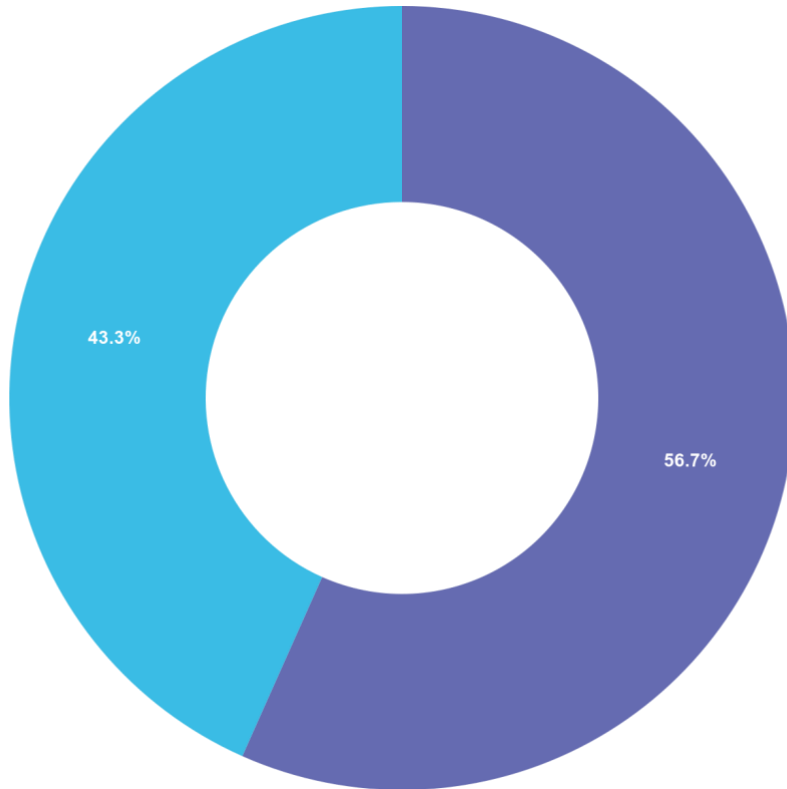
Q30 Do you have PTSD from work related matters? PTSD that has been identified.
Multiple Choice



	Choice	Totals
•	Yes	73
•	No	227
Responses	300	Answered 300 Unanswered 0

INVICTUS

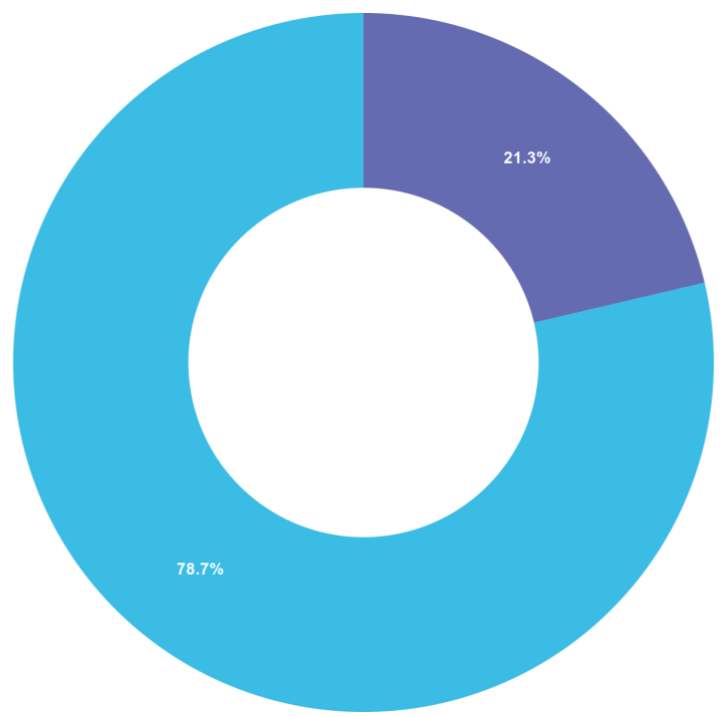
Q31 Has Jiu Jitsu helped manage your PTSD? If so, how?
Multiple Choice



Choice		Totals
•	No	170
•	Yes-Describe how it helps	130
Responses	300	Answered 300 Unanswered 0

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Q32 Does your Department have a wellness or mental health program?
Multiple Choice



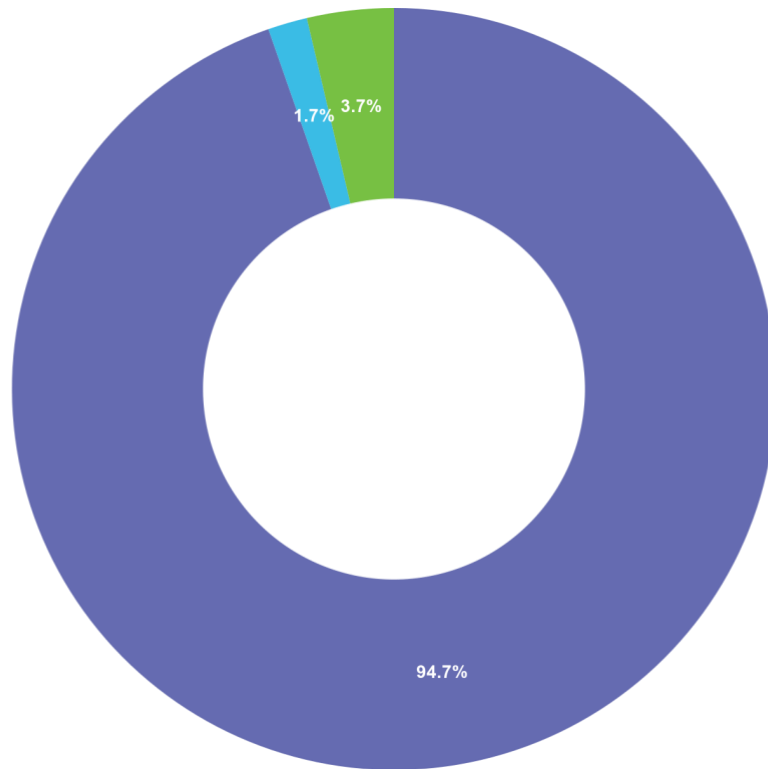
	Choice	Totals
•	No, my department does not have a program in place	64
•	Yes, my department has a program	236

Responses 300 Answered 300 Unanswered 0

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Q33 Has your understanding of Jiu Jitsu and body mechanics allowed you to articulate use of force better in reports?

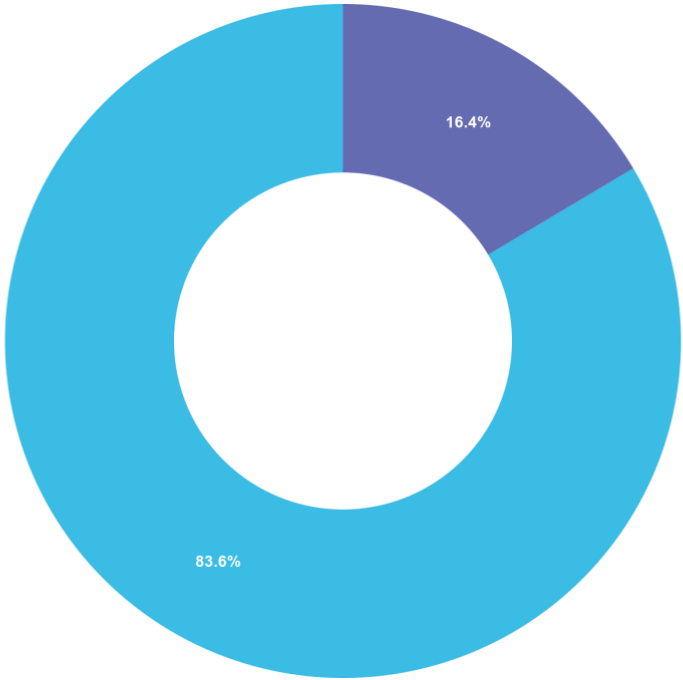
Multiple Choice



	Choice	Totals
•	Yes	284
•	No	5
•	Not Applicable-Don't Train	11
Responses	300	Answered 300 Unanswered 0

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Q34 Have you been injured by colleagues due to their attempt at arresting someone?
Multiple Choice



	Choice	Totals
•	Yes	49
•	No	249
Responses	300	Answered 298 Unanswered 2

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Q35 What are the biggest benefits you have found with Jiu Jitsu Training?

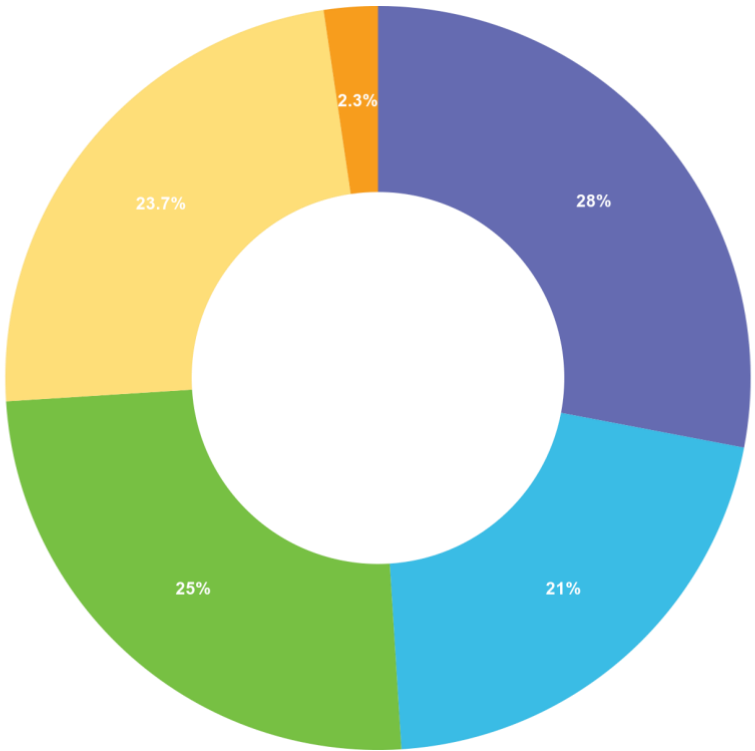
Note: This Section had 281 total answers but, in an effort, to keep this survey manageable, its been limited to five examples at random from the survey.

- Confidence when responding to service calls, and therapeutic.
- The ability to control people without having to utilize strikes and being able and confident to control anyone no matter their size. Just understanding the mechanic and the why on how jiu jitsu works so well. Jiu jitsu also has a certain level of fitness that you maintain the more you train mentally and physically.
- Confidence during encounters.
- Confidence in making arrests.
- Helping myself and others get a person under control with less injuries.

Responses 300 **Answered** 281 **Unanswered** 19

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Q36 Rate your current use of force and defensive tactics at your department.
Multiple Choice



	Choice	Totals
•	Poor	84
•	Below Average	63
•	Average	75
•	Above Average	71
•	Top Tier-Excellent	7
Responses 300		Answered 300
		Unanswered 0

INVICTUS

Q37 Have you attended Police Jiu Jitsu Training (C4C, GST, EFC Etc) given by a 3rd party? If so what and what was your experience?

Note: This Section had 260 total answers but, in an effort, to keep this survey manageable, its been limited to a few examples at random from the survey.

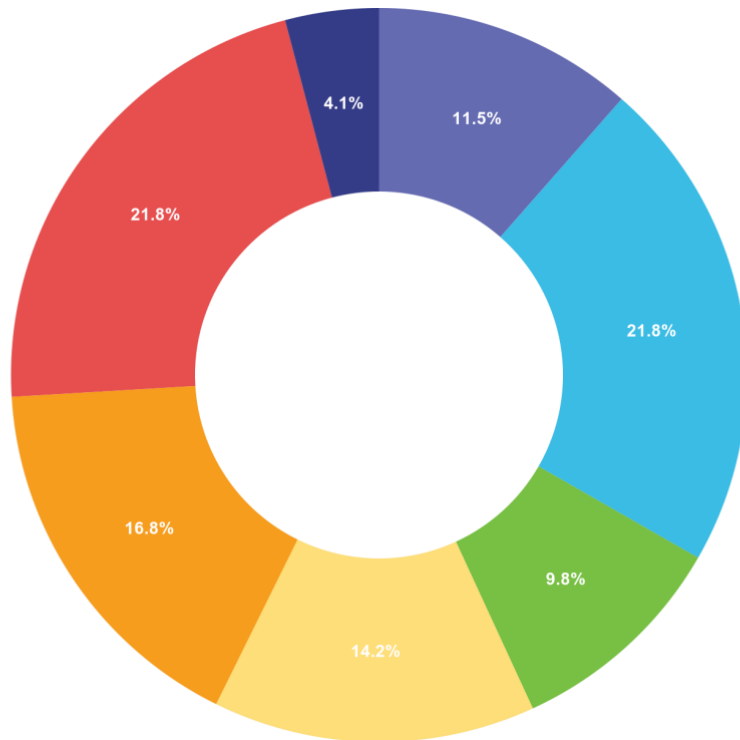
- Not third party. Hosted a EFC instructor course with Jay and even training jiu jitsu all the time it help put using jiu jitsu in policing in a new perspective on its use. Not just training techniques only, but principles and putting things together so knew where to go from point A to point B beginning to end.
- C4C with Chad. He's knowledgeable and always adapting. I found him also to be humble, which can be a challenge with some of the other alpha males in this arena.
- I've attended Royler Gracie's "GRACIE" Law Enforcement Training. He's a very good instructor, and supporter of police. I've attended his week long training course twice in the last three years. My only complaint is the class almost dictates the instruction (if this makes sense). The first time I went, there were only a few guys that trained Jiu Jitsu. He almost had to dumb down the training for the remainder of the class. The second time, almost the whole class trained Jiu Jitsu. He really pushed the topics as well as the techniques and scenarios in the class. I enjoyed the way he teaches. Classes are only 5 hours long each day, and there is a ton of review with reps and scenarios. The bad part about this, is your department send you to training for a week, and you only get 25 hours of training. I always have to make up the hours. But it's worth it.
- C4c x 5 times Efc x 1 time We adopted c4c and efc
- Yes my department paid for me to obtain GST Level One and Level Two Instructor. I have also had exposure to C4C instruction. I like some of the GST training and some techniques I didn't like. I liked everything I was taught in C4C.
- Yes, STORM Training Group instructor course. I found that it is basic fundamental jiu jitsu that works well, and the primary control techniques are very retainable and repeatable even for officers that only train once a year. I have also attended Jiu jitsu 5-0 courses and Invictus seminars and used techniques from those both in real life and on the mats.
- I attended GST. I took the class just after testing /promoting or blue belt. I thought the class was wonderful. However, for someone not training I could see it being overwhelming due to the volume of things taught.
- GST 1 and 2. Overall a great course but seems a little "rubber stamped" (I.e. people pass only because they paid the fee.

300 **Answered** 260 **Unanswered** 40

Q38 What is the biggest hurdle for cops in starting Jiu Jitsu Training?

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Multiple Choice



	Choice	Totals
•	Cost	106
•	Ego	202
•	Fear of Injury	91
•	Not understanding the importance of JJ	131
•	Laziness	155
•	Thinking they don't need it	202
•	Other	38

Responses 300 Answered 300 Unanswered 0

Q39 If you know a cop or cops that have quit Jiu Jitsu, what was the reason?

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Note: This Section had 224 total answers but, in an effort, to keep this survey manageable, its been limited to five examples at random from the survey.

- I have not. But my guess would be due to injuries.
- They did not have enough time to come train, got busy with life or cost excuse
- Yes I don't know why
- They got their blue belt lol. Also training to make time for their family and kids events.
- Family obligations and medical

Responses 300 Answered 224 Unanswered 76

INVICTUS

Q40 What have been the best tactics to motivate non Jiu Jitsu cops to start training with you (or your academy)?

Note: This Section had 249 total answers but, in an effort, to keep this survey manageable, its been limited to five examples at random from the survey.

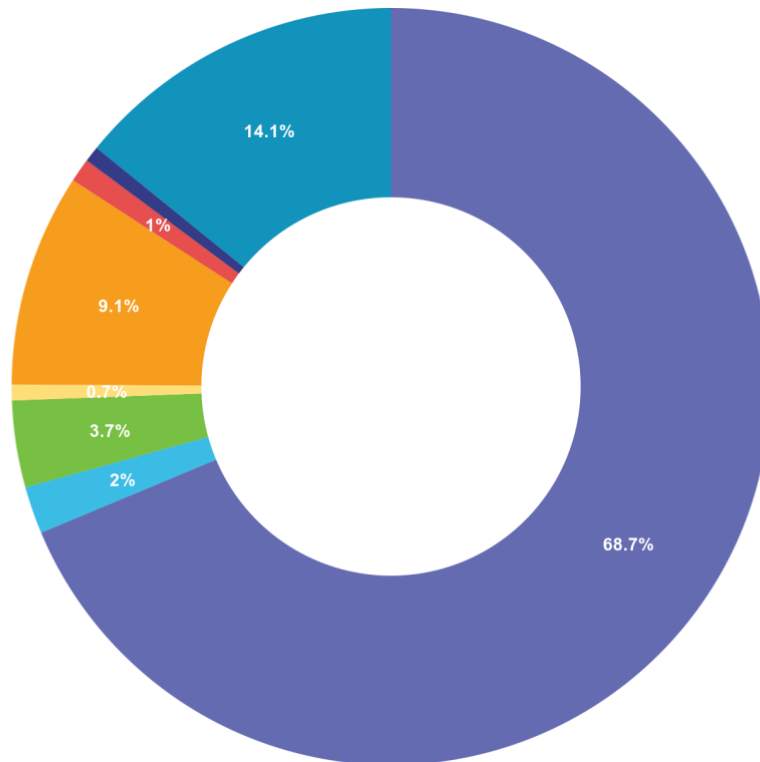
- Free BJJ Seminars, has worked in the past in our area.
- Reposting social media from accredited sources like EFC, C4C, Officer survival, 5-0 jiu jitsu and hating event for them to attend for no cost to train.
- Demonstrating on officers how well it work while going 50 to 60%
- I speak about the benefits and then do a demonstration where I grab them and tell them to get my grip off them. Then do the same and show a technique. Or I invite them to roll and show them how quickly they can go unconscious. I'm an fto and I show my rookies how bad some of the techniques they know are and introduce them to some pros and coach's I've meet
- Social media, showing them how efficient you can be, being the bad guy role player in use of force scenarios and letting them do whatever. They think they need to do and showing them how ineffective non-technical skills are.

Responses 300 Answered 249 Unanswered 51

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Q41 Does your department have any high level administrators train in Jiu Jitsu? These are admins who are in a position to make policy changes.

Multiple Choice



	Choice	Totals
•	No	204
•	Chief	6
•	Assistant Chief/Deputy Chief	11
•	Superintendent	2
•	Captains	27
•	Inspectors	3
•	Sheriff	2
•	Other	42

Responses 300 Answered 297 Unanswered 3

INVICTUS

Q42 We are hoping you could leave a testimonial about the Invictus Leo Jiu Jitsu Collective and your views on the importance of Jiu Jitsu training for cops.

Note: This Section had 211 total answers but, in an effort, to keep this survey manageable, its been limited to five examples at random from the survey.

- Invictus LEO JiuJitsu Collective has brought effective Techniques to the Law Enforcement Community. A lot of it has been implemented into our Use Of Force program in our Department. JiuJitsu is the most effective and most reliable art to use for cops. Mainly for its proficiency in body control.
- I have been following Invictus Leo jiuJitsu collective for a while and the content they post or speak about is 100% spot on with training for law enforcement. I think that as law enforcement they should be required to at least earn a blue belt in BJJ. Then they would have a much better understanding of how to actually affect an arrest without resorting to ground and pound striking to get control of subject. We should be so good at fighting that when the time comes, we don't have to fight.
- Very important for your own safety and safety of your fellow officers. Go train.
- I show this page to coworkers and all my rookies and many will start bjj. A big part is the links to adopt a cop many of my coworkers started because they learned about it from posts here and applied for it
- Sometimes I get tired of preaching the benefits of jiu jitsu. It's like swimming up-stream. Not only do I want my department to use jiu jitsu techniques and subscribe to a jiu jitsu curriculum, I want all cops to train. It's frustrating watching the news and videos. Out of shape cops making poor decisions. Untrained officers escalating force when it's not needed. I don't know those cops, but to the public, we're all the same. Cops are out of shape, undertrained, and quick to pull the trigger. With jiu jitsu, you will learn techniques to control a resisting subject. You'll make better decisions. You'll get in shape. You won't be on the news making bad decisions by using poor tactics. This fight has to start somewhere. Cops that train all feel the same way. It's going to take someone in an authority position (i.e., State level) to say, "We need a jiu jitsu based, police curriculum." Minimum standards should include Jiu Jitsu. Until States make it mandatory, we all have to keep preaching Jiu Jitsu.
- The Invictus Collective is here to benefit all Officers and to keep us safe. Training Jiu Jitsu has been one of the best decisions I have made. It has boosted my confidence to know I could safely control a situation should things go south. I know I will be able to keep my partners and myself safe. One thing that has always stuck with me was a question my professor asked. If you were in a bad situation, would you call yourself for back up or does someone else come to mind? If the answer isn't you, then you need to train.
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Responses 300 **Answered** 211 **Unanswered** 89