

DTT—Defensive Tactics Technologies



Martial Science, Not Martial Arts®

DTT Law-Enforcement Course (level 1) Student Reference

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Student Form

Name

Name

Mailing Address

Number.Street

Individual Info

City State Zip code Country

Professional Info

Age M/F?

Group Represented

Are you affiliated with any law-enforcement organization?

Do you train in any martial arts? Which forms?

Do you teach martial arts or any self-defense training?

I understand that the information presented in this course and contained in this reference is confidential and is considered proprietary of Defensive Tactics Technologies.

Signature

Foreward

My goal with **Defensive Tactics Technologies (DTT)** is to fill what I've seen as a growing void in the defensive tactics training field. DTT is unique in its principle of **GST**, providing a defender with the possibility of not being grabbed, struck, or taken down in a conflict. DTT is the culmination of my 26 years of training with many of the great martial arts masters, including at present Master Steven Seagal. This experience in tradition, combined with a practical and contemporary viewpoint, has borne a defensive tactics system suited for today's situations and considerations. I want students to come out of this program not just with defensive techniques, but with a new orientation that provides for the possibility of dealing with the impossible.

*Elliot Freeman, Chief Instructor
Defensive Tactics Technologies/DTT*





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INTRODUCTION



Defensive Tactics Technologies (DTT)

Defensive Tactics Technologies (DTT) has been designed to provide the Law Enforcement and Corrections communities with the tools to resolve conflict with maximum efficiency and minimal effort. It provides realistic physical and psychological strategies and techniques for defense in real-world situations.

Martial Science, Not Martial Arts

Much like the work William E. Fairbairn, Assistant Commissioner of the Shanghai Municipal Police did in the 1920s developing direct and effective fighting techniques from traditional martial arts, DTT has been developed to utilize the best techniques of traditional martial arts, instructing students in the science of defense.

Sophisticated Yet Simple

Distilled from a broad range of martial arts, DTT focuses on three movements that enable a defender to deflect any incoming attack or series of attacks. With so few “moving parts,” DTT is simple to learn and apply. Also, unlike other training systems that often rely on a static or “stop and go” approach to the sequence of conflict, DTT teaches students to move in “real time,” training them to fluidly process either individual or multiple, simultaneous attacks in virtually the same way.

Defensive

Key to DTT is its defensive stance, an unaggressive posture that empowers a defender to defuse a situation without increasing the level of aggression. Not dangerously defensive, DTT techniques function out of the direct line of an attack, working constantly toward a “safe zone” where the attacker can be controlled by off-balancing and immobilization techniques.

GST Principle

DTT is designed to prevent an attacker from Grabbing, Striking, or Taking down a defender. Summarized as **GST**, this is the overarching principle of DTT—after all, if an attacker can do none of those things, the potential threat is virtually eliminated.

Conversational Re-Redirecting Techniques

Also unique to DTT is its use of Conversational Re-direction, verbal techniques that can be used to defuse a confrontation, especially with an overtly intoxicated or angry individual.



Legally Defensible

With the use of force constantly scrutinized and questioned in today's courts, keeping to the lowest level of the use of force matrix is essential in every confrontation. Combining a uniquely non-threatening stance with controlling techniques that are always deemed as reasonable force, DTT has earned a reputation as defensive tactics that almost seem to have been designed to be caught on videotape."¹

Your DTT Handbook

Please note that this text is not designed as a standalone training manual. Rather, it is intended as a companion piece for the DTT course, providing ample space for notes and functioning as a reference for students after they have completed DTT training.

¹ John C. Simpson, "A Report on Three Rivers and GST" *The Journal of Counterterrorism & Security International* Vol.6, No.4





SECTION 1



Orientation

DTT Vocabulary & Methodology

1. Promises & integrity
 - To students, from students
 - Within group
2. Empty cup
3. Competition vs. cooperation
4. What is a liar?
5. Failing is OK!
6. Preconceived thinking methodology?
 - Ghosts of the past
 - Past, present, future
 - Where is your neck? What is and what isn't?
7. Good vs. Bad, Right vs. Wrong, and Consequences
8. Paradigm shift (new mindset)
9. "Pick this up . . ."
10. "Superman vs. Gilligan"
11. Risk Benefit Ratio
12. Monkey see, monkey do?
13. Desperation vs. "Everything is perfect"
14. Practice makes _____?
15. Observation – Orientation – Decision – Action Cycle vs. Target Fixation
16. Linear vs. non-linear thinking
17. Double slap-out & "Red"
18. "Eye of the hurricane"
19. Conversational Re-direction

*"Failure is the key to success.
Each mistake teaches us
something."*

*O Sensei Morihei Ueshiba,
Founder of Aikido*



Conversational Re-direction

Physical engagement is the last resort. It’s always better to avoid a fight, so to that end, DTT employs Conversational Re-direction, verbal techniques that can be used to defuse a confrontation, especially with an intoxicated or angry individual. Individuals trained in Conversational Re-direction are equipped to possibly end a confrontation without it escalating to the next level of force.

Observation

Conversational Re-direction begins with Observation. At this point, you look to identify anger and aggressive behavior in a questionable individual. Points to look for include:

Appearance

- Fixed gaze
- Straining muscles, especially around the eyes, jaw, neck, or lips
- Hands clenched or flexing
- Any breathing other than normal—either heavy quick breaths or continually holding and releasing breath

Voice/Verbal

- Louder than necessary, with little regard for others
- Quick, rapid speech
- Cursing
- Threats
- Describing undue frustration

Actions

- Taking personal space (aggressively too close to others)
- Aggressive physical contact, such as shoving, pulling, grabbing or striking

Re-direction

Re-direction begins by getting on the angry individual’s side—after all, if you’re both on the same side, there’s no reason to fight.

To begin re-directing the situation verbally,

| | |
|---|---|
| 1. Agree with the individual. | Acknowledge that he is probably upset for a good reason. |
| 2. Allow the individual to express his frustration. | Show active listening traits—focus on the individual, nod, paraphrase, give verbal indications you are listening. |



| | |
|---|---|
| 3. Identify with the individual (regardless of whether you feel he’s right or wrong). | Use phrases such as <i>“Yes, I see that could be very frustrating.”</i> |
| 4. Report the individual’s concern. | Make notes. Send someone to “look into the issue” for the individual, or summon someone else to maintain contact with the individual while you “look into it.” Use phrases such as <i>“That bothers me too. Let me talk to my supervisor about it.”</i> |
| If the individual has focused his anger on you, | |
| a. Summon someone else to identify with the individual. | Be the “bad guy” and withdraw, letting the person you summoned try to establish a positive interaction with the individual. |
| b. Do not try to re-establish contact with the individual. | Once you’ve assumed the role of the “bad guy” don’t come back. If the individual has identified you with the conflict, when you return, the conflict may resume. |
| 5. Leave the individual on a positive note. | When the individual has settled down, withdraw from the situation, but staying on “his side.” <i>“Thanks for being up front about that. I think we can take care of it. If anything else concerns you, please just let me know.”</i> |

Note: **Never** try to mollify an angered or agitated individual with alcohol. Though at first glance it may seem like an easy way to calm the individual, it often makes a bad situation worse.

Awareness—Positioning

While keeping the individual occupied during the Conversational Re-direction, you should use the time to assess the situation and move yourself to a safer place—not necessarily leaving the scene, but adjusting your position, your angle, your distance from the individual—so that if the situation does escalate, you can be ready to move to the next necessary level of force.



Stance

Stance is where all techniques begin. Only when you are positioned correctly and balanced can you meet and counter an attack effectively.

What is it?

Standing with your back straight and your head up,

“A good stance and posture reflect a proper state of mind.”

*O Sensei Morihei Ueshiba,
Founder of Aikido*

1. Step forward with one foot, about one “walking step.”



Weapons

Handgun Disarm

If an attacker presents a pistol,

1. Remain calm, assume the **Basic Stance** and begin **Conversational Re-direction**—with any luck, that may be enough to dissuade the attacker; at the very least, it shifts his focus, distracting him so you can act.



- Strike up with both hands, while simultaneously dropping into a lower stance. Grab the barrel with your front hand, and the attacker's weapon hand with your back hand.



2. Twist the barrel over, pointing the pistol back at the attacker and trapping his finger in the trigger guard. This applies pressure to his finger similar to the **Finger Technique**.



3. Continue applying pressure—while keeping the pistol directed at the attacker—until he is prone.

