

**4. USE OF FORCE TRAINING MANUAL**  
**4.1. COMPLIANCE FORCE**

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# Guardian Angels Basic Compliance Force Training

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## Basic Stance

Never stand with your feet together (at left). It is too easy for someone to push you off balance. Always stand with your feet slightly apart. If someone appears unpredictable or potentially hostile, stand at an angle and place your feet at an angle (at right). You present less of a target to the person, and you have more balance.



## Progressive Stances



### **Normal Stance**

The person is friendly and respectful.

Use your hands when talking.

Open up your hands so that you are showing open palms.



### **Defensive Stance**

The person is unpredictable and potentially hostile.

Bring your hands further out to protect your personal space.

Widen your stance for more balance.

Keep your hands open to calm the person down.



### **Fighting Stance**

The person is violent and hostile.

He is not responding to verbal commands.

Prepare to defend yourself.

Widen your stance even more so that you have a low center of gravity.

## Personal Space

Your personal space is the space that surrounds your entire body at the length of your arm. In other words, if you were to spin around in a circle with your arms fully extended, you are covering your personal space. If you were to hit something while you were spinning, that person is inside your personal space.

We take our personal space for granted. We are so used to allowing trusted friends and family members enter our personal space that many people assume that we do not even have any personal space. In reality, we only allow people to enter our personal space if we trust them not to hurt us. With strangers and even hurtful people we know, we should always enforce our personal space. Of course, in certain crowded areas, it is impossible to protect our personal space. However, we can still protect our own person. No one should be rubbing up against us or shoving us.

In these pictures, the citizen is in the Angel's personal space. If the Angel extends his arm out, the citizen is easily inside the length of the Angel's arm.



The Angel should ask the citizen to step back. If he does not comply, slowly and gently push the citizen back. In most instances, the citizen will apologize and comply.



## Protecting Personal Space

In some instances, the citizen will not comply. Often times, the citizen is either intoxicated or simply belligerent. Keep in mind that in some cultures, personal space is either further away or much closer. So long as you patrol in America, your personal space is your arm's length. Someone from another culture will understand this. If you are patrolling elsewhere, try to adapt to their cultural standards, however, never compromise your own personal safety. In some cultures, touching and grabbing is natural, but as a Guardian Angel, this should never be tolerated with strangers.

When someone enters your personal space, there are three basic steps:

1. Friendly and gentle warning.  
"Hey, you're standing a little too close to me. Please step back."
2. Firm and commanding warning.  
"Hey! Didn't you hear me? I said step back!"
3. Barking warning.  
"STEP BACK NOW! BACK OFF!"

Depending on how the person responds to the second warning, you do not need to provide three warnings. If the person completely ignores you and appears hostile, you may use compliance force at any time.

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## Redirection

Redirection works well for intoxicated people. After the second warning, he attempts to enter your personal space.

1. Stiff-arm one of his shoulders.
2. With your other hand, grab his other shoulder and rapidly swing him around.
3. Once he has been swung around 180 degrees...
4. Gently push him away from you.

With many intoxicated people, this rapid redirection will disorient them enough so that they forget what they were doing with you. The entire technique should be smooth and quick not choppy. In the end, do not shove or hit him from behind. This may cause him to lose balance and fall.



## Pushing

There is a fine line between pushing and striking. You strike someone when you forcefully make contact with him from a distance. You push someone when you already have made contact and forcefully move him back. In these photos, notice how the Angel immediately makes contact with the citizen. As the citizen continues toward the Angel, the Angel squats down to gain leverage and finally pushes forward. At no time does the Angel's hand leave the person's body except for the very end.

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## Alternating Push

Sometimes a person will continue to come back at you or he may be trying to get at someone else. He does not respond to a redirection or a push. In this case, you need to continue pushing him backwards. If you applied single pressure to one point on his body, he could easily maneuver around you. The Alternating Push continually puts the person off balance.

You start off by pushing one shoulder back. Then push the other shoulder back. Then push the other shoulder back. Continue doing this in rapid succession.

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## Guardian Angels Compliance Deterrence Force

### Outside Wrist Lock

1. Someone attempts to grab you with a right hand.
2. Use your right hand to grab the person's wrist. Place your thumb in the center of the back of his hand. Wrap your left hand around his wrist, left thumb next to your right thumb.
3. Quickly, swing his arm to your right. Keep your hands close to your body for leverage.
4. At the same time, pull your fingers in while pushing your thumbs out.
5. Bend his arm behind his back for further leverage.

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5.



Close Up

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## Inside Wrist Lock

1. Someone attempts to grab you with his right hand.
2. Use your left hand to grab his wrist. Thumb in the center of the back of his hand.
3. Use your right hand to wrap his wrist. At the same time, pull your fingers in while pushing your thumbs out.
4. Create a V Shape with his arm and push down firmly. If the V is too thin, he will muscle out. If the V is too wide, he will twist out.

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## Arm Lock

Wrist locks work best on women, skinny people, dope heads, and drunks. A wrist lock will not work on someone who has large bones, muscles, or is tight. When encountering these larger and more aggressive people, use an arm lock instead.

1. Someone's arm is extended toward you.
2. Grab the arm with both hands as if you were grabbing a baseball bat.
3. Bend his arm up, and QUICKLY throw your head under his armpit.
4. Follow through.
5. Yank his arm down while stepping behind him.
6. Bend his arm behind his back.

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6.



## Thumb Lock

1. Someone tries to grab you with his right hand. Place your left fingers around his right wrist. Use your left thumb to press his right thumb into his palm.
2. Use your right hand to grab his fingers together and push them back to control him.

1.



2.



## Gooseneck

1. Someone attempts to grab you with his right hand.
2. Step out of the way to your left. Grab his right wrist with your right hand. Bend his elbow with your left hand.
3. Step around to his right side so you are both facing in the same direction. Trap his right elbow into your chest. Grab his right wrist with your left hand and push his hand down to control him.

1.



2.



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## Behind the Back Arm Lock

1. If you are escorting someone or pushing him away, grab his left wrist with your left hand. Grab his arm bone about two inches above his elbow with your right hand.
2. If he resists or does not comply, swing his left forearm behind his back by pushing with your left hand down and your right hand up.
3. Place his left elbow right under your armpit.
4. Slide your right hand across to grab his left hand. Grab his left hand also with your left hand. Pull his hand back toward you for control.

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## Behind the Back Arm Lock

1. Grab his right wrist.
2. With both hands, push up on his right arm so that his arm is bent at a 90 degree angle.
3. Move your body to his rear and swing his right arm behind his back.

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2.



3.



## Behind the Back Arms Restraint

1. Step to your left.
2. Swing your right hand under his right arm.
3. Slide your left hand under his left armpit.
4. Bring his left arm back.
5. Bring your hands together.
6. Lift him up and backwards.

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## Breaking Up Fights (BUF)

For most fights, both participants are really looking for a dignified way out without losing face. Combatants will actually be relieved when Angels step between them. However, if you are too aggressive, the combatants may attack you to keep from looking bad. Try to be as calm and commanding as possible.

1. Carefully approach one combatant with your partner watching your back, as the other Angel approaches the other combatant with his partner watching his back.
2. Place your left hand under his right armpit, and place your right hand across his chest. Your right hand will also be used to protect yourself if he tries to strike you.
3. Cross your wrists. Place your right forearm against his left jaw so that he ends up looking away from the other combatant.
4. Push him back or against a wall with your left leg crossing his body so that he cannot kick you. Tell him the fight is over, and that seriously injuring the other combatant is not worth it. Do not let him go unless he promises to walk away.

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## Guardian Angels Counter Force Training

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### Counter An Aggressive Handshake

1. Someone attempts to pull you toward him when you shake his right hand.
2. Step forward toward him. Grab his right arm bone about 2 inches above his elbow with your left hand.
3. Swing his right hand under and behind his back.

1.



2.

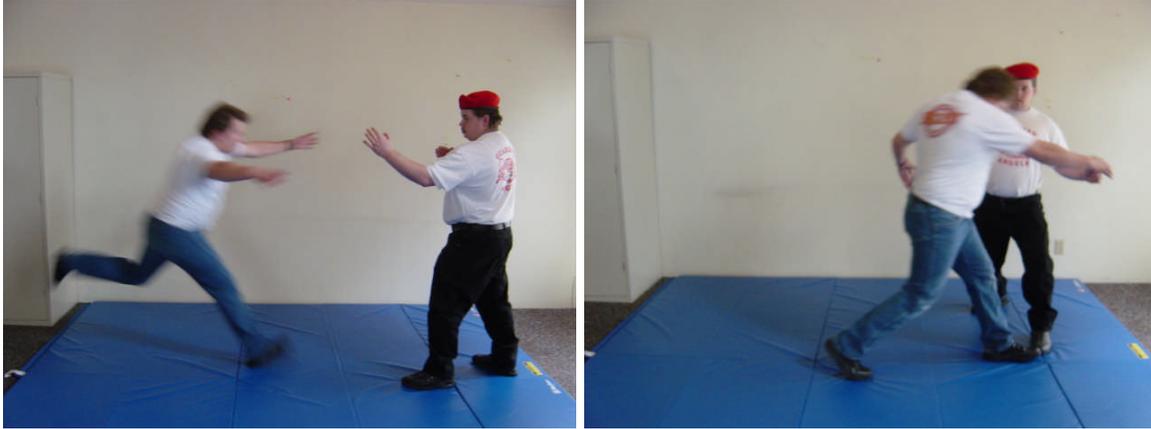


3.



## Moving Out the Way

If someone charges you, simply pivot around the side and out of the way. Keep your arms out to deflect any strike.



## Countering a Wrist Grab

1. Someone grabs your right wrist with his right wrist.
2. Swing your right hand in a clockwise motion.
3. Grab his right wrist with your right hand. Grab his right arm bone about 2 inches above his elbow with your left hand.
4. Bring his arm down and behind his back with your right hand while using your left hand for leverage.

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3.



4.



## Countering a Double Wrist Grab

1. Someone grabs your left wrist with both his hands.
2. Make a fist with your left hand.
3. Take your right hand over and between his two arms. Grab your left fist.
4. Step in toward him and pull your hand up and away from him.

1.



2.



3.



4.



## Countering A Lapel/Chest Grab

1. Trap his right hand with your right hand.
2. Twist your body to the left and use your left hand to...
3. Twist his elbow up and around.
4. Grab his wrist with both your hands and put him in a wristlock.

1.



2.



3.



4.



## Countering A Shoulder Or Upper Arm Grab

1. Someone grabs your left shoulder with his right hand.
2. Swing your left arm in a counter-clockwise direction.
3. Trap his forearm under your left armpit and place your forearm about 2 inches below his right elbow.
4. Pull up on his arm with your left forearm and push against his right shoulder with your right hand.

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## Countering a Shoulder Grab from Behind

If someone grabs your shoulder from behind, look back and press your heel against his closest knee.



## Countering a Hand to Head

If someone tries to grab or touch your head, face, or beret, use an outside block with your forearms.



Or use an inside block with your forearms.



## Countering A Rear Bear Hug

1. Someone grabs you from behind and traps both your arms.
2. Grab his ring finger and pull it back.
3. Press against his knee with your heel.

1.



2.



3.



## Countering a Rear Bear Hug

1. Someone grabs you from behind around the waist.
2. Bend over as if you were about to sit down on a chair.
3. Reach down and wrap both your hands around his nearest ankle.
4. At the same time, pull up on his ankle and sit back.

1.



2.



3.



4.



## Countering A Front Bear Hug

1. Someone grabs you from the front and traps both your arms.
2. Make a knife blade with your hand and swing it between your bodies.
3. Bring your hand up.
4. Push his chin backwards.

1.



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4.



## Countering A Tackle

1. Someone attempts to tackle you low. Push his head down.
2. Rest your chest on the top of his back and spread your legs out far to each side for balance. This also keeps him from grabbing your legs.
3. Swing your body around using your chest as a pivot around his back.
4. Swing all the way around behind him for a full mount.

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## Countering A Side Headlock

1. Someone places you in a side headlock on your right side.
2. Swing your right hand down between your bodies.
3. Bring your right hand out between his arms and grab his left wrist with your left hand.
4. Stand straight up bringing your right arm out and pulling his left hand back.

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4.



## Countering A Side Headlock

1. Someone places you in a side headlock on your right side. Wrap your right hand around his right waist. Cradle his left thigh with your left hand.
2. Squat down and then lift him in the air.
3. Throw him down to his right side and fall on top of him.

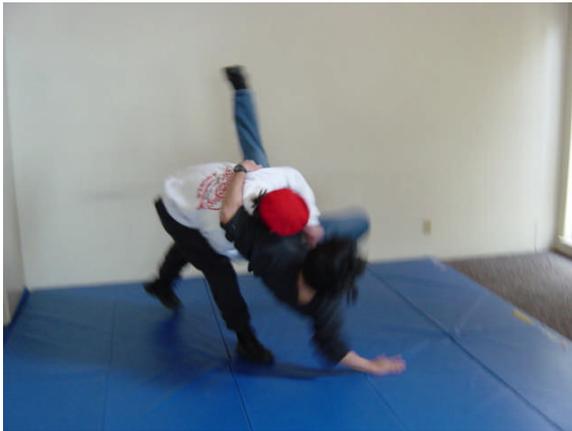
1.



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## Countering A Rear Choke

1. Someone tries to put you in a rear headlock or choke starting with his right arm.
2. As soon as you feel his arm coming around your shoulder, bring both your shoulders up. Turn your head away from his arm and place your chin directly against your collarbone to create an airway.
3. Use both your hands to pull his right arm down away from your throat.
4. Squat down as if you were about to sit in a chair. You should lift him into the air.
5. Bend your right leg and drop your right shoulder. He should fall into the space you created on your right side.

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## **Countering A Rear Choke on the Ground**

1. If you are being choked with his right arm, turn your head into his right elbow.
2. Use both hands to pull his right arm down away from your throat.
3. Drop your right shoulder.
4. Position your body to his left side and try to turn around to face him.



## Guardian Angels Sticky Elbows

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Source: European Region Instructors Handbook Ver. 011.1

Facing your partner, one person attempts to touch the other's face with an open hand. The touch should be like painting his face not striking or poking it. The other person then blocks the attempt with a hooked, open hand and elbows. You should not be reactive and defensive but rather assertive and controlling. Keep your knees slightly bent and do not back peddle. You should always keep moving.

One of the goals of the drill is to remove your flinching impulse when someone attacks your face. Most novices flinch, squint, and look away. After continuous drilling, you should be able to look directly at your opponent and see everything coming at you. Another goal is to help you anticipate an attacker's hand and arm movement as well as improve your hand-eye coordination and speed.

Keep your chin tucked down, and do not tilt your head away from the attack. Start out slowly and avoid doing the slaphappy fight where you both just slap each other.

After a while, the defender can introduce low kicks to the thighs as a distraction.



## Guardian Angels Pressure Points

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### Finger Pressure Points

**WARNING:** Be very careful that you do not overextend or dislocate the person's finger. Apply even pressure until the perp complies.

1. Someone grabs you or attempts to grab you with his right hand.
2. Trap his wrist with your right hand. Grab his middle finger with your left hand with your thumb pointed down.
3. Pull his middle finger back.
4. Pull his right hand backwards.

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## Finger Grab

To control someone's hand, grab his two middle fingers and squeeze together.



## Hand Pressure Points

If someone grabs you, make a fist with your free hand. Stick your middle finger joint out of the fist. With a sharp flicking motion of the wrist, rap the back of the person's hand only making contact with your middle finger joint. This will temporarily shock the nerves on the back of his hand forcing him to release the grip.



## Facial Pressure Points

**WARNING:** Try to avoid using facial pressure points. Do not teach new recruits facial pressure points. Facial pressure points require a high degree of maturity and self-control. They may result in serious bodily injury to both practitioner and target. Facial pressure points are the last resort before progressing to a takedown or strike. Applied correctly, they can be very effective deterrents and result in compliance without the need for arrest or fight.

Grab his ear firmly between your thumb and index finger.



Press your index finger firmly up and into the groove between his jaw joint and skull.

Press both thumbs up and into the groove right under his jaws about half way between the tip of his jaw and the joint.



Press up and against the space between his nostril and upper lip with the outside blade of your hand. **WARNING:** Be careful that he does not bite your hand. Do not smother his mouth with your palm.

Grab the sides of his mouth with your middle fingers. Pull the sides of his mouth back.  
**WARNING:** Make sure your index fingers are wrapped tightly around his skin so he cannot bite them. DO NOT pull back so hard that you split his lips.



Press his eyelid down against his eyeball with your thumb.  
**WARNING:** Make sure your thumb is not making direct contact with his eyeball. Press gradually and slowly against his eyeball.

Put pressure on his Adams Apple using the inside blade of your hand.  
**WARNING:** DO NOT strike his Adams Apple.



Press your thumb into the groove directly above his sternum between the two bumps on his rib cage.  
**WARNING:** DO NOT strike this area.

Place your palm firmly against his nose, applying continuous pressure until he complies. Place your other hand behind his head for leverage.

## Body Pressure Points

Pinch a very small piece of skin in the middle of the back of his arm.



Using a middle finger joint fist, rake his rib cage up and down.

