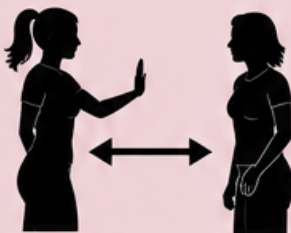


PHYSICAL RESPONSE CONTINUUM

A PROGRESSIVE FRAMEWORK OF SKILLS FROM LEAST FORCE & LEAST COMPLEXITY TO HIGHEST RISK & CONSEQUENCE

LOWER RISK
LOWER FORCE
LOWER COMPLEXITY

1



VERBAL ASSERTION & DISTANCE CONTROL

- Command presence
- Boundary setting
- De-escalation
- Creating space
- Positioning for escape

GOAL:

Prevent the physical confrontation altogether.

2



STANCE, MOVEMENT & ANGLES

- Defensive stance
- Footwork
- Lateral movement
- Creating angles
- Managing distance

GOAL:

Stay mobile, balanced, and harder to attack.

3



IMPROVISED & NON-LETHAL TOOLS

- Flashlights
- Tactical pens
- Pepper spray
- Personal alarms
- Everyday carry items

GOAL:

Create an opportunity to escape without lethal force.

4



ESCAPES FROM GRABS & HOLDS

- Wrist grabs
- Bear hugs
- Headlocks
- Chokes
- Hair grabs

GOAL:

Break control and get back to safety.

5



BREAKFALLS & TECHNICAL STAND UPS

- Front breakfall
- Back breakfall
- Side breakfall
- Technical stand up

GOAL:

Survive the fall and regain mobility.

6



GROUND ESCAPES & REVERSALS

- Mount escapes
- Guard recovery
- Side control escapes
- Positional survival
- Standing up safely

GOAL:

Escape, improve position, and get back on your feet.

7



LETHAL WEAPONS & FORCE MULTIPLIERS

- Firearms
- Defensive knife use
- Less-lethal to lethal transitions
- Legal considerations
- Use-of-force decision making

GOAL:

Stop a deadly threat when no safer option exists.



CORE PRINCIPLE

The objective is not to climb higher on the continuum.
The objective is to solve the problem at the lowest level necessary and escape safely.
The higher you move up the continuum, the greater the risk, consequences, and responsibility.

*Built to Survive.
Trained to Rise.*



AWARENESS



PREVENTION



ESCAPE



SURVIVAL



FORCE ONLY
WHEN NECESSARY

RIGHT SKILL. RIGHT TIME. RIGHT REASON. YOUR SAFETY. YOUR CHOICE. YOUR POWER. ♥