



BE A GOOD BAD-GUY™

Role-playing Rules for Scenario-based Instruction

The Science, psychology and safety elements behind Role-playing for self-defense and scenario based drills.

INTRO:

All simulation training should be created to effect one goal: greater confidence during real life dynamic confrontations.

The key is in using the 'replication' formula and the Ballistic Micro-Fight program which is the only scientific method to simultaneously create 'combat conditioning', skill development as well as improve decision-making skill under stress of fear, fatigue and force.

PROCESS:

The METHODOLOGY will be based on the BALLISTIC-MICRO-FIGHT SYSTEM™ (BMF), with its emphasis on ISOLATION principles and REPLICATION THEORY to help INSTRUCTORS improve TECHNICAL & TACTICAL confidence. The research includes elements related to TRAINING & PERFORMANCE. Scenario-based training is an EMERGING TREND. The BMF System offers both, strategies for performance improvement and innovative approaches to trainers.

BMF Theory, Concepts & Basics:

1. Be a Good Bad-Guy: Theory and Demo
2. Feigning Fear & Pain Concepts
3. Feigned Reactions: Principles of Energy Transfer & Kinematics
4. Threshold Principle & Drill
5. The "In-role" Theory
6. Pre-contact Preparation (Scenario/Dialogue/Character selection)
7. If they know you let them win – they lose.
8. Scenarios with & without gear.
9. Safety and debriefing scenarios.
10. Replications vs. Simulations.
11. What is the 'Ballistic Micro-Fight'?
12. Techniques vs. Tactics
13. Identifying the role-players tactical objective and professional objective
14. Safety Rules

BLAUER TACTICAL SYSTEM'S HIGH GEAR™ SIMULATION SYSTEM

PREPARATION AND SOP FOR BALLISTIC MICRO-FIGHT™

Personal Preparation:

- Cardio
- Endurance
- Emotional Climate drills
- BIT [Body Impact Training]
- Pain Management

Review:

- Be a Good Bad-Guy Principles
- Feigned Fear/Pain Application

Important Concepts:

- Do not break 'chain of command' during AA Debrief
- If the trainee knows you're letting him win he actually loses
- ***Never practice anything in training that you would never let happen to you in real life.*** [In other words, ALWAYS incorporate natural flinching & turning and covering]

Role Playing Safety ALERT — Remind all participants that the role-player is GOING to expose targets on purpose. 'Take the target' but back off on the power. We must trust one another to not injure one another.

"The first & foremost reason to train is for your self. If that is your core belief then how could you ever give a poor showing or lack energy? You train to protect yourself & family...If you are given a 1- minute drill I want to see you practicing for 60 seconds! Every time you waste a second you are stealing time. You are stealing from yourself." -T. Blauer

BALLISTIC MICRO-FIGHT™ SYSTEM (BMF)

Concept & Drill:

The BMF process sets scenario and tactical parameters so that the 'safety monitor' can control and observe, critique and motivate.

It allows for repetition and conditioning.

“The ‘Ballistic Micro-Fight System™’ enables those who are afraid of fighting to practice & those who are not afraid to fight to practice properly!”

– T. Blauer

BMF's are about repetition. BMF's provide a safe training vehicle to explore the Murphy moments in 'alive' scenarios and allow us to adapt, improvise and conquer adversity moments. But the emphasis is on repetition of the tactics and because the drill repeats the same sequence physically, stamina, endurance and muscular strength are direct by-products of this exercise.

Remember, only training the 'actual activity' works the coordination and the fluidity of the tactic. No form of calisthenics or other activity can develop 'technical' confidence other than the activity itself. Another by-product of the BMF process is the development of Mental Blueprints, decision-making and tactical awareness, because after each series a de-brief evaluation must be done, with analysis of endurance, timing, tactics, mind-set and so on.

The value of the BMF is that it is far safer than a freestyle simulation, where there is greater risk of injury and tactical coordination is more contrived and SOP based rather than 'alive' and scenario based.

What is also crucial to the success of drill is the role of the 'bad-guy' and his ability to replicate resistance, verbal assaults, feigning pain and other behavioral traits present in real-life confrontation [and absent from the typical training environment and competitive arenas.]

ALL QUALIFIED SIMULATION INSTRUCTORS MUST UNDERSTAND AND INTEGRATE THE FOLLOWING:

- **IMPACT REDUCTION PRINCIPLE AND TRAINING.**
- **BE A GOOD BAD-GUY™ PRINCIPLE**
- **THE ROLE-PLAYER RULES™ (Theory & Application)**
- **BALLISTIC MICRO-FIGHT™ SOP**

BMF SCENARIO RULES.

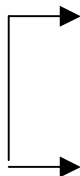
*It's very important that the 'participants' have experienced isolation drills based on the fundamental street attacks. Prior to force-on-force training.

ROE's:

Establish the parameters clearly including, a safe session includes the following three ingredients:

- Safety
- Control
- Tactical Options (do not deviate in a BMF, BMF's are NOT sparring contests!)

1. **THE SCENARIO MUST ALWAYS DICTATE.** Design scenarios that lend credibility to the training as well as Blueprint sound tactics for the street.
2. **PRIMARY INITIATION ATTACK™ PRINCIPLE:** Safety monitor MUST always know what the 'PIA' will be.
3. **'ISOLATION PHASE:** Student now incorporates LE SOP concepts but the **role-player attacks** using ONLY one of the gross-motor attacks as defined during lecture portion of the DEMYSTIFICATION OF THE STREET FIGHT (PIA).
4. **RESISTANCE PHASE:** The **role-player feigns compliance** after the initial attack/defend moment and then starts to resist. This is a good drill to illuminate the innate '**Presumed Compliance**' tendency in all of us.
5. **SOP PHASE:** The Student is directed to **ONLY follow Agency SOP** while the role player [being a good bad guy] provides appropriate & realistic stimuli. **This is also an effective phase to help illustrate the limitations of linear thinking and the need for student to 'adapt' to the ever-changing stimuli.*
6. Always **ask if everyone is 'OK'** immediately following the physical session.
7. **Always do a de-brief.** Attention to awareness, SOP's and so on.
8. Contact & speed must always be monitored when scenarios are done.



BMF's range from 1 move to 3 or 4, they are predetermined, but contact and speed vary as participants gain trust & confidence.

ADDITIONAL TRAINING PARADIGMS

- “Never make your partner look good and never make your partner look bad”
- Never practice missing
- “Be a good Bad-guy”
- All behaviors (verbal & body language) must be congruous with the tactical choices of the ‘defender’. This helps create pre-contact recognition cues. It also reaffirms the rationale of the behavioral system, while cultivating the ‘appropriate response’ message.
- “Power is over rated. Speed, surprise and impact is the ‘real’ power”
- When analyzing particular positions always reconstruct the action that created the position [you’re now in] as well, integrate follow-ups, perimeter awareness, improvised weapons and so on.
- The behavioral approach, especially the LIVE ACTION RESPONSE DRILL {LARD} will teach officers to choose tactics based upon the situation. LARD will also create Response Based Decision-Making [rather than ‘reactive’ counters].

RATIONALE FOR BEHAVIORALLY BASED TRAINING RESEARCH

By: Tony Blauer

Emphasizing physical responses to emotional & psychological problems is the first strategic error in most modern DT programs. Only through a realistic and integrated ‘behavioral’ approach can we train our people to ‘respond’ [not react] to aggressive resistance.

Remember, there are many good ‘Control Tactical’ systems in the DT world – but, there have never been researched “Out-of-Control” systems (until now). Only those situations where the arrest & control process is failing can be considered “Out-of Control” and it is ONLY during these situations that officers are injured or killed.

This cumulative process allows all colleagues to ‘be on the same page’ during training and in real-life scenarios. It prevents ‘hot-dogging’ in training, because every session has a tactical directive. It provides leverage and confidence in virtually every Use of Force post incident analysis, because, finally all avenues of escape, de-escalation, control are being integrated consistently and appropriately.

By integrating behavioral research that reintroducing all this we reintroduce the ‘reasonable man’ standard rather than having cops judged by a higher standard.

“The secret to developing rapid responses in real-life altercations is to train a variety of responses that are connected to changing stimuli.”

-T. Blauer

KEY TCMS BEHAVIORAL TRAINING TOOLS

EMOTIONAL CLIMATE DRILLS™

- Explores the emotion connection to fear, flinching and tactics
- Helps officers to recognize why, where and when they might hesitate
- Develops ‘Pain Management’ & Resolute focus

EMOTIONAL MOTION DRILL™

- Empirical process to show how ‘emotions’ can influence tactics
- Allows officers to ‘Defuse’ themselves during training & incidents

LIVE ACTION RESPONSE DRILL™

- Empirically teaches appropriateness
- Cultivates the use of the Three I’s: Intuition, Instinct & Intelligence
- Re-affirms the officer’s Role & ROE

BALLISTIC MICRO-FIGHT™

- Final phase in development
- Improves “task” specific [muscular, mental] endurance & stamina
- Creates ‘The’ real life Blueprint through the Replication Process {Victim to Victor transition}

DESIGNING CREDIBLE BMF’s

1. S.P.E.A.R. SYSTEM™ Gross motor tactics
2. Non-Violent Postures™
3. Pre-recognition cues
4. Emotional Climate System
5. Pain management
6. Attack Specific Analysis
7. Scenario Specific Analysis
8. Ballistic Micro-fights™
9. Replications
10. Simulations

EMOTIONAL RULES FOR SIMULATION AND SELF-DEFENSE TRAINING

1. Understand the legal definition of what constitutes a **'use of force'** moment.
2. Learn to identify that moment.
3. Apply the **'Intention To Action'** principle so that you are never receiving 100% of an intended attack.
4. Reaffirm this process through the **Stimulus/Stimulus-Response Theory** and Emotional Climate Drills.
5. Tactically determine your **'engage or disengage'** options.
6. Engage is usually going to be a **Tactical SPEAR**.
7. Disengage will be natural footwork or a stance-shift action. Disengaging is the most natural 'trigger' as it resonates well with the behavioral reality that we want to avoid danger, it is also strategically realistic as it seduces the power-tripper program or it will facilitate the negotiation/de-escalation because of its connection to 'choice speech' and non-violent postures.

But...

The 'disengage' must also be the trigger to draw the line. If the offender continues to invade your 'relative safe zone' or continues with furtive gestures you must have a tactical plan.

NOTE: It's easy to second-guess or play armchair q.b. When we are the spectators or review a performance. During the situation, 'analysis paralysis' often times interferes with the instinctive nature of the survival system, so it's important that you create tactical triggers in the class and in role-playing scenarios.