



S.P.E.A.R. SYSTEM™ & PERSONAL DEFENSE READINESS™  
GLOSSARY & RESOURCE MANUAL



## BLAUER TACTICAL SYSTEMS GLOSSARY

*The following is a collection of definitions, articles, e-mail's, "Blauerisms" and key vernacular relevant to the PDR Coaching Process. This list has been compiled from years of R&D conducted by Coach Blauer. It includes posts and selected responses to inquires made by those, who like you, are in search of the 'truth'. We askt you take this glossary and use it to develop your intellectual capital while helping to build a consistent foundation of fundamental knowledge throughout the PDR team. For some, this will answer and clarify some important questions while others will find yourself questioning the integrity of your current training. To quote Mushashi, take this information, read it, and "Meditate on it".*

### **STEI - Short-Term Explosive Incident:**

STEI is the term we use to identify the time-line reality for the sudden attack. STEI's are always aggressive, sudden and deliberate assaults typically associated with either a 'rage' moment or deliberate sucker shot. They are extremely short (seconds long) and used to facilitate escape or sudden domination. The STEI is never a 'sparring' type incident. Their intention is escape or pummeling, they are short, violent bursts, not street 'sport' fights (i.e. two macho guys battling over a girl).

STEI's typically start with the Primary Assault Principles. They are 'initiation' attacks. The STEI can be won by the aggressor or the defender (if trained to handle this realistic aggression - most people are not because they train in the 'technique' & attack specific realm where conditions for confidence are generated by 'sport model' theory or drills).

Use the STEI definition to reframe your student or training partner's tendency to look at tactical confidence through SPORT MODEL glasses. Remember to define & describe the incident based on a 'primary' attack determined (by culture/region) during the DEMYSTIFICATION OF THE STREETFIGHT evolution.

### **Sudden Ambush:**

STEI, the actual moment the aggressor launches an attack, could be the conventional military kill-zone model or during prisoner handling. PRESUMED COMPLIANCE needs to be studied to respect and remedy the danger. I.e.: a no-shoot is not necessarily not dangerous... however, because of conventional training models (sport based even in CQB evolutions) operators psychologically de-escalate during cooperation (tactical de-escalation is required).

### **Ballistic Micro-Fight (BMF)**

The BMF is the re-creation of the STEI. It is a definitive training evolution based on Replication & Isolation models. This specific formula is used to create strategic and tactical confidence by identifying, defining and exploring the Murphy Moments of confrontations. The BMF must use the REPLICATION PRINCIPLE in order to be effective and directed, it cannot be 'sparring' or freestyle based to ensure correct feedback and maximum potential safety (Remember: All contact training assumes a degree of risk).

All BMF's evolve from the Scenario Specific model and will incorporate Attack Specific action. The 'agreed to' scenario influences the reactions or responses. Phases of



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training must incorporate the Primal/Protective & Tactical to show students the connectivity and efficiency of the SPEAR SYSTEM (Power of One). All BMF's must strive

to replicate the off-balance elements of real world altercations like simulating fatigue and distractions or actually being physically off balance. Learning to draw a weapon or throw an elbow sideways in a car, as example, is far more important than doing it in front of a mirror in a perfect stance. In a real fight, where the opponent (3%er) initiates, 'we' are always slightly off-balance. Practicing with this model improves our confidence. In other words, 'off-balance real world fight' replicate mirrors our off-balance training, and the result is tactical homeostasis.

BMF's must include the Murphy Moment and the conversion to be fully effective. Too many people practice the 'I am Superman kata'. This connects to the KILL-ZONE THEORY and the PRIMAL, PROTECTIVE, TACTICAL definitions and principles.

\*Despite the overlooked fact that there are NO real-life videos of real fights [tactical, not sport] where techniques from martial arts or combative classes are demonstrated with any degree of finesse, conventional training still focuses on 'sport model' training that teaches people to shoot on balance, to punch on balance, to block on balance...! Remember, the BMF is not a simulation and the ability to define and differentiate is crucial to the success of the drill. A simulation can take 10 minutes whereas a BMF takes 10 seconds! How much more confidence and awareness is created by doing 60 reps of your tactical challenge versus one rep?

In short, the BMF is the only way to develop tactical stamina, endurance and attack specific confidence because the operator gets to repeat the attack, the Murphy Moment and the conversion! Conventional training in the force-on-force realm is either sportive (sparring) or simulation based. But in Simulations, the events last minutes (or longer) without combative action and the tactics used occur once without review or repetition!! Depending on the size of the simulation only the point operators really experience the intensity (i.e. Breachers don't get to fight often!)

At more advanced levels the BMF can also include the META-COGNITION PRINCIPLE along with MENTAL BLUE-PRINTING THEORY for the practitioner to really appreciate the training cycles.

BMF's should be done methodically at first and build in intensity as the defender/aggressor grow accustomed to one another's control. (See RANGE ROVER & BALLISTIC MICRO FIGHT tape)

BMF's are the safest form of training in the 'simulation' family as they allow for ballistic and intense contact (relative to practitioners ability) but reduce the risk of injury as there is an acclimation period and consent (see Threshold Drill and Impact Reduction Threshold Drill)

### **Replication Theory**

Is the re-creation of real world altercations from dissonance to simulating subduing, controlling, unconsciousness or death? Trainees' use predetermined STEI's based on discussion or preferably real world incidents to inspire or design the training evolutions.



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All Replications include the ATTACK SPECIFIC information within the SCENARIO SPECIFIC visuals. This helps create an emotional & psychological connection to the event called SYNTHETIC EXPERIENCE. It also helps create an adrenalized state.

Attention to this detail, especially the FAILURE & CONVERSION ELEMENTS helps the participant move out of the conventional PERFORMANCE ANXIETY that plagues most athletes as they now realize that problems & problem solving are built into the drill.

The merit of this approach is that one can build to real time, real motion speeds with controlled, fairly intense contact and include weapons and empty hand tactics. Participants work on everything from pre-contact cues to deadly force transitions. ROLE-PLAYING RULES must be embraced: i.e... BE A GOOD BAD-GUY directives.

REPLICATIONS must include the flaws; real world fights include sensory overload, building this into these evolutions helps move HOLY-SHIT MOMENTS to DISCOMFORT OR COMFORT ZONES.

REPLICATIONS can also be used to explore, define and remedy FEAR LOOP issues.

### **Mental Blueprint Theory**

Is the premise that what we practice becomes stored in our brain. What we don't address in training defaults to the 'PSYCHOLOGICAL VOID', a gap or missing tactical connection in the real world confrontation (i.e. People often practice gun parries from the weapon extension POV but rarely, incrementally from holster to high ready, extending, to extension). The omission (due to the PSYCHOLOGICAL VOID) possibly creates hesitation during this telegraphic phase. Training all stages of every PRIMARY ATTACK increases tactical awareness and confidence because the MENTAL BLUEPRINT is stored. EMOTIONAL CLIMATE TRAINING drills are the key research evolutions to assess, define and diagnose ATTACK SPECIFIC problems.

### **Emotional Climate Training:**

A multifaceted drill that helps the operator process more information sooner and faster. Meticulous repetitions of primary attacks are dissected at safe speeds so PRE-CONTACT CUES (from breathing to eye shifts etc) can be analyzed. The Role-player performs like a 'ball machine' launching the same attack (with the same pre-contact cue), at a controlled pre-determined speed, over & over. Special attention must be paid to applying realistic start points (i.e. a sucker punch is launched from a natural posture, not a sportive posture).

SPEAR SYSTEM fundamentals must be part of the participant's understanding, especially the PRIMAL, PROTECTIVE, TACTICAL definitions, applications and evolutions.

The six-stage drill fully dissects and defines every nuance of an INITIATION ATTACK and shows the operator opportunities for evasion, interception and recovery/counter attack.

### **Attack Specific Vs. Scenario Specific**

Sometimes referred to incorrectly as (**Scenario vs. Simulation Training**). **SPECIFIC** is the correct terminology. It is the academic separation of attacks within



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scenarios, showing that many attacks & defenses we practice never occur when you create realistic scenarios.

Through the demystification of the Street fight process we identify the primary attacks that place us at risk (attacks vary depending on job, environment, etc); we then

create a scenario that supports the rationale for the attack so we create a 3-Dimensional experience. We also can more effectively create Mental Blueprints for pre-contact cues and other telegraphs.

Creating a scenario triggers visuals, emotions, adrenaline etc. If you keep training in the attack specific (sport model) phases, you never create the "adrenal rush" instead the response is more anxiety based, related to performance rather than survival.

### **THEORY OF COORDINATION**

#### **Personal Coordination**

- a. Awareness, directive, action
- b. Emotional, psychological
- c. Neuro-muscular

#### **Confrontational Coordination**

- a. Three D's (Detect, Defuse, Defend)
- b. Situational Awareness, escape routes, improved weapons
- c. De-escalation & non-Violent postures

Psycho/Emotional Adjustments - S.O.S. Systems (Select Optimum Strategy)

Body/mind Control in relation to the Neuro-muscular moment & the CWCT moment.

Total Coordination Theory is the ability to effectively produce a desired result based on 'your' personal coordination [tools], coordinating YOUR skill to suit the problem [ability to fight a person – not a pad!], real time adjustments of 'use of force' limitations, proximity sense [based on a moving opponent, maneuver or flinching], speed vs. power adjustments, multiple assailant considerations and possible weapons issues.

### **Pressure Cooker Theory:**

No one can sustain an adrenaline dump alone. Relates to 2<sup>nd</sup> 'D' (Defuse), Tactical Communication, and Choice Speech.

### **BTCMS Three-dimensional Drill Sequence:**

In order to coach the information proficiently, BTCMS has developed a sequential order of drill evolutions which may be applied to any physical instruction and enhance the student's ability to grasp the concept. It is important however, to maintain the three-dimensional training theory, specifically, the synergy of the physical, psychological and emotional arsenals as they apply to the lesson. The three evolutions are:

**Static**...a specific attack or tactic in isolation done in a series of repetitions to finesse and refine the bio-mechanical movement or athletic POD including kinesthetic awareness



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***Dynamic***...a more spontaneous isolation with motion and introducing off-balance principles, described as a 'metronome effect' with contact back and forward

***'Alive'***...an isolated skill, applying some ballistics and put in a scenario where timing and movement are entirely up to the students



### **BTCMS Theory of the Three Speeds:**

To further understand the ballistic qualities of a bio-mechanical movement, BTCMS has identified three speeds necessary for student growth and system understanding development. As a coach of the system, it is important to realize the student's development is enhanced through drill evolutions done at the appropriate speed. Drills done suddenly without developing the learned motor skills and defining the nuances are usually the ego's way of hiding mistakes. For this reason, we identify the student's raw speed and have them perform the skill set slowly, gradually developing quickness until they are able to move Suddenly during an 'alive' evolution.

**Raw:** genetic speed, not much to work with, it's the natural blend of fast twitch and slow twitch capacity.

**Quickness:** the controlled speed with which a learned motor skill is executed. (efficiency/economy)

**Suddenness:** the efficient use of gap time between stimulus and response, i.e. the ability to move the body (raw) and skill (quickness) effectively.

### **Kinesthetic Perception:**

Is simply understanding which are the eccentric muscles used in any action vs. the antagonist ones, this is crucial for muscle recruitment, maximizing speed of human ballistics, and conserving energy relative to the time-line of the fight, etc.

### **Proximity Sense:**

Is your natural 'range finder' i.e. your ability to judge distance effectively. You need to know if you are within range of the opponent's threatening weapons (fist, knife, etc) as that will influence if you could engage or should dis-engage, in close quarters, the Proximity Sense is even more crucial once the startle/flinch has occurred (Primal, Protective or Tactical) as Proximity Sense is critical in the CWCT application.

### **CWCT (Closest Weapon Closest Target)**

**CWCT** is an acquired skill. The ultimate goal is to facilitate the sudden application of your skills (based on scenario). As all PDR training is 'behavioral' then it follows that every drill conceived by Tony Blauer will deliberately and intuitively explore & exploit your instincts.

Therefore, if it is a formula, it cannot be instinctive. You can use instincts to trigger responses but that is what the SPEAR System™ is all about...

Remember Coach Blauer's explanation of the 'relative definition'...relative to where you are in the system...that is your definition...however, is it the PDR definition or my definition?

***"The degree of clarity with which you define something determines its usefulness to you" -BTCMS Maxim***



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Study more tapes. Create clear definitions, POI's, SOP's, Four D's for the key drills and formulae.

*"Seek to understand – then to know"* Stephen Covey

DO NOT MODIFY DEFINITIONS.

**CWCT:** is a formula for performance enhancement.

**CWCT:** is a combative exponent's way to say, "The shortest distance between two points is..."

**CWCT:** does not exist without skills. It does not exist without a reason. It does not exist without a target.

**CWCT:** was designed as a mobilizer.

**CWCT:** was designed to help break patterns.

**CWCT:** is not always the best or the closest unless you use a tape measure.

**CWCT:** must also factor obstacles and resistance....what is closest may not be a viable target.

**CWCT:** CANNOT be used to describe anything that is close...that is a dangerous misrepresentation of the CWCT's simplicity and power.

Metaphysical appreciations:

Reading is not the same as writing. Speaking is not the same as thinking...the speechwriter is often not the speech giver...

One of the dangers of being 'certified' is that it sometimes implies a depth of knowledge not yet achieved....

Remember, the onion is bigger than you think and perhaps bigger than some of you would like, but its there for you to grasp if you commit to exploring.

*"...CWCT... the opponent controls the fight. The three 'T's' are TOOLS, TARGETS, TACTICS no TECHNIQUES. Let the fight dictate the fight, not your favorite combo."*

### **BTCMS POD (Points of Domination):**

POD is a term borrowed from the military vernacular and literally translates to; *"Where you want to be..."* This principle affects our three-dimensional arsenal, whereas, if we are off balance emotionally and psychologically, it will directly impact our physical extension. For the purposes of substance matter, BTCMS has broken the principle down into three separate entities which, when understood, are subcomponents of each.

1. **Athletic POD** – Sometimes referred to as '**Structural**' POD and is essentially the physical or biomechanical position that you want to be in when you proceed to your 'Tactical POD'. Since all 'real' street fights start off in a position of 'off-



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balance', we need to identify an athletic position that will get us back into the fight sooner. This is your 'Athletic POD'.

2. **Tactical POD** – Is where you want to be and dominating your 'fight'. This includes your mindset, personal & professional directives, SOP's and ROE. At an advanced level, this principle also incorporates both environment and line of attack.
3. **Strategic POD** – This is often the most confusing and misunderstood of the three. This principle is basically identifying and setting up your 'Tactical POD' and may include getting to your 'Athletic POD'.

An example of the 'Team Integrity' of the **three POD's** can be found in the conversion from the 'Startle/flinch' to the SPEAR Tactic. Firstly, when a stimulus is introduced too quickly, it creates the 'Startle/flinch' moment and places us off-balance three-dimensionally. Applying the S.P.E.A.R. System™, we know that tactically, we need to move towards danger, to move out of danger, and to do this we need to identify a sound athletic position. The 'Strategic POD' is to get into our 'Athletic POD' and launch the SPEAR Tactic. The 'Athletic POD' is developed and identified through the SPEAR System™... Sharpening Drills; while the SPEAR Tactic is the end result and the tactical position (POD) that we want to be in.

### **Off-Balance Principle:**

Simply reminds us that in a real fight we WILL be off-balance emotionally, psychologically and physically. Therefore: the more you train off-balance the more ON balance (3-Dimensionally speaking) you will be in a real confrontation. The most important thing about the 'athletic' portion is to not pose a position but work through it in an alive fashion so the micro-adjustments at the 'stabilizer' level are worked.

## **BEHAVIORAL TRAINING TOOLS**

### **EMOTIONAL CLIMATE DRILLS**

- Explores the emotional connection to fear, flinching and tactics
- Helps students to recognize why, where and when they might hesitate
- Develops 'Pain Management' & resolute focus

### **EMOTIONAL MOTION DRILL**

- Empirical process shows how 'emotions' can influence tactics
- Allows a student to 'Defuse' themselves during training & incidents

### **LIVE ACTION RESPONSE DRILL**

- Empirically teaches appropriateness
- Cultivates the use of the Three I's: Intuition, Instinct & Intelligence

### **BALLISTIC MICRO-FIGHT**



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- Final phase in development
- Improves "task" specific [muscular, mental] endurance & stamina
- Creates the 'real' life Blueprint through the Replication Process {Victim to Victor transition}
- Will improve visualization skills
- Programs tactical options
- Facilitates networking of 'Use of Force' options (Fight #3)
- Creates believable tactics

1. HOW'D WE GET HERE (SCENARIO)
2. HOW'D WE END UP IN THIS POSITION
3. L.A.R.D.

### **RANGE ROVER**

*"Anyone who wants to move to the next level in quickness and creativity must understand that there are common tactics shared by certain ranges and these tools can act as 'bridges' between ranges."*

"The RANGE ROVER is about self-education. Here are some contemplative concepts for you:

1. Are you one-dimensional or discovering that certain tactics are more reliable than others? Only you can decide.
2. The RANGE ROVER is about losing the ego's control over favored tactics. Until this is fully appreciated then 'unconsciously' one will use the same moves over & over again.
3. Are you feigning responses unrealistically and/or repositioning to 'ready' after each exchange. This will completely change the drill [for the worse]."



## **FEAR MANAGEMENT:**

*"The only constant between the 'warrior' classes is the mind set of faith, tenacity & commitment..."*

The mental side of combat is so vast and powerful that it quite literally determines your next move. Dan Millman wrote, "***When faced with just one opponent and you oppose yourself... you're outnumbered.***" Powerful words. Your mind can be your ally or your most formidable opponent. Your thoughts can motivate you or create the Inertia State of psycho-physical paralysis.

Psychological fear leads to doubt and hesitation. Unchecked, it can devolve into anxiety and panic. Unsolicited, a 'Victim's vocabulary' starts: What if I lose? What if it hurts? What if I fail? Thoughts like these must be eliminated from your vocabulary for you to perform at your peak. Your 'self talk' or 'internal dialogue' must be positive, assertive and motivating. Your inner coach must empower you to greater heights, to surpass preconceived limitations, to boldly go where...you get the picture. That is what it means to not defeat yourself.

### **Thou Shall Not Fear, "Fear".**

More dangerous than your opponent is your mind. If it doesn't support you, you are  $\frac{3}{4}$  beaten before you have started. There are really only two types of fear: biological and psychological.

***Fear (biological)*** has been generally described as the "fight or flight" syndrome for most of our modern history. This definition does not serve us once the physical confrontation is under way and is really not pertinent to your success. Though the adrenaline surge created by your survival signals is a component of success, it is the mind that ultimately determines the action you will take.

***Psychological fear***, on the other hand, is an emotional state. Therefore, it can be controlled and used to create action. However, due to the lack of good information on fear management, fear, as we feel it, usually creates emotional inertia: your body's inability to move. Inertia, or panic, is created by psychological fear when the mind visualizes failure and pain. Understanding this process is necessary to conquer fear.

We use three acronyms, to help us remember that psychological fear is only in our mind.

#### **1. *False Evidence Appearing Real***

(External stimuli that distracts us; physical evidence: weapons, multiple opponents, etc.)

#### **2. *False Expectations Appearing Real***

(Internal stimuli that distracts us; how we visualize, images of pain and failure.)

#### **3. *Failure Expected Action Required***

(A trigger to DO SOMETHING!)

Cus D'Amato, a famous boxing coach, said, "***The difference between the hero and the coward is what they do with their fear.***" The next time you feel it, fight it.



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Challenge your fear. Attack your fear. Do not fear fear. We all feel it. Fight your fear first then fight your physical foe. This is one of the true ways of growth."

The only thing I can tell you is confronting your fears is the ONLY way to overcome them.

Often times the fear of losing actually makes us losers because we end up making bad decisions because we are letting fear dictate our strategies.

Use the fear to prepare properly. Use the fear to train intelligently. Crush the fear by laughing at it and going for it.

The secret is not in any 'band-aid' treatment, but in the mind-set & cerebral applications. The essence is in sharing the 'fear management' tools so people can access their intuition, instincts and intelligence.

In other words: fear management. The sequential relationship between fighter forms and physical perspective is the proverbial cat & mouse contest or chess with muscles. The choices and timings of the action are imparted through the neuromuscular communication system and that is a by-product of the psychological systems understanding of strategy and tactics. It is the long lost, misunderstood and neglected 'emotional arsenal' that fuels all this.

"As for why you did or didn't feel fear...sometimes you do, sometimes you do not. It really depends on the scenario and the time it takes for the pre-contact to contact phase.

"All of us need to respect this and realize that REAL strategy is obvious when there is no 'ego-fear' manipulation. Only when the desired outcome is an extension of a rational belief system, can the strategy be pure and inspired...

"Intimidation is the belief you will fail and the fixation on that failure is what creates emotional inertia. Simple, huh???...Realize, only YOU can intimidate yourself and you give yourself permission to at least imagine another outcome. Start there.

### **Relative Calm Mindset**

'Remaining calm' is a relative thing in our system, the term 'relative calm' results when you have done your homework (scenario specific evaluation, probable attacks within that context, pre-contact cues and subsequent interception approaches from verbal to physical and post-incident reactions, including first aid, law enforcement and even attempted retribution). In other words, 'fear of the unknown' is what eats us up. Do the homework and you get 'fear of the known', you train within that paradigm and you get to understand that 'chaos' and with it comes clarity but its all relative (hence the term), remaining calm in the face of danger requires instantaneous intuition or specialized training...if you wait for it, you better be lucky. If you train for it you can at least impose your will and wisdom on any scenario, and as the expression goes: 'I'd rather be lucky than good"...but the better you get, it seems the luckier you get too.



## **FEAR MANAGEMENT (additional thoughts):**

*"Just remember that anything but the focus of the goal [destination] is a distraction to completing the task. By focusing on the next bus, the distance, the anxiety and so on, psychological fatigue creeps in [rather quickly]."*

*"You get the feeling or the thought first. How you address this is crucial."*

*"The brain creates images [of failure] to support negative feelings or when the mental image of failure occurs first, the brain then supports it by creating the corresponding emotion."*

*"Both create dissonance and doubt in the athlete. That is where fear management and self-coaching come into play."*

*"The mind navigates the body."*

*"Use your confidence to create confidence, not to instill fear or perpetuate fear or violence... We all have been picked on somewhere along the way, we all must learn from it and use it to understand what is wrong with oppression and move past it."*

*"All confrontations attack us emotionally first then move to a psychological assault and then possibly or ultimately, the physical assault occurs...to access the physical tactics we theoretically train [with relative ease]; one must first develop the emotional/psychological arsenals to launch them...intimidation creates psychological hesitation, doubt, anxiety and so on. Trying to act or 'think' under this type of duress is a challenge even a professional negotiator might crumble under!"*

*"In a real fight...where you are the target... until you are psychologically in control of yourself and physically dominating your opponent.... complex motor skills will not work effectively."*

*"The opponent is already dangerous; don't make him more dangerous by imbuing him with attributes to kick your ass."*

*"What would it cost you to face your fear? What might it cost you if you don't?"*

*"It is not the danger that makes us afraid – it is the fear of danger..."*



## **Blauer Tactical's Combative Philosophy**<sup>(article)</sup>

*"The usefulness of the toolbox is it carries a variety of tools to suit the 'mechanic's' dilemma. Fighters are like mechanics. When they are confronted with a problem, they just fix it".* (This applies to the street and competitive arenas.)

***"The superior fighter has no emotional attachment to any particular range of combat."*** -TCMS maxim

Like the mechanic, we must be able to diagnose and treat the problem before it becomes too serious. The key to appreciating this philosophy is in understanding there are two phases of 'physical' training necessary for street confidence.

**1. ATTACK SPECIFIC TRAINING** (Type of attack: choke, hair grab, sucker punch, etc.)

**2. SCENARIO SPECIFIC TRAINING** (The actual situation: location, time, friends or enemies present, weapons, escape routes, the opponent, etc.)

It is dangerous to look at a fight as purely a physical dilemma. We need to ask: *"What is the specific situation?"* Do I need to be on my feet? Does my opponent have a group of friends with him? Is this fight in a subway station near tracks? Is this a confrontation with a drunken buddy? And so on.

In the above examples, there was no mention of the 'attack' or the tactics. But each question created an image, scenario and perhaps ideal strategy. Before you head butt someone or break an elbow with an arm bar - read the situation. I love the ground, but I respect its limitations.

***"A good grappler knows a lot of moves; a great grappler knows when to abort them."*** -TCMS Maxim

Strike when you can, grapple when you have to. This philosophy helps create clarity in the moment. Remember, don't use your favorite move in a fight, and use the move that is worst for your opponent! That takes versatility. There are times for the ground and times to stay on your feet. Most of the time, for the street, you want to be up and ready to move. But for real-life confidence you need to cross train.

Remember, street confrontations generally start in close quarter range. If the confrontation is not taken care of verbally or physically at that range, or if the attack were so sudden, it would probably go to the ground. Learning grappling skills is extremely important for total confidence. And if you are forced to the ground you will not panic. You have the tools.

My message has always been to be diverse, skilled in all ranges. If push comes to shove you must have no physical preference, no emotional attachment to a range, only then you can make a calm, calculated, strategic choice and force the confrontation to the range that suits the situation.

### **Cohesion and 'relative' total confidence:**

There are three general groups that create confidence. They are:



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1. Physical Conditioning
2. Physical Skills Development
3. Strategic & Tactical Conditioning

The simple message here is your body must be able to support the activity. Your body/mind system must be able to perform movements to skillfully address the problems and your scenario training must be able to strategically and tactically solve the problem. If you leave out parts of this trinity, you weaken the synergy!

Being prepared in all ranges and situations cannot be addressed by a philosophy or a 'style'. Only a 'system' can attempt that, because systems evolve to address change. [How many people were really working the ground before the Gracie's blasted our reality (fantasy) channel and woke us up?]

A 'philosophy' is only validated if the tangible aspects of the philosophy are explored. That is the scientific (physical) connection. And, a philosophy is useless if YOU control the experiments and the condition so that it supports the philosophy.

Preparation and 'theoretical' totality requires complete integrity (you have to be willing to throw ideas away, even if you have invested time and money - referred to as 'the paradigm shift'). Here is an example of theoretical preparedness: Would you agree that most martial artist's arsenal is usually categorized by four ranges: kicking, boxing, trapping, and grappling? And that each range possesses a specific tool set. I.e. Kicking range=kicks, Boxing Range=strikes, etc.

In my 'system', we have 8 definite ranges, making our system "theoretically" more complete. Also, in CFD, we are concerned with the street, our ranges involve reality-based tools and our definitions are more "global" allowing for and inspiring greater versatility.

### **The Ranges of BTCMS**

- #1. Cerebral {FEAR management, VERBAL defuses, etc.}
- #2. Weapons {Protective strategies against knife, gun, and club}
- #3. Rage Attacks {sudden explosive attacks during the verbal stage: tackles, haymaker, shoves, grabs, etc}
- #4. Leg Maneuvers {kicks, sweeps, shins, knees, etc.}
- #5. Fist techniques {punches, knuckle strikes, 'hammerfists', etc}
- #6. CQ Skills {elbows, head butts, claws, nerves, bites, knees, controls, etc}
- #7. Ground fighting {ballistic grappling tools, close quarter skills that apply to the ground etc.}
- #8. Grounded (when your opponent is standing and you are down). {Tactical Get-up, spinning, attacks to legs, take downs, etc.}

Preparation, for me, is about survival. So to evaluate the conditions I may face, I must look at real life attacks in cars, elevators, stairwells, water, a bed, and so on. Then I must think about the opponent, the personality of the attacker, the conditions, the repercussions, etc. Then I must analyze the scenario. If you can tell me when your next fight will take place, against, whom, how many opponents, if there will be weapons (you get the point) then I would agree, you could plan for it. If you cannot, then you either get paranoid or practical.



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Practical for me was creating a system that embraced one concept: the result. (I recently received an email from an affiliate in Germany who asked me what I considered to be the most important aspect in a fight. My answer: the result.) So how do you train for results? Simple, by 'what if-ing' attacks and scenarios and then doing your research.

Although it may appear to be, my system is not made up of hundreds of techniques and counters, etc. In fact, we don't teach defense and there are virtually no techniques to learn; only tools, tactics and targets. ***The magic three 'T's'***.

Real fights happen quickly and usually end as fast. If you review my material you will always see that the 'basics' are doing the work. Recognizing that being attacked is more dangerous than attacking, I created, 'adversity training' where we create worst case scenarios and work to safety from there. This philosophy engenders new drills all the time. So please do not mistake the drill for the fight.

Another point to consider is as we all get older, we start to consider the moral and legal ramifications of violence. That prompted the development of L.A.R.D. (Live Action Response Drills), where the defender is faced with the exact same attack from a partner, but must demonstrate versatility through at least 4 phases of scenario awareness.

### ***(1. Avoid/de-escalate. 2. Stun & Run 3. Stun & Control 4. Stun & ....)***

For example: Someone grabs you by the shirt and slams you up against a wall, what do you do? Now those reading this have already started visualizing the physical counter attack (trap the arm, straight blast, knee, head butt...), but WAIT! What's the scenario? Oh, this is your girlfriend who has grabbed you and pushed you against the wall – she is hysterical because you want to break up with her. Do you still eye gouge her? Do you see my point? We can't DROP everybody. The Live Action Response Drill asks you, the defender, to recognize that every specific ATTACK is only a part of the SCENARIO. The scenario dictates the strategy and subsequent tactic (in the real world).

In the typical street scenario, always bet on basics. Scientifically speaking, most people attack in similar ways, so it is common to find that you are relying on the same tactics over & over. That is a good thing. But a technique never won a fight; it was always the person who did the work. So when you really analyze the micro-moment of combat and contact, where the result was favorable, it was usually a combination spontaneity, commitment and directness that won the moment, irrespective of the style, system or tactics.

My system is a 'way' and I enjoy the 'laboratory' environment. We are always doing experiments, looking for feedback. I love the training. I love the journey and exploration. I would get pretty bored if all I did were practice the two moves I used to win my last 4 fights. And who were my opponents? Was I ambusher or ambushee? So who cares, because 'they' do not represent every opponent? Learn, move on. As a result of my philosophy, the 'map' of the system gets larger & larger. That is why I refer to my system as 'evolutionary'.

There have been many misconceptions about my system and I. It is my desire that one day soon, people realize I am a researcher/archeologist just digging up



## BLAUER TACTICAL SYSTEMS GLOSSARY

information and sharing it with those who understand that 'knowing what you do not know is more important than not knowing that you do not know'.

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## **Blauer on- SPORT PERFORMANCE vs. STREET**

**Sparring** is excellent and should always be integrated into training at various points...but 'sport' based training establishes parameters and rhythms, timings etc, unique to the sparring model. When you do a simulation or a more exacting 'replication', you are trying to inject as many stimuli and components present in the street...

To replicate the street you need to be disciplined and strict by adhering to specific 'RULES OF ENGAGEMENT... Benny Urquidez told me in 1980: "What you practice is what you will do." Words I have embraced and shared ever since. Our BMF (Ballistic Micro-Fight) model is an example of this approach...the drills last 5-10 seconds and build to natural speed and contact but the focus is precise.

Here is food for thought: People spar for 2-3 minute rounds and will spar for several rounds...real street fights, once the actual fight has started last 10-20 seconds at the most...so how does sparring for 30 minutes prepare you for 10 seconds of fury???

Here is a real world example: A close quarter gun fight lasts seconds, you are either hit, you made hits and/or you have run out of ammo...yet most people still prepare for gun self-defense by standing on a range firing 50 rounds slowly at a target. Do you see the parallel?

I train a lot of SWAT cops, soldiers etc. When we do scenarios they last 12 seconds...typically the length of most effective CQB scenarios. This same discipline applies to the empty hand (or armed) confrontation. The approach is so simple it eludes many: How do real fights happen? What's involved? How long do they last? What are the pre-contact cues, the verbal and physical behaviors present? Recreate and evaluate. We have been developing the simulation process for over 2 decades now and this approach and its simplicity has been the cornerstone of our effectiveness. Curiously, when we share this simple SOP which is used to develop credible confrontations, many comment how this is "common- sense". We always smile and say, "If it were common, most others would already be doing it – it is in fact, un-common sense, which is why it can be readily adopted and applied."

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*"It doesn't matter really, tactically, I have never advocated high kicks. If you 'own' them and can do them and the opening presents itself, is tactically safe & sound, then I will make no difference. But the coincidences that must be present to allow this are pretty great for a close quarter confrontation. Rule of thumb: pelvic girdle and lower for the street."*

*"...When a person fixates or preconceives an attack they automatically increase their reaction time unless by fluke the attacker actually attacks with the very attack being imagined [not a very flexible or dependable way to fight]."*

*"In my travels I have seen a huge discrepancy in many training teams where too many of the sport elements are incorporated and will not enmesh with full kit, carbines, and so on..."*



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*Training for training's sake [is all good] but training to enhance mission safety & effectiveness is another laboratory where many of the sport and technical aspects of the martial systems should NOT be incorporated."*

*"The moment one rule exists, it a sport, period. My students engage in fights to the death - potentially. And my method has been put to the test, in the street and in jails against belligerents, car thieves, drunks, felons, inmates, bank robbers, drug dealers, rapists and even two attempted murders [we won them all]...that is quite a record and that is as far as I will brag, because these guys are the warriors and even though they used my system, it was their neck on the line, not mine."*

*"When we [the generic 'we' as in us] stop fixating or trying to get our favorite move in or playing defensive [worrying about our opponent's skill] we start to shift from critical focus to a diffused focus where we sense rather than see. This process is a lot faster than the 'thinking it out' mode [decision making occurs on a different level here]."*

*"RULE 1: Add 1 Rule and it is a Sport."*



## **Blauer on- COACHING:**

*"Teaching & coaching exists only because there is a student or a team. The teaching/coaching should not/does not exist simply for the coach/teacher, without the student there is no 'us'... Embracing this reality would change much of the curricula in the MA world - it would certainly change a lot of attitudes and egos if those in the 'leadership' role embraced this TCMS Maxim: **'Never show someone what you can do, only show them what they can do.'**"*

*"Great coaches do not get people to copy what made them 'win', they bring greatness out of the student by helping them explore their abilities and liabilities, by re-defining their beliefs and expectations for each challenge."*

*"Motivating people based on perceived potential does not create results as fast as motivating people based on their capacity"*

*"There are times we need to back off and let life do some teaching."*

*"Ponder all that. Training without clarity is why many drop out"*

***"You say you are always trying to help..."***

***So why must you also keep your student's helpless...*** contained in that simple, short sentence lies the key to sharing greatness, to empowering those who trust us to move past the limitations of OUR knowledge and the limitations of dated information."

*"Teaching is the noblest of professions and teaching 'survival' skills carries an even greater responsibility."*

***"I am the one responsible for me and those I will teach."***

*"Trust your intuition and smile knowingly. And remember, there are lots of experts around who have memorized lots of experts who have memorized lots of experts..."*

*"You step into the arena responsible for yourself... Both of you are responsible for yourselves, but you are both responsible for the relationship created."*

*"As for preparing my students, my system uniquely emphasizes constant self-reflection and appreciation of the emotional/psychological connection. We constantly work on scenario evaluations and replications of real confrontations. This all leads to 'potentially' greater confidence in any given conflict as the real life sensory stimuli is not an 'overload' like it is for most others, because we have already anticipated as much of the problem as we can."*

*"In the case of self-defense for a victim, the expert often dis-empowers with band-aid suggestions; however when a coach induces self-realization, they empower."*

*"...Hopefully you completed the education by sharing the 'pre-contact' theory that you can win or lose by how you train long before a physical move is even executed..."*

*"An expert is someone who memorizes someone else's material."*



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*"It must be interdependent and too many instructors fail to realize that the lesson exists solely for the student and in that process, serendipity occurs and the teacher grows..."*

**"Qui Docet, Dicit"** translates as *"Those who teach, learn."*

**"Shift from 'Subject Matter' Expert to 'Substance Matters' Expert. The difference is telling and in my humble opinion, few in the tactical and martial art field are truly 'Substance Matters' experts... But the key here was the simplicity and earnestness of the reply and that he knew to stay away from 'Superman' or ego-based replies [Most tactical answers are physically based: XYZ is countered with ZXY]. Eric was able to convey the subtlety of true survival learning research; that being, you can only train and then engage with what you have on judgment day."**

*"...The term re-frame, when I lecture I am very, very visual in many verbal presentations and the term 're=frame' coincides perfectly with all my 3 dimensional theory etc...we have frames of mind, and we 'frame' ideas and focus or fixate on them so the re-frame was natural...there is only one way the river flows when it comes to stimulus/response: emotional/psychological then physical sequencing. That is the direction of all real processes, although, there are times or situations where the psychological/emotional reverses or happens almost simultaneously."*

*"Naturally, leading the horses to the water is what is needed initially, so please spread the word. Whether anyone comes back for a sip or mouthful is then up to themselves."*

*"...Use the incident to analyze SOP's and strategies/tactics."*

### **Blauer on- TRAINING:**

*"... There is no 'way' to prepare other than the one 'you' the fighter self-develop over time [trial & error]"*

*"That is why all the controversy and paradox in training vs. fighting. Every arena introduces a new level of stress and consequently confidence and finesse suffer accordingly...if we replicate these situations that cause this, we are in fact increasing our perception speed and thus lessening the possibility of having a real 'holy-shit' moment...it is about stress inoculation in the laboratory and credible preparation for any attack to the emotional, psychological or physical arsenals."*

*"Preparation: train, train, train, give yourself a goal, and make sure it is realistic. Do not care if you win or lose [unless it is an elimination or title faith] meaning, sometimes the greatest education is experienced when you simply give yourself permission to 'experience'."*

*"So credible training for credible situations must involve escape, controls, subduing and incapacitating as part of the curriculum and then the individual must evaluate the danger and appropriately select the tools and level of force."*



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*"The longer they practice failure, the harder it becomes to recognize success" **"When you practice something 'wrong' you get really, really good at the 'wrong thing."***

*"Get in there and work yourself, gain experience, do not think 'win or lose'. Think, **"I AM NOT ON THE SIDELINES TALKING ABOUT FIGHTING, I AM IN HERE EXPERIENCEING IT!!!"***

***"... No win can be linked to just one source; confidence is built over time..."***

*"Again, it is not about the winning or the losing, it is about getting in there and being a participant in life."*

*"Practice does not make perfect. Even perfect practice does not make perfect. Perfect practice just makes you better."*

***"What you practice, is what you will do"** - Benny Urquidez*

*"If you can not think to do it in training, what makes you think, you will think to do in the street."*

*"... You have seen it, felt it, trained it, explored it, researched it..."*

### **Blauer on- MINDSET:**

***"If danger is imminent then action is required."***

***"Because in combat, only the result counts"***

*"I will not memorize something that will not enhance my ability to survive - I do not motivate myself by focusing on limitations concluded in a laboratory"*

*"Remember, this is your NEXT fight, not your last fight. Forget about it."*

*"Enjoy and focus on what you need to do, not what you can not do."*

***The height of strategy is not doing your best move but rather the worst move for your opponent!!!!!!!!!!!! Reread that. That is the key to success. Understand it – then live it in the real fight.***

*Every day in North America there a far more people who successfully defend themselves without any training [what-so-ever] then there ever will be trained martial artists who get attacked and successfully defend themselves!!!*

*"...Enjoy the jitters. Take a big, deep breath when you get them. Tell yourself, "Adrenaline, I love adrenaline" and start moving..."*



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*It is not that they lost faith, but that many cling to methods that do not address the changing times. AT one point in martial lore, the Sword was king, when the musket was invented, a lot of die-hards died hard! **Adapt or perish.**"*

*"Yes I have competed in NHB – it is called a street fight."*

*"Most warriors were worriers first."*

*"The best way to mentally prepare for something that only matters to the 'ego' is to crush the 'ego' in advance by severing any & all attachments to 'self-worth' in relation to outcome."*

*"If you knew you had to fight to the death tomorrow, would it change the way you train today?"*

***"Some days you are the BUG and some days you are the WINDSHIELD."***

*"Any 'false confidence' equates to relief of paranoia, as that is what false confidence can do."*

*"The true warrior always seeks weakness."*

### **Blauer on- TACTICS & STRATEGY:**

*"A good grappler knows a lot of moves, a great grappler knows when to abort them."*

*"100% of all fights that go into a clinch started standing... Grapplers must learn to strike. Strikers must learn to grapple. Street fights can be won on the ground, but should not be fought there, if at all possible... **Strike whenever you can, grapple only when you have to.**"*

***"The superior fighter has no emotional attachment to any particular range of combat."***

*"I believe that confidence in countering is linked to the control of the armed limb. And controlling that limb, further messes with the bad-guy's confidence...would you slap a gun aside then palm the guy then grab the gun? Or would it be safer to slap the gun, secure the gun and then CWCT the creep?"*

*"In a CQ fight, moving away from the danger often puts us into more danger."*

*"Real fights happen in the space of a phone booth"*

*"Sooner is always faster...Lead with speed, devour with power"*

***"The opponent controls the fight."***



## **Blauer on- THE S.P.E.A.R. SYSTEM™**

You know years ago, when I first became hooked on martial arts I read with reverence all the tales, all the fables and all the philosophy...beyond the physical was always the spiritual, the psychological, the transcendence.... transcendence, that was the magic buzz word in all academic dissertations on the evolution of training.... my problem was that those masters who spoke or wrote of this destination in training were typically from esoteric systems.... or they were perhaps more modern, but their dialogs were based on Zen research....the problem I always had was my 'fear' of violence was always more prominent than my desire to transcend (transcend what??), the serendipity of the PDR System is it all started in the late 70's as a result of my fear and my need to overcome it....while I always dabbled in any & every martial art, something in me knew there was something missing in the whole approach to training...I can not say there was an emptiness, but I knew there was something missing...no matter the training, the intensity, the hardship, there was always a doubt that I could not pinpoint....that was 25 years ago. Over time I uncovered the doubt was that no system offered a turn-key exploration of fear management, self-coaching and performance enhancement...then there was 'context'...all training was structured in the arena and rules were preordained...this unwittingly bred more fear of the street since nothing was ever being done to address the street; at the time (early 80's) there were no organized 'simulation' systems, our PANIC ATTACK (1982) was likely the first ever force-on-force organized simulation program in the self-defense community program...finally I had a vehicle to confront my fears of violence.

When I look at what we were teaching in the 80's and compare it with today...I see a lot of the same important things...relative to the time and times, the early Panic Attacks were very organized, what has evolved over the years is 'polish', finesse, craft, presentation, more organization. Years ago, you had to do it to understand, now you can see it and understand, today's PDR program readily shows people what is missing (the ICE CUBE tray analogy comes to mind)...

But remember, looking is not the same as learning you need to sweat!

This was a question on the MMA.tv forum a couple of months back:

***"When did the SPEAR become the SPEAR? Were you working the flinch response and you just saw it, or did the name fit early on and it grew from there?"***

I was working on a high risk isolation drill (1988ish) called the SUCKER PUNCH drill. My partner was very good (at boxing). He was allowed to strike me anytime to any target and the rules did not allow me to do anything other than avoid & evade, but the catch was that we had to start like an altercation - at talking range - not sparring range.

Including the dialog and the proximity changed everything. During the inaugural drill, which lasted a couple of hours, I was forced to flinch often to protect my face. At the end of the session (bruised, swollen and a little bloodied) I reflected at the frequency of failure from the 'tactics' side of the arsenal vs. the reflexive side of things....when I flinched I was almost always safe, when I tried some interception, block, parry I was 50/50 etc.

Over a period of time, I rationalized and realized through intuitive research that most (all) complex motor skill counters require a specific well-timed blend and degree of skill, awareness, distance and timing to pull off, a lot to ask for in a credible street defense scenario! At extreme close distances with distractions, most sequential attack & counter relationships DO NOT co-exist...and when truly startled by a rhythm break or sudden attack, the body's reactive brain/survival system overrides the cognitive brain's control over muscle memory skills...this was the foundation for what I now refer to as 'counter-ambush principles'.



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In other words...I flinched first to save my neck and then contemplated to experience, again, that was back in 1988ish....

The flinching fascinated me (though I did not know what I was doing or why), I began to monitor it but without interference (key concept!) all the while continuing to develop our other skills.

Another critical observation in the SUCKER drill was that closer was better when people were swinging. In short time I began penetrating the attack and then developed all sorts of drills and principles to explain and identify what & why (Mental Blue Print Theory/Psychological Voids, CWCT, Pre- Contact Cues, Emotional Climate Drill and more)...

The first time the SPEAR 'name' was used was as an icon for 'direction & commitment' when urging a tentative student to attack the attack at the pre-contact moment...i.e. "Be the SPEAR , you are the SPEAR, Charge the attack, MOVE IN!!"

The name was only coined in the early 90's after working with a military team on the West coast who asked me what the SPEAR acronym stood for, there wasn't one! 2 weeks later I was teaching in Normandy, France and was jotting ideas for S P E A R on a board and came up with a term that reflected what I was trying to tap into as it connected with sudden violence, close proximity and the suddenness of the startle/flinch...and an evolutionary system was born: S.P.E.A.R: Spontaneous Protection Enabling Accelerated Response....

the system continues to evolve to the present.

Tony

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### **PDR vs. Other Systems (answer to email question)**

If I say KM is not as good as mine, then I am the narrow-minded salesman. If I say its better (but I do not teach it) I'm a charlatan). You have asked, in part, the most asked martial arts question. What is the best style?

KM is a very good system (as are Ju Jitsu, TKD, Judo, Thai boxing, etc). But they are '**active combat systems**' (ACS) built around reactions to attacks and countering them using **their** 'system'. This simply means '**ACS**' are based on **complex motor skills learned through muscle memory repetition**. Ours is not learned or taught this way. The PDR program bases its defense choices on the SPEAR System research, where **we integrate physiological reactions based on how stress & fear act as mitigating factors in determining how & what you will do next** in a confrontation. That's a mouthful, but once you learn more about the SPEAR System, it's pretty obvious and more importantly reliable.

This isn't a put-down of KM or any martial art that includes sparring and contact, and KM, as far as martial arts goes, it is one of the better when it comes to **potential defense attributes**, but you need to decide what is right for you. (I would not want someone who has not really studied the SPEAR System contrasting it with another.) You can not compare, if you have not done both. **So it is unprofessional for me to delve into the real differences...as a martial athlete I can note the differences readily, but its still up to you, the 'discerning' consumer**. You must ask the right questions, then blend what we refer to as the **THREE I's (Instincts, Intuition & Intelligence)** and then make a decision based on what you really want (a goal like a belt, skill, **ability** {they are different} etc).

In short, a **self-defense instructor with integrity must teach the system that is most effective for the students they are responsible for**. It must blend **simplicity** (ease and effectiveness) with **non-perish ability** (Is it hard-wired? Do you need to work it for years before it is useful? Will it be



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available to you under stress?). Lastly, as a self-defense instructor, **if I thought 'other' systems were more comprehensive**, more 'sound' than the SPEAR SYSTEM I would **need to teach these other methods**.

In short, I teach what I believe in. But my belief is not based on legend nor is it based on choreography, muscle-memory or sportive sequential drilling. **The truth is that our system is built on research, specifically, genetics, behavior, physiology.** Then a scientific approach to organizing these body/mind systems has been applied to create drills into skills.

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*"In some metaphysical way I am sure the accumulative effect of all the arts I contemplated have helped me discover and refine the S.P.E.A.R. SYSTEM™."*

*"Remember, the 'reaction' is triggered by the threat, so the training is always contemporary; meaning, you never move past practicing or refining the SPEAR. [Just like boxers never stop practicing a jab]"*

*"That is the awesome thing about the SPEAR...it is genetically inspired and behaviorally wired so once you learn to appreciate it, it actually can start to work for you."*

*"... It is fundamentally part of 'our' survival system; it is genetic, it is behavioral; it is organic and uncontrived. It works nearly all the time everywhere..."*

*"Some have said they have something similar in their system, but their tactic is offensive and based on cognitive choices, which is completely different to the SPEAR System's foundation. The SPEAR, as I have pointed out over & over again is not the visual biomechanical tactic, it is the process and way it is taught and all the drills I have developed to help people access the system."*

*"Our fear is not in beating the shit out of someone or 'winning' the fight – Our fear is in losing the fight and getting beaten. Why then are all systems so offense minded?"*



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### even more 'BLAUERISMS' ☺

*"We live in such a morally corrupt era that people's knee-jerk reaction to another idea is that it is 'slamming' their way. Very few people can see that my research is just adding tools to their tool box."*

*"Whenever someone starts a sentence with anything remotely sounding like "I can't mention names", the conversation is over for me. Period. Over."*

*"If you have nothing better to do with your time then listen to unsubstantiated nonsense and then allow it to become a part of your long-term memory system and then carry it around using up space in your brain and then actually spend the energy typing about it, my god, man...wake up. Because what you publicly infer is that you have no life and therefore no credibility, nor does this other person you or your friend is protecting."*

*"A lot of people out there do not realize they would be nowhere without the customer!!!"*

*"Violence always leaves an ugly film that takes several 'mental showers' to wash off."*

*"Violence has changed in many ways. The murderers get younger & younger, media and games have desensitized many to the grim facts & acts of violence. Over population makes the street more crowded and survival of the meanest prevails in a concrete jungle."*

*So are times different? Primitive man vs. Modern man? A murder is a murder if you are the one being murdered. Whether you looked at the wrong caveman sideways or flipped a finger to the wrong nut on an LA freeway, the result was the same: violence..."*

*"I have always said the mark of a great system is not the skill of its 'master/sensei/sigh/guru' etc...the mark of a great system is its 'transferability' to those sincerely interested in studying it."*

*"Machines do not hit back"*

*"His 'actions' will be looked at not his rank."*

*"Sometimes the end result of a 'Good Samaritan's' action is less than desirable..."*

*"Reality is relative, who knows which way the chips land...do what is right for you, but understanding self-defense theory is critical in this day & age."*

*"... Was he listening? No. Was he interested in learning? No. Was he a jerk? Yes. Can we get 'time' back? No. So why rob my self of a commodity that once used is gone? And why give an idiot a free private lesson?"*

*"The reality is, those who have an emotional or financial investment in their 'way' of seeing the world can not openly absorb or learn. The ability to objectively 'weigh & consider' something is all but absent for these type of people."*



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*"Everyone likes success but few like successful people"*

*"It is my passion and desire that drives me, not my ego..."*

*"Before the beginning of great brilliance, there must be chaos. Before a Great person can begin something brilliant, they must look foolish to the crowd."--**I Ching***

*"The theory determines the experience."*

*"We build substance"*

*"Just because you are present...does not mean you have presence."*

*"If you can protect your children but not yourself your problem is not ability, it is procrastination."*

*"Most people argue to be right about their failure"*



## **Fundamental PDR Terms\*:**

**\*(Substance matter assignment - Network with team members, enter the clearest most concise definitions you can and then email this section to the editor [tdarcuri@aol.com](mailto:tdarcuri@aol.com))**

- 97/3 Rule
- Protective Response
- Personal Defense
- 3-Dimensional Theory
- Counter-Ambush
- Kill-zone(Reactionary Gap)
- ECD – Emotional Climate Drill
- LARD – Live Action Response Drill
- SPEAR System
- SPEAR Tactic
- NVP – Non-violent Postures
- BMF – Ballistic Micro-fight
- CQS – Close Quarter Stance
- CQF – Close Quarter Form
- CWCT – Closest Weapon Closest Target
- First Strike Advantage
- Sport Model
- Street Model
- Counter-Ambush
- Time-line Theory
- 'Startle/flinch'
- FEAR Management
- PC (Presumed Compliance)
- Tactical Competence
- Tactical Confidence
- Psychological Void
- Mental Blueprint
- Cognitive
- Reactive
- Kinesthetic Perception
- Primal Conversion
- Protective Conversion
- Tactical Conversion
- Psychology of Intimidation
- Withdrawal Reflex
- Comfort Zone
- DCZ – Discomfort Zone
- HSZ – Holy-shit Zone
- Point of Domination
  - Athletic
  - Tactical
  - Strategic
- ROE – Rules of Engagement
- SOP – Standard Operating Procedures
- 3 I's
  - Instincts
  - Intuition



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- Intelligence
- 3 T's
  - Tools
  - Targets
  - Tactics
- 3 P's
  - Personal
  - Passionate
  - Present
- 3 D's
  - Detect
  - Defuse
  - Defend
- GAR
  - Goal
  - Action
  - Result
- Cycle of Behavior (as a whole & individual definitions)
- Attack Specific
- Scenario Specific
- Choke
- Freeze
- Practice
- Training
- Response-ability
- Re-view
- S/S/R – Stimulus/Stimulus/Response
- Critical Focus
- Meta-cognition
- Control Tactics
- Out-of-Control Tactics
- POI – Points of Instruction
- POS – Point of Safety
- POC – Point of Contact
- Hyper-vigilance
- Theory of Consent
- Performance Enhancement
- Capacity vs. Peak Performance
- Verbal Assault
- Realization vs. Realizing Something
- Mis-information vs. Dis-information
- Murphy Conversions (tactical)
- Emotional Inertia
- Empirical Training
- Pre-contact cues
- Presence
- 'The 3 Fights'
- S.H.I.T. – Seriously High Intensity Training
- Warrior Virtues
- Time-Line Theory