



*Spear*  
SYSTEM™

S.P.E.A.R. SYSTEM™ THE THREE FIGHTS

# The Three 'Fights'

**Fight 1: YOU vs. YOURSELF**- Are you Barney Fife or Dirty Harry? This fight addresses your personal inner conflict when faced with danger and develops officer presence. How you get through this fight determines whether you will fight, flee or freeze during the actual encounter. You must win this fight to be prepared and move on to managing the confrontation with your opponent. This fight requires confidence and competence; not just one or the other (**Confidence vs. Competence**) Confidence, that you are prepared emotionally, mentally and physically for the event and competence, having the right tools for the job/counter ambush skills to support your confidence with the ability necessary to complete the task. It is important to recognize however that you can possess confidence without competence, often creating a false sense of security for the officer but you can not possess competence without including confidence.

The SPEAR system addresses this fight with a practical approach to Confrontation Management, starting with **Fear Management**. The idea is that often our internal or external perspective of the scenario (**False Expectations Appearing Real and/or False Evidence Appearing Real**) creates psychological fear in ourselves and that we must get challenged as opposed to feeling threatened. Getting challenged gives us a chance to break out of the Fear Loop (**Cycle of Behavior**) and make sound decisive decisions based on an initial goal and credible plan, where we can actually see ourselves doing something positive. Remaining threatened leaves us trapped, back pedaling in a primal survival mode, unable to get back into a tactical mindset. The knowledge of the physiology of fear and how you manage its psychological impact on your survival system is what helps bring that panic moment back into focus.

**Emotional Climate Training™** is a six phase drill developed by Tony Blauer that fully dissects every nuance of a Primary Initiation Attack and shows opportunities for evasions, interceptions and recovery/counter attack. Doing this drill in sequential order is key to identifying those negative perceptions associated with the PIA and developing competence in your own personal skills in defeating the attack.

Also addressed is the theory of **Presumed Compliance**; the psychological trap that we fall into when we spend most of our time dealing with compliant or at the most, moderately non-compliant subjects. When we face the motivated sociopath or 3%er, we are totally unprepared. Not to be confused with simple carelessness or over confidence, PC is necessary to carry out our daily duties. "Why would we walk into someone's home and stand within their reach unless we were presuming that they were compliant." It is knowledge of PC and its effects that make it a tool to use rather than a crippling fault or liability.

**Demystification of the Street Fight** is a powerful tool used to manage your FEAR of the physical conflict and help to bring the infinite unknown possibilities in a street fight down to a more manageable few probabilities. This is accomplished by narrowing the many types of credible street attacks down to the most common, known as Primary Initiation Attacks (PIA). Knowledge, that to defend against the street assault, one does not have to counter hundreds of specific attacks is empowering.

**Figure 2: YOU vs. THE BAD GUY-** The actual physical confrontation with the subject, where tactics that you have learned and practiced are tested. The SPEAR System™ addresses the ambush moment or Sudden Aggressive Resistance (SAR), where statistically, more officers are injured or killed every year. This begins with an understanding and appreciation of the ‘**Startle/Flinch**’ and converting your body’s own behavioral reaction to a sudden attack (bringing your hands up to protect your head/’command center’) into a tactical/protective response. The system introduces performance enhancement strategies and concepts such as **CWCT** (Closest Weapon-Closest Target); identifying your own closest weapon to attack your opponent’s closest target. Another strategy is using the concept of **NVP** (Non Violent Posture). This ‘Trojan horse’ tactic of using your everyday stance as your fighting stance gives you the option to strike first, defend your command center and maintain tactical communications or negotiations.

The **SPEAR Tactic** (axis forward, hands open and arms extended just outside 90 degrees- looking through the thumbs) is designed to be used like an impaling tool; penetrating and jamming the opponents attack by cross checking him across the sternum, pectoral and clavicle, desirably or center mass of what is presented to you by the BG. Tactically speaking, at the distance most attacks start, the closer you are, the better! The SPEAR system prepares you for this fight by developing **Tactical Competence** through repetitions of realistic, scenario driven drills where you will sharpen your **Close Quarter Tactics**. These drills encourage spontaneity and improvising to adapt to the unpredictability of the street encounter.

The SPEAR system also emphasizes the **Stamina and endurance** required to survive/ win a violent encounter and bases tactics around the very real possibility of being caught out of the zone, unprepared. To do this, one has to first understand the ‘**timeline**’ of their fight taking into consideration the distinction of the **Sport vs. Street Model** and then train progressively; statically, dynamically and ‘alive’.

**Figure 3: YOU vs. ADMINISTRATION/ LEGAL SYSTEM-** the SPEAR system address this fight by developing a deeper knowledge of the tactical arena as opposed to mass producing & certifying instructors (**Substance vs. Subject experts**). This enables you to explain why you found it necessary and reasonable to use a given tactic vs. only knowing the mechanics of the technique.

The SPEAR system helps create a **Policy for the Street**, based on realistic force options that are justified and trained along with the standard Control Tactics curriculum. A policy for the street takes into consideration human behavior, both the officer and his opponent;

First strike options, extreme close quarter tactics and sound communication skills are just some of the areas that should be identified and included in this policy.

Finally, the SPEAR system provides you with **drills that reflect your policy**. It is based on sound behavioral research and drills are designed to accurately replicate real scenario problems, scenarios for which conventional control tactics are inappropriate. The SPEAR

System helps provide cohesiveness to an otherwise disjointed and confusing collection of force options. It demystifies violence, provides formulas for solving tactical problems and integrates into already established doctrines & policies.

**In Summary:** The three fights do not happen only sequentially. A problem encountered in Fight 2 or 3 can affect you in your next Fight 1 by injuring your confidence to take action. It can cause hesitation, making Fight 2 even more difficult. It is critical that you are prepared for all three fights and are aware of the consequences of losing.

A second common problem found with LEO is the constant conflict with Fight 3 when engaged with the opponent indicating that they are losing the first fight with themselves. This creates doubt not only in themselves but the tactics that they had learned up to that point and may result in failure if they are unable to move forward and do something.

*Fight 1* – Are you Barney Fife or Dirty Harry? Are you present or do you possess presence?

*Fight 2* – Do you have tactics to deal with the 3%er...understand how conventional training is taught:

1. Fear Management formula that allows you to self-coach = COB.
  - a. He has to know what to ‘fear’ so that he may make tactical decisions as a result of it
2. NVP – “Make your everyday stance your fighting stance and your fighting stance your everyday stance” Musashi
  - a. Everything is a NVP unless you have never trained it at which time it is just the position you were standing in when you got your ass kicked
  - b. 60 % of communication and needs to be congruous with ‘choice speech’
  - c. We need to be able to engage and protect from where we are standing
3. We need follow-up tactics
  - a. CWCT
  - b. Extreme CQ tool box
  - c. Behaviorally based
  - d. S.P.E.A.R. System
    - i. Don’t turn the ‘startle/flinch’ into a technique
  - e. SPEAR Tactic

*Fight 3* – Do you possess an A.C.A. Policy...WI “Not trained but justified under the circumstances”

- a. Develop drills that support Policy, changes it to “‘Trained’ and justified under the circumstances”
  - b. What is the scenario = LARD
- don’t get caught second guessing the attack when the scenario dictated the appropriate strategy...doing the move taught for the specific attack where as realistically, alternative strategies/tactics could resolve the confrontation based on the context of the attack