

Physical Conflict Resolution (PCR) for Law Enforcement

**5-Day Instructor
Level Course**

26-30 August 2024

Host Department:
Sioux City Police Department

Captain Ryan Bertrand
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Training Site Location
Sioux City Training Center

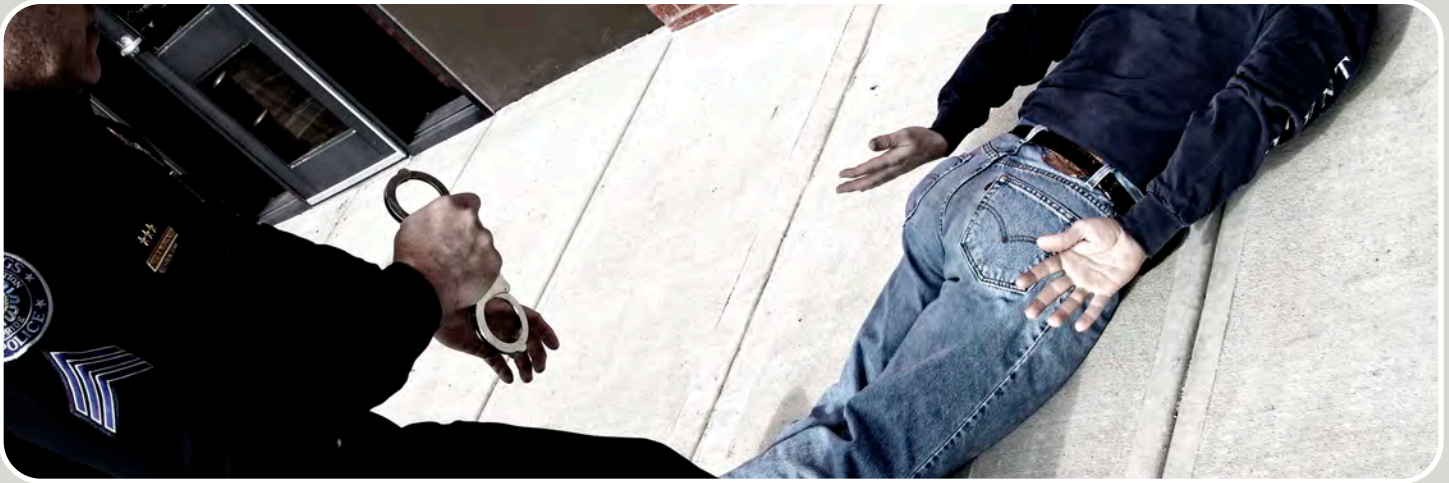


www.progressivecombat.com

Physical Conflict Resolution (PCR) for Law Enforcement

Overview

A highly transferable, principle-based curriculum designed specifically for Law Enforcement and Corrections Officers. Presented for several decades.



5-DAY - 40 HOUR COURSE OF INSTRUCTION

This course will fundamentally change the way many Officers will approach, train and teach others to address the reality of Physical Confrontations

Topics Covered

- A Variety of Drills to create the proper responses under duress
- Treading the ground while wearing all of your operational gear
- Rifle and Pistol Retention
- Safely closing the gap with Subjects
- Weapons Takeaways
- Takedowns and Control of Subjects on the Ground through Handcuffing
- Working from the Ground and Escaping Ground Attacks
- Separating Subjects from each other, victims, and other Officers
- Proper Striking
- Applying Joints Locks
- Preventing Joint Locks
- Unlocking Resistive Positions
- Forestalling and Countering Chokes
- Redirecting Edged and Bludgeoning Weapons
- Working in Pairs and Elements
- Vehicle Extraction - Individual / Team



Standing to the Ground

Much must happen from the approach, the takedown, establishing control and finally to handcuffing. We explore the critical components to this process.

PRINCIPLES



Across the Spectrum

Principle-based training allows for a greater utility regardless of the specific tasking. Whether an Officer is Patrol, SWAT, or Undercover; the concepts are applicable and quickly adapted to meet the threats encountered.

Physical Conflict Resolution (PCR) as presented by Progressive Combat Solutions LLC

A carefully constructed matrix of training drills and close quarter conflict methodologies designed to address a wide variety of threats currently facing law enforcement officers.

It is a flexible set of applicable strategies and techniques to be used in conjunction with a proper mind-set. We understand implicitly that law enforcement officers must resolve their situations in view of the appropriate Rules of Engagement/Use of Force Policies as dictated by the reasonable application of force, if and when force is required.

In today's higher threat situations, your job may not always be entirely defensive in nature. Regardless you must use the

appropriate level of force required to resolve the situation, no more, no less.

The basis of our approach has been formed through a constant interaction with Law Enforcement and Military individuals and teams over the past 30 years.

During this extended period of time, we have sought to solve a wide variety of problems facing law enforcement. This course is the embodiment of the solutions. No curriculum can fully account for all known equipment, encompass the vast number of potential techniques, or address all the methodologies used to meet the mission requirements faced by law enforcement agencies across the country. Therefore, this course of instruction has an open architecture. It is designed from the outset to be modified, adapted, and improved upon.

Multi-Mission
Usefulness &
Applicability



This program is crafted to allow you to fit in and use what you already know and are required to use.

We are not going to suggest that you abandon working/proven solutions. This program gives you strong skeleton, a foundation from which to build a solid structure upon.

We are not going to focus in on X number of techniques, trying to stuff a confusing matrix of sequences into your operating system. It is our opinion, that viewing any confrontation as a simple matter of: "I see this, therefore I should select technique number 1,2, or 3 and fit in here" will more than likely fail under duress.

Time and time again we have asked operators to show us in a practical manner what they learned in previous defensive tactics courses. As they try to match a technique to a situation they are presented, they are often stumped when one part of the sequence they attempt to deploy is forgotten or misapplied.

As techniques become increasing complicated and exotic, the likelihood of an officer using any of them successfully is proportionally diminished. We look to simplify and remove unnecessary movements and procedures.

Therefore, we are going to present a way of looking at confrontations that will allow you to use the appropriate level of force whenever force is required, whatever that level of force is.

We are going to present from the outset themes and variations on themes that you can adapt to your personal situation as required.



Addressing Active Resistance & Assaults

DIFFERENCES



Big or Small, Male or Female

This is not a simplistic set of "one size fits all" techniques. We recognize the approach must encompass a wide variety of people, personalities, skill abilities and physical attributes. We have actually "cracked the code" on transferring a deep body of knowledge in a reasonable time frame.



TESTIMONIALS TO THE APPROACH

"I had been an officer on the street for nine years and was originally trained in more "traditional" police methods such as Pressure Point Control Technique. I also had a background in Filipino and Indonesian Martial Arts. There were some conflicts between the compartmentalized method of training officers and traditional martial arts. I found that Physical Combat Resolution was easily taught to people of all skill levels and the knowledge could be immediately applied. All of the principles taught were constructive guidelines to assist in self-learning or exploration. I have found that the most effective learning is from guided exploration because the student (of any skill level) starts to develop their own techniques versus trying to follow the directions of someone else's techniques (creating your own solution is easier than remembering someone else's solution, even if they are inevitably/essentially the same).

Even though I had 10 years of quality martial arts training, police training, and experience in using force, I had natural doubts in handling larger and stronger people due my smaller stature.

One week of PCR completely removed that doubt and filled in all of the areas I needed work in. Everything I learned complemented my prior knowledge or showed me a better way of doing things. This



"I had been a defensive tactics instructor for many years before taking my first instructors course in PCR from Ken in 2006. After a week of practical theory and movement I came to understand the weakness of cookie cutter programs that was being taught in law enforcement and many of those filtered their way in to the military.

Those programs didn't allow for the individual to think or move and respond to the what ifs in combat. PCR continues to answer all of those questions it allows for free thought and free movement based on sound and practical real world application.

PCR allows for self preservation its not just a series of techniques. PCR will open your mind to many possibilities of armed and unarmed combat. We introduced PCR to our training staff just after 2006 and continue to teach all of our officers in PCR.

Ken J. Good and the staff of Progressive Combat Solutions are some of the most professional and exceptional people that I have ever meet in 33 years of Law Enforcement."



TRANSFERRING CONCEPTS

Individual Skills and Teamwork Strategies presented in a Tell, Demonstrate, and Refine format



DAILY TEACH BACK SESSIONS

Feedback Loops and Daily Summary Teach Back will be conducted

PCR Instructors



Ken J. Good is a former Naval Special Warfare operator. He was the Honor Graduate of BUD/S Class #105. His military experiences included all aspects of land, sea, and airborne special warfare applications, including the instruction of techniques and doctrine to members of foreign militaries.

He has trained thousands of military, law enforcement, and security professionals over the past 30 years through a variety of institutional and commercial enterprises.

Mr. Good holds patents on several products designed for use in combative environments.



Nicholas Bloomfield served a full-time sworn Peace Office in the state of New Mexico. SWAT Team member/trainer with his Department.

Nick is skilled in firearms, Force-on-Force Drilling, Low-Light and Combatives training.

He emulates the philosophy of "Shooter First" which encapsulates our focus in training and operations.

Nick has recently been awarded a patent for a unique trigger design that enhances the shooter's ability to rapidly fire and stay on target.



Ryan Bertrand is an active-duty Police Captain with the Sioux City, IA Police Department (20 yrs experience). Ryan brings a tactical background with service in the United States Marine Corps (Amphibious Assault), SWAT (Team Member, Leader, and Commander levels), and Department's Head Defensive Tactics Instructor with various tactical-related instructorships (Less Lethal/ Impact/Chemical Munitions, NRA Select-fire weapons, FLETC Use of Force, etc.).

He has received numerous commendations from his department, including Exceptional Duty, Chief's Commendation, Distinguished Service Medal, and Officer of the Year



COURSE FEE

- \$795

PAYMENT

- Credit Card
- Department Check
- PayPal, Venmo, or Zelle

SEND IN DOCUMENTS

- Registration
- Waiver
- Statement of Understanding

CONTACT

- info@progressivecombat.com
- www.progressivecombat.com
- 858.354-8165
[Web Link to PCR Course](#)

LOGISTICS

RECOMMENDED EQUIPMENT	CLOTHING	DUTY BELT	TRAINING WEAPONS	HYDRATION
	<p>You will be involved in constant movement including repetitive up & downs</p>	<p>Bring what you wear on duty to include handcuffs and flashlights.</p>	<p>Non-firing Blue/Red Gun Pistol. If available bring a Blue/Red Gun Long Gun as well.</p>	<p>Course is physically demanding. Bring the appropriate hydration/energy snacks.</p>



RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in the training and instruction being offered by Progressive Combat Solutions LLC, I, **THE RELEASOR**, acknowledge, appreciate, and agree that:

1. This Training Program may involve close quarter combative training, defensive tactics, instruction and practical drilling in threat takedowns, pins, ground-engagements, multiple attackers, arrest and control. Scenarios and drilling include simulated, full contact self-defense situations. **I am fully aware of the inherent risk of injury associated with the activities and equipment involved with such training and instruction, including the potential for permanent disability and death, and while particular protective equipment and personal discipline will minimize this risk, the risk of serious injury does exist;**

2. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, EVEN IF ARISING FROM THE NEGLIGENCE OF THOSE PERSONS RELEASED FROM LIABILITY BELOW, AND ASSUME ALL RESPONSIBILITY FOR MY PARTICIPATION IN SAID TRAINING AND INSTRUCTION;** and

3. I understand that this training program is physically and mentally intense. I understand that I must, at all times, follow the instructions of any and all training personnel. If I observe any unusual or unnecessary hazards during my participation, I will bring such to the attention of the training staff as soon as practical; and

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **FOREVER RELEASE, HOLD HARMLESS AND PROMISE NOT TO SUE Progressive Combat Solutions LLC THE OWNERS AND LESSORS OF THE PREMISES USED TO CONDUCT THE SUBJECT TRAINING AND INSTRUCTION, THEIR OFFICERS, INSTRUCTORS, AGENTS AND/OR EMPLOYEES ("releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.**

5. I understand and agree that this **RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT** covers each and every training session and/or simulation in which I participate or attend.

6. **I HAVE READ AND FULLY UNDERSTAND THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND UNDERSTAND THAT, BY SIGNING MY NAME BELOW, I FREELY AND KNOWINGLY GIVE UP IMPORTANT LEGAL RIGHTS.**

Date Signed: _____

RELEASOR'S Signature: _____ (Must be signed in ink).



Statement of Understanding Training with Progressive Combat Solutions

In order to ensure high-quality and meaningful training to all those attending our courses, please review and carefully consider each statement below prior to registration.

Please Initial
Each Section

Progressive Combat Solutions was founded through a strong desire to provide extremely realistic combative training as it relates to and military close quarter combat engagements.

Our courses are ***not administrative in nature***; they are specifically designed to place individuals and teams under the type of duress that closely simulates the stress of real-world engagements.

Our courses are for serious operators, not those wishing to simply check the box for another certificate.

Our courses are ***designed to impart a genuine capability*** to those who intend on bringing the data, concepts, tactics, training and methodologies back to their respective departments.

Based on this foundation, training as delivered through Progressive Combat Solutions is ***physically, mentally and emotionally challenging***. The training can be painful, but is designed not to permanently damage the body.

This is not a physical fitness course per se, but it is ***highly recommended that you work on your flexibility, body-weight to strength ratio, and have reasonable cardiovascular fitness*** before participating in this type of training. We believe this is sound doctrine for anyone who carries firearms professionally.

Please Initial
Each Section

Our courses may include, Live-fire training, Force-on-Force (FOF) training, Physical Conflict Resolution (PCR) work, typically identified as Defensive Tactics.

During the PCR portion of the course participants will be drilled in the following:

- Getting up & down properly using correct Skeletal Alignment.
- Proper Movement across terrain
- Bilateral Mechanics
- Weapons Retention and Removal
- Redirections
- Proper Take-Downs & Pins
- Working from the Ground if required

These blocks of training are designed to teach the participants new problem solving skills, create a close interaction with fellow students, illustrate the principles of combat, provide principle-based and technically sound solutions to anticipated situations.

Those attending training should arrive at training **mentally prepared to receive new concepts**. They should be prepared to give them a fair evaluation and demonstrate a strong spirit to apply them during the practical training blocks.

Progressive Combat Solutions staff members and those students attending our courses **would rather you decline this training opportunity if you are not FULLY prepared to work EXTREMELY HARD during training**. Our training staff has already made this commitment to those who are spending the time, money, and effort to improve their tactical capabilities.

Progressive Combat Solutions staff members are required to maintain a "show you" capability; nothing required of the students will fall outside of the following sequence:

- Tell You – Show You - Allow You – Evaluate Performance – Repeat -

We employ multimedia, handouts, note taking sheets, video review, practical drills, scenarios and full-mission profiles to maximize your training experience.

Staff members fully participate in role-playing as officers, suspects and combatants.

Staff members will serve as instructors, as well as mentors, and **will continually strive to maintain a teachable attitude**.

Printed Name: _____

Signed: _____

Date: _____