ACTIVE DEFENSE TRAINING
ALAIN BURRESE

Certified Active Shooter Instructor (Safariland Group)

More than 4,000 people trained

Appeared in PBS Documentary: Active Shooter: Are Montana Colleges Ready?

5th Degree Black Belt Instructor

Former U.S. Army Sniper and Sniper Instructor

Former U.S. Army Paratrooper—82nd Airborne Division

Attorney

Author and producer of numerous books and DVDs on self-defense

Contributor to Black Belt Magazine

Speaker and expert commentator appearing regularly on radio talk shows on topics of security, safety and active shooter response

Author of the book Survive a Shooting

ReflexProtect.com
When Seconds Count
The Police Are Minutes Away

This course is designed to provide practical strategies and tactics to be used by those involved in an active shooter or active threat incident to increase safety and survivability rates until law enforcement arrives.
“One or more subjects who participate in a random or systematic shooting spree, demonstrating their intent to continuously harm others. Their overriding objective appears to be that of mass murder, rather than another criminal activity such as robbery, kidnapping, etc. Includes use of any deadly weapon.”

National Tactical Officers Association
WEAPONS USED

- Firearms
- Knives
- Machetes
- Impact Weapons
- Explosives
What Can You Do Before The Event?
An organization’s threat assessment team consists of personnel that can investigate reported instances of threatening behavior and then make a determination as to the seriousness of the actions.

Personnel on a threat assessment team may include:

- Administrators
- Mental health workers
- Security staff
- Local police
- Pertinent social service agencies
The FBI has identified some behavioral indicators that should prompt further exploration:

- Development of a **personal grievance**
- Contextually inappropriate and recent **acquisitions of multiple weapons**
- Contextually inappropriate and recent **escalation in target practice and weapons training**
- Contextually inappropriate and recent **interest in explosives**
- Contextually inappropriate and recent **intense interest of fascination with previous shootings or mass attacks**
- Experience of a **significant real or perceived personal loss** in the weeks and/or months leading up to the attack, such as a death, breakup, divorce or loss of a job.
Institutions should have a plan
Individuals should have a plan

Plans may include:

- Procedures before an event, such as keeping doors locked
- What to do during event — escape, deny, defend
- How to initiate a lock down or warn others
- What to do with people in your care — students, patients, children, etc.
- Division of responsibilities if appropriate

"Hiding and hoping is NOT a plan."

Active Shooter Response Plan

- Get Trained
- Create a Plan
- Build a Kit
- Prepare
- Practice
- Review
- Refine

ReflexProtect.com
HARDENING TARGETS

Door Locks & How You Lock Them
Laminate on Windows
Secondary Locking Devices
Lock Down Procedures & Notification System
Awareness and Indicators
Disaster Response Psychology & Survival Mindset
What to do in an actual situation
Stop the Bleeding - Trauma Aid
The single most important habit you can develop to increase your safety and survivability is to increase your situational awareness.

Practice your situational awareness. Notice people, behaviors, back packs, bulky jackets on a hot day, exits and escape routes, possible nearby items for improvised weapons, structures or items that could provide cover or concealment.
<table>
<thead>
<tr>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Unprepared and unready to take action.</td>
</tr>
<tr>
<td>Yellow</td>
<td>Prepared, alert &amp; relaxed. Good situational awareness.</td>
</tr>
<tr>
<td>Orange</td>
<td>Alert to probable danger. Ready to take action.</td>
</tr>
<tr>
<td>Red</td>
<td>Action Mode. Focused on the emergency at hand.</td>
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SITUATIONAL AWARENESS
Physical Indicators include appearance and dress:

- Inappropriate clothing for situation, or oversized clothing, to hide things
- Bulges near waist or hip to including printing of a weapon
- Habitually touching area where weapon may be concealed (Confirmation touch)
- Keeping hands in pockets or otherwise concealing hands
- Favoring one side or keeping one side hidden
INDICATORS:
What are you looking for?

Behavioral Indicators include overt actions and more subtle gestures:
- Actions that are out of the normal and deviate from baseline
- Unexplained nervousness
- Tunnel vision/1,000-yard stare
- Repeated comments and/or prayer
- Muttering
- Repeated entries/exits to an area
Disaster Response Psychology & Survival Mindset
DISASTER RESPONSE PSYCHOLOGY & SURVIVAL MINDSET

Understanding How We Respond in a Crisis

• Extreme Stress Reactions
• Decision Making and the OODA Loop
• Denial
• Diffusion of Responsibility
• Deliberation
• Dealing With Fear and Stress
It is Important to Anticipate and Understand Extreme Stress Reactions. These Include:

- Frantic, unfocused behavior
- Difficulty following directions
- Fine motor skills deteriorate
- Problem solving diminishes
- Irrational fighting or fleeing or freezing
- Autopilot behaviors
You Cannot Act Until You Make A Decision

Therefore, it is critical to understand how the decision making process works.
DECISION MAKING: The OODA Loop

The individual that can process this cycle quickly, observing and reacting to unfolding events more rapidly than an opponent, can gain the advantage.
We must not let our observation become obstructed by denial.

The less time you spend DENYING what you are OBSERVING, the sooner you can DELIBERATE or ORIENT yourself to that OBSERVATION and ACT DECISIVELY.
Denial delays ACTION. Delaying ACTION costs TIME.

↑DENIAL = ↑TIME ↓ACTION

↓DENIAL = ↓TIME ↑ACTION

LOST TIME CANNOT BE MADE UP AND COSTS LIVES!
In ambiguous situations, we look at others for cues on how to act.
If others do nothing, you will do nothing.
If others act, you will act.
DECISION MAKING: Smoke Filled Room Video
Once you make it past denial, you must decide what to do...

- Fear and stress enter the equation.
- Your brain will not be working well.
How to deal with fear and stress

Adrenaline dump
Heart and breathing rates increase
Blood moves to the large muscles and essential organs
Blood vessels constrict
Increased blood pressure
DECISION MAKING: Effects of Stress

• Ability to think is seriously impaired
• Vision narrows (tunnel vision)
• Time distortion (may speed up or slow down)
• Auditory exclusion
• Fine motor skills deteriorate
• Freezing
Combat Breathing

- Inhale for a count of four
- Hold for a count of four
- Exhale for a count of four
- Hold for a count of four
- Repeat as needed
DEVELOPING A SURVIVOR’S MINDSET

SELECT ONE:

- Survivor

- Victim

Be Aware
Be Decisive
Be Courageous
Be Willing
Be Vicious
Be Determined
Believe In Yourself

You must do whatever it takes to SURVIVE!
What Can You Do During The Event?
Run, Hide, Fight © City of Houston

- Most common model, but... we think it can be better

HIDING AND HOPING IS NOT A PLAN!
ESCAPE

You must know **when** to escape!

- Is escape an option?
- Do you know where the shooter is?
- Can you hear where the shooter is?
- Can everyone with you escape?
- Are you caring for someone who can’t escape?

**KEEP THINKING!**

Always be prepared to **Deny** or **Defend**!

Call 911 when you are safe.
When you escape, you may need to run for **cover** or **concealment**.

**Cover** can hide you AND protect from bullets. Concrete or brick walls, telephone pole, the front of a car where the engine block is, thick wood door, cabinet or table, soda machine, copy machine.

**Concealment** will prevent someone from seeing you, but it will NOT stop bullets. Hide behind curtains, bushes, in a locked closet or room, behind a hollow core door, thin wood fence, behind a car door, behind a clothes rack in a store.
You must know **where and how to escape!**

- What are your escape routes?
- What doors are there to escape through?
- Can you escape through a window?
- Alternate means of escaping?
- Leave belongings behind
- Where to you go once out of kill zone or building?
- Run straight - Not zig-zag

**KEEP THINKING!**
Always be prepared to **Deny** or **Defend**!
Call 911 when you are safe.
Deny the killer access to you!

**Close Locked Door**
(Doors locked but propped open)

**Barricade**
(Door wedges, rope, chain, chairs, tables, etc.)

Part of Denying the killer access to you could be find **cover or concealment**
Deny the killer access to you!

- Cover Windows
- Darken and Silence Room
- Can you escape out a different exit?
- Stack and prepare to attack back if barricade is breached.

KEEP THINKING!

Always be prepared to Escape or Defend!

Call 911 when you are safe.
Attack Back when no option to Escape or Deny!

- Use any weapon
- Use pack mentality and work as a group
- Attack weak spots
- Be vicious and ruthless
- Be mentally prepared to fight for your life and for those around you

KEEP THINKING!
Always be prepared to Escape or Deny!
Call 911 when you are safe.
Defend Yourself with Improvised Weapons

- Fire Extinguishers
- Scissors
- Chairs
- Pens/Pencils
- Cans
- Books
- Computers/Screens
- Anything you can use to attack back and stop the killer

ReflexProtect.com
Defend Yourself with Reflex Protect™

Why plan to improvise when there is a tool for the job?
Defend Yourself with a Survivor’s Mindset

• When you Fight Back, you must have a *Survivor’s Mindset* (not a victim’s).

• Decide right now that you are going to do whatever it takes to survive!

• Getting shot does not mean you are dead!

• You can and you must keep going!
What Should You Do When Law Enforcement Arrives?
Primary Goal – Stop the Killing!

Priority of work:

1. Find and confront the shooter
2. Ensure there is NOT a secondary threat
3. Help the wounded
4. Clear people from the building
WHEN LAW ENFORCEMENT ARRIVES

The POLICE point of view

• The situation will be chaotic

• They do not know who is a victim or suspect

• They will treat everyone as a suspect until proven otherwise

• Officers will be experiencing high stress, just like you
What Law Enforcement Needs from You

• Show hands
• Follow commands
• Provide intelligence
• You may be put to work
Sutherland Springs church shooting:
• First Baptist Church in Sutherland Springs, Texas
• November 5, 2017
• 26 Killed, 20 Wounded

“Things like that don’t happen here, we’re just a small country church.”

- Pastor Frank Pomeroy
CONCLUSION

The GOAL is:

- You have a plan based on Escape - Deny - Defend
- You know your plan
- You practice your plan
- You Survive the Encounter!

“‘It can’t happen here’ is happening someplace everyday.”

- John McDonald, Jefferson County Public Schools
FOR FURTHER INFORMATION

www.ReflexProtect.com

www.ReflexDefense.com
“Without question, Alain’s book is the absolute best reference for active killer response available on the market today. His advice is both thorough and driven by industry best practices. If you want to learn how to prevail in an active killer attack, you need this book in your library.”

– Greg Ellifritz
Veteran police officer and founder of Active Response Training