



Defensive Tactics: Modern Arrest and Control Techniques for Today's Police Warrior

Loren W. Christensen

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Whether you're a law enforcement officer wanting to improve your edge or a martial artist wanting to expand your knowledge of street proven techniques, you will find *Defensive Tactics: Modern Arrest and Control Techniques for Today's Police Warrior* is filled with invaluable information including:

- * Joint manipulation that works
- * Leverage control vs. pain control
- * Hitting with the hands, feet, forearms and elbows
- * Safely and quickly crossing the gap
- * Blocking an assailant's strikes
- * Using vulnerable points to gain compliance
- * Head disorientation
- * Safe application of sleeper holds
- * Controlling a suspect on the ground
- * Arresting big guys
- * Fighting concepts to take on patrol
- * Weapon retention in close quarters and on the ground

Written by a retired cop and high-ranking martial artist who survived all that the mean streets threw at him while working patrol, gang enforcement and dignitary protection, *Defensive Tactics* goes beyond what is taught in the academy, officer's in-service training, and what is allowed by the administration. **BONUS:** Includes a chapter on proven ways to control a suspect on the ground written by LAPD officer Mark Mireles, an MMA coach, police academy trainer, and wrestling champ.

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