

MENTAL AWARENESS COLOR CODES

Condition	State of Mind	Environment
WHITE	<ul style="list-style-type: none"> - UNAWARE - DAYDREAMING - PREOCCUPIED 	<ul style="list-style-type: none"> - COMPLETELY SAFE - PROTECTED
YELLOW	<ul style="list-style-type: none"> - AWARE - ALERT - ASSESSING - SURROUNDINGS 	<ul style="list-style-type: none"> - PATROL
ORANGE	<ul style="list-style-type: none"> - ASSESSING - POTENTIAL THREATS - READY TO ACT 	<ul style="list-style-type: none"> - POSSIBLE TROUBLE
RED	<ul style="list-style-type: none"> - ACTING TO PROTECT SELF OR OTHERS 	<ul style="list-style-type: none"> - IMMINENT THREAT
BLACK	<ul style="list-style-type: none"> - PANIC - MENTAL COLLAPSE - TACTICAL SHUTDOWN 	<ul style="list-style-type: none"> - OVERWHELMED BY THREAT - COMPLETE OVER/UNDER REACTION

BASIC CONCEPTS

The Gooseneck series are all positions from Bent Wrist Locks. Bent Wrist Locks always consist of four principles.

- 1) Stabilization of elbow**
- 2) Flexation of wrist joint**
- 3) Pressure on MPJ (Punching Knuckles)**
- 4) Security cover**

GOOSENECK



1. Starting from the Escort Position.

BLAST



2. Push shoulder forward and pull elbow creating balance disruption.

3. Control subjects elbow under your arm pit.

TURN



4. Flexation of wrist.

Do not have thumbs behind subjects' wrist.

COVER CONTROL



5. Apply pressure over MPJ (punching knuckles).

Use split finger grip to insure even and direct pressure.

SECURITY COVER



6. Cover control hand for security.

STRAIGHT ARMBAR TAKEDOWN



1. Starting from the Escort Position



2. Roll blade of forearm on triceps to lock up subjects elbow.



3. Make sure to use the blade of forearm on triceps to lock up subjects elbow.

TABLE TOP



4. Table top subject. Pull subjects arm across body close to your center.

Keep blade of forearm on the subject's triceps.

Flex subjects body forward at least 70 degrees.

Assure subjects head is lower than his waist level.

ANGLE CHANGE



5. C-Step with outside leg, changing angle approximately 90 degrees away from subject while maintaining blade pressure on triceps.



6. Continue to keep subjects arm close to your center.

GROUNDING



7. Drive subject to ground by going down to inside knee.

Your knee and the subject body should contact the ground at approximately the same time.

Maintain shoulder pressure on the subjects' triceps'.