



## *Common Sense Self-Defense / Street Combat* **CRMIPT User Certification Program** (10 hours)



Goal: Student will be familiarized and demonstrate the proper use of a CRMIPT.

Objectives: The student will be able to

1. Identify the CRMIPT, Drone, and LLC.
2. Identify the nomenclature of the CRMIPT.
3. Demonstrate an understanding of bio-mechanical striking.
4. Identify target areas.
5. Demonstrate proper carry and presentation of the CRMIPT.
6. Demonstrate the 5 basic entries, 3 basic finger locks, and 1st module.
7. Satisfactorily complete proficiency exam.

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# I. Introduction

“Most current day ways of fighting as taught in the Academies have evolved over time into true empty hand fighting arts. Whatever the origins of the arts itself, with the advent of firearms and the down play of the traditional warrior class, most fighting systems have been forced by society’s changing to concentrate on the art of using the empty hand.” (MBC2 MOD-CQC)

Modern law enforcement has stressed training with firearms, electronic control devices, and other tools to include self defense sprays or less lethal technology. Training has steered away from impact tools. Often officers choose not to carry them and or leave them in their vehicles.

The CRM IPT is a non-cutting, less than lethal, and easy to carry tool. It can be used to assist an officer in obtaining control of a non-compliant subject. The concepts and techniques taught in this program can be used with empty hands, expandable batons, and other tools. This course will provide an officer with the knowledge and skill to be certified as a basic user of the CRM IPT. The officer must successfully complete a proficiency exam with the control device.

The following lesson plan was adopted from the MBC2 MOD-CQC instructor’s manual, information, and teaching given to Hialeah PD from Mr. Bram Frank (Director and founder of Common Sense Self Defense/ Street Combat) and instruction from Mr. Shuki Drai (Common Sense Self Defense/ Street Combat Instructor). The CRM IPT was designed by MR. Frank for law enforcement use. It was created to give an officer a compact, side opening mini baton. Perfect for uniform patrol, plain clothes, or off duty use.

## II. Identification of LLC, CRM IPT, and Drone

- A. **LLC:** Lapu Lapu Corto, previous model was known as a Gunting, is a full continuum control device to live blade self defense tool. Its handle has three raised dots on the upper left hand side of the tool. The LLC has a black, green, desert tan, red checkered or dig cami handle. G-10 live blade, sharp horns on handle, impact to edged response, it can not be used to train with.
- B. **CRM IPT:** Control Response Medium Impact Tool has a blue handle. It has two raised dots. G-10 non-cutting blade with grabbing ridges, sharp horns on handle, designed for impact, it can not be used to train with.

- C. **Drone:** The training Drone has a red handle with one raised dot. G-10 non-cutting smooth blade. Dull horns on handle, impact response, it is designed to train with.

### III. Nomenclature of the CRM IPT

- A. **CRM IPT** (Control Response Medium Impact Too) is designed to be used in an open or closed position. The tool has a patented “puzzle lock”. The puzzle lock was designed to allow the tool to be used in the open position for grappling, grabbing, and or striking.
- B. **Upper and Lower Horns:** There are two sets of horns on the CRM IPT. The upper horns, the upper guard of the tool are used to pinch, grab or snag. These horns are usually used in a forward grip position. The lower horns, the Persian style bulge/ sharp peak on the inside of the tool handle at the butt end are used in the same manner as the upper horns when the tool is in a reverse grip.
- C. **Thumb Ramp – upper and lower:** The elongated, fully ribbed thumb ramp can pinch, trap, lock, or be used in a tomahawk or hammer motion to elicit response in an opponent. The ramp has a secondary purpose. When the ramp is struck against an object or upon contact, it opens the tool kinetically. The energy transfer from an object to the knife is referred to as “Kinetic Opening”.
- D. **Back Curve:** The back curve of the handle with its dual steel liners and angled G10 allow for classic reducing circles as used in joint locking, pain induction, and trapping.
- E. **Persian Butt:** The butt of the CRM IPT has a Persian style butt cap which gives a pinky hold to the handle and the rounded Persian end also allows for the maximum transference of energy in a hammer first strike.
- F. **Head:** The head of the CRM IPT has no projections or any portion of the blade exposed. The large smooth surface is ideal for striking.
- G. **Pivot Points:** The two indentations (one on the clip of the tool and the other is on the handle itself) that are designed to assist a user in pivoting from forward grip to reverse grip.
- H. **Clip:** The clip is mounted on the side of the tool. It allows the tool to be carried in one’s pocket or inside his/ hers waistband.

## **IV. Basic Principles to Utilize the CRMPT**

1. Use pressure points: a joint can be made to involuntarily bend or straighten.
2. Utilize two-way action: push and pull at the same time. Brain understands only one motion at a time, therefore an overload occurs.
3. Apply complex torque: move the joint in more than one direction “bend and twist.”
4. Generate confusion: misdirection by sound, physical motion or direct touch.
5. Create a base: bases eliminate movement away from pain.
6. Create mechanical superiority: keep your form and function proper. Elbows in not out. Move on the diagonal.
7. Vary the pressure of the attack: humans adjust to pain. Phase variance eliminates this adjustment.
8. Adhesion: Stick to the opponent, once there do not leave.
9. Redundancy: apply several principles at once.
10. Upon contact: enter and adhere.
11. Go with the flow.
12. Form follows function: destroy the form, function fails.

## **V. Bio-Mechanical Striking**

- A. “De-fanging the snake”: basic principle of disruption or attacking specific targets to eliminate a violent subject’s weapon.
- B. Bio-mechanical hitting (striking): is the act of percussive blows to stop the functioning of one’s opponent.
  - a. An officer must consider several mitigating factors to include:
    1. How strong is the combative subject: mass, weight, strength
    2. How strong is the officer: mass, weight, strength.
    3. How fast is the subject’s attack (strike)
    4. Can one access the skeletal structure of the subject.

## **VI. Target Areas**

- A. Head: Striking certain areas of the head could cause serious harm to a subject. Striking these areas could be considered deadly force.
- B. Shoulder: Striking the collarbone could cause a violent subject to lose normal function. The subject will not be able to raise his arm.
- C. Elbow: An elbow is the junction of three bones. Due to the nerves that run through the channel of these connecting bones, the percussive striking of the joint can impair the function of the elbow. The same damage to the nerves can impair or cease all function in the hands as well. Hitting the muscles that surround the joint may impair function as well.
- D. Hand: A hand is composed of many small bones. Striking the back of the hand could cause a subject to lose the function of it.
- E. Knee: The bony protrusion of the knees or a blow into the side of the knees where the tendons and ligaments are easily accessible. The ligaments and tendons of the knees are not made for impact. Striking the knees will limit a violent subject's mobility.
- F. Shin: The inside of the lower leg, your shin bone, is an effective target. Striking the bone and the accompanying nerve normally will stop a violent subject quickly.

## **VII. Proper Carry and Presentation of the CRMPT**

- A. A CRMPT can be carried in a pocket, holster, or in a waist band. While on duty it is recommended to be carried in the same place at all times. This will assist an officer in muscle memory in a stressful situation. The tool should be carried in a manner that one does not have any obstructions when being drawn. It should be carried with the ramp in the up position.
- B. The CRMPT is designed to be used in a high stressed situation. A danger or threat suddenly appears and humans instinctively COVER (protect themselves by placing their hands up near their head) and then seek TO GET AWAY from the perceived danger or threat (fight or flight syndrome).
  - 1. Cover: to protect one's head and to "flinch" away from danger. Palms in, hands to head, forearms out, protecting the head.

2. To Get Away: to push away or gain space from the perceived danger...allowing for escape.
- C. Drawing the CRM IPT to COVER: follows the instinctive motion, then to get away puts the CRM IPT into a hammering usage position as one gains space between the threat and safety.
1. Drawing to cover drill:
    - a. While an Officer is standing in a natural position he will draw the CRM IPT to a cover position in a defensive ready stance. The CRM IPT and reactionary hand should be both at face/head level.
    - b. Once the officer is comfortable with drawing to the cover/ defensive ready position. The officer will be instructed to draw to a cover position and then hammer with the CRM IPT to create space (to get away or in preparation to close the distance to his/her advantage).

## **VIII. 5 Basic Entries**

- A. In order to execute the basic entries, one must understand certain basic gross motor biomechanical motions (horizontal – vertical):
1. Open position to close position
  2. Close position to open
  3. Up down (hammering)
- B. Basic foot work or movement
1. Natural position (stance) step forward normally
  2. Natural stance step backwards
  3. Stepping is done in a triangle manner (to the outside of your opponent in the 5 entries)
- C. 1st Entry: horizontal to vertical, opponent check's (horizontal disengagement), officer checks (slap hand) and strikes to collar bone/ shoulder area.
- D. 2nd Entry: horizontal to vertical, opponent pushes, officer grabs opponent's wrist and strikes to top of forearm, strikes in upper cut motion to chin area, straight arm bar to a take down.
- E. 3rd Entry: horizontal to vertical, opponent grabs, officer using his reactionary hand grabs opponent's hand, wrist lock, sternum strike, straight arm bar take down.

- F. 4th Entry: horizontal to vertical, opponent clears, officer circles and strikes opponent to the side of the neck just above the shoulder, wrist lock to a take down.
- G. 5th Entry: horizontal to vertical, opponent turns to flee, officer with his reactionary hand encircles opponent's arm into an inverted arm bar to a take down.

## **IX. Finger Locks**

Finger Locks to a take down and or control: if an officer is grabbed by a subject fingers can be useful in obtaining control. When grabbed by the neck and or chest area, the officer using his CRM IPT can rake the inside of the subject's forearm to his wrist. The officer will maintain control of the subject's wrist with his reactionary hand as he strikes the inside of the wrist causing the subject to release his grip and expose his fingers. The officer using a finger control could use one of the following three techniques:

- A. Lower ramp to a take down: the lower portion of the ramp is used to apply pressure to the side of the thumb to a take down.
- B. Top ramp to an escort position: the top portion of the ramp is used to apply pressure to the side of the thumb to a bent wrist escort position.
- C. The horn is used to apply pressure to the side of the thumb. While maintaining pressure on the thumb, circle the butt of the CRM IPT over the top of the wrist to displace the subject's balance. The officer then uses his reactionary hand to complete the take down.

## **X. CRM IPT Opening Techniques**

CRM IPT opening techniques: The CRM IPT can be used in a blade closed or open position. The following techniques use the CRM IPT in both positions.

- A. Basic opening drill: ready stance, strike the hand, Open on the inside of opponent's arm to kinetically open the CRM IPT into an open position. Using the butt of the tool to obtain control of the wrist, use reactionary hand to place subject into arm bar position, then close tool.
- B. Open tool in the same manner as the basic drill, circle opponent's arm grabbing control of the wrist by using ramp and thumb. With reactionary hand grab opponent's thumb/ hand, slide top of tool blade to the crook of the inside of elbow. Place opponent into a bent wrist lock (escort or take down), close tool.

- C. Open tool, circle opponent's arm grabbing control of your opponent's bicep, hammer lock to escort position (or take down), close tool.

## **XI. Module #1 (1-4-12)**

- A. To assist officers in understanding the 1st module and provide them with points of reference, they will be shown and practice all 12 strikes (1-12). The number 12 is a downward motion. Officers should be reminded that depending on the amount of force used or specific target area, if the officer chooses to strike to the head of his adversary it could be considered deadly force. The CRM IPT is a medium impact tool versus a high impact tool (baton) which is a less than lethal device.
- B. Officers will be shown and practice forward grip and reverse grip of the CRM IPT.
- C. Officers will be shown and provided information on the 4 perspectives:
  - 1. Standard (officer holding tool in right hand and subject attacking with his right)
  - 2. Backwards (officer holding tool in right hand and subject attacking with his left but in the same angles as a right hander)
  - 3. Mirror Image (both officer and subject using left to attack and defend)
  - 4. Backwards/backwards (officer holding tool in right hand and the subject attacking with his left as a left hand person normally would)
- D. 1,4,12 standard forward grip drill: The drill provides officers with understanding of countering, distance, immediate response to an attack, and body shifting.
  - 1. Subject attacks officer with a 1, officer blocks with a 1 and checks with his reactionary hand.
  - 2. Officer then strikes with a 4, subject blocks the 4 using his reactionary hand and attacks the officer's hand with his strong hand (de-fang the snake), subject then attacks with a 12.
  - 3. Officer blocks the 12 with an umbrella block and then attacks with a 1.

## **XII. Proficiency Exam**

Students will be required to demonstrate basic proficiency with the CRM IPT.

- A. Officer will demonstrate proper presentation of the CRM IPT (natural stance to defensive ready stance with the CRM IPT in a cover/ready position.
- B. Officer will be required to demonstrate three of the five entries.
- C. Officer will be required to demonstrate two of the three finger locks.
- D. Officer will be required to demonstrate 1-4-12.