

What do I do if I notice someone following me while I'm driving?

If someone is behind you on the road and makes three or more turns to stay behind you, you're probably being followed. To lose your "tail," drive to a police station, fire station or hospital. That's standard procedure, even for government bodyguards. If it's not practical, you'll have to try to lose him in traffic.

What's the safest thing to do if a thug brandishes a knife?

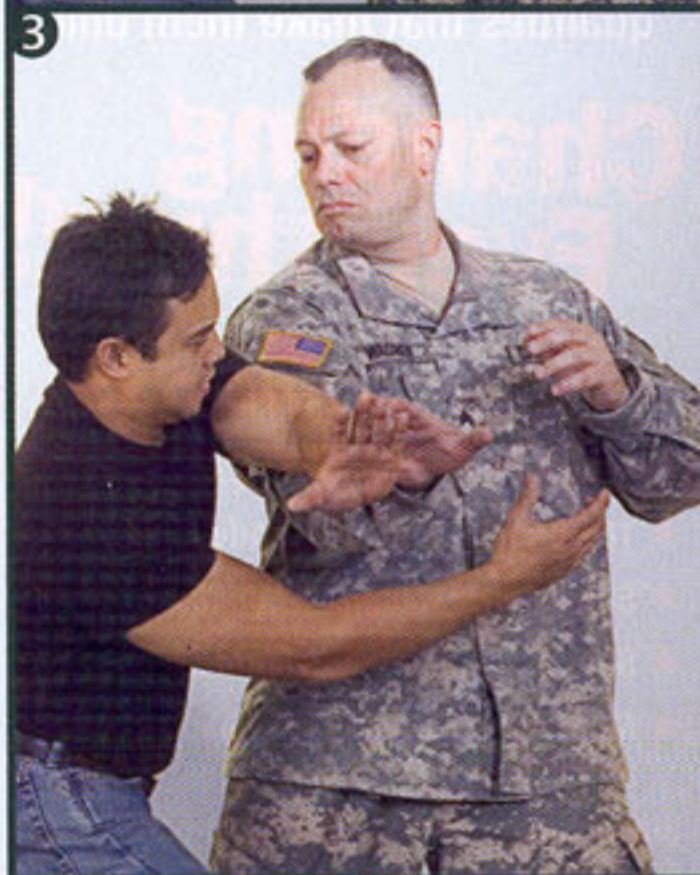
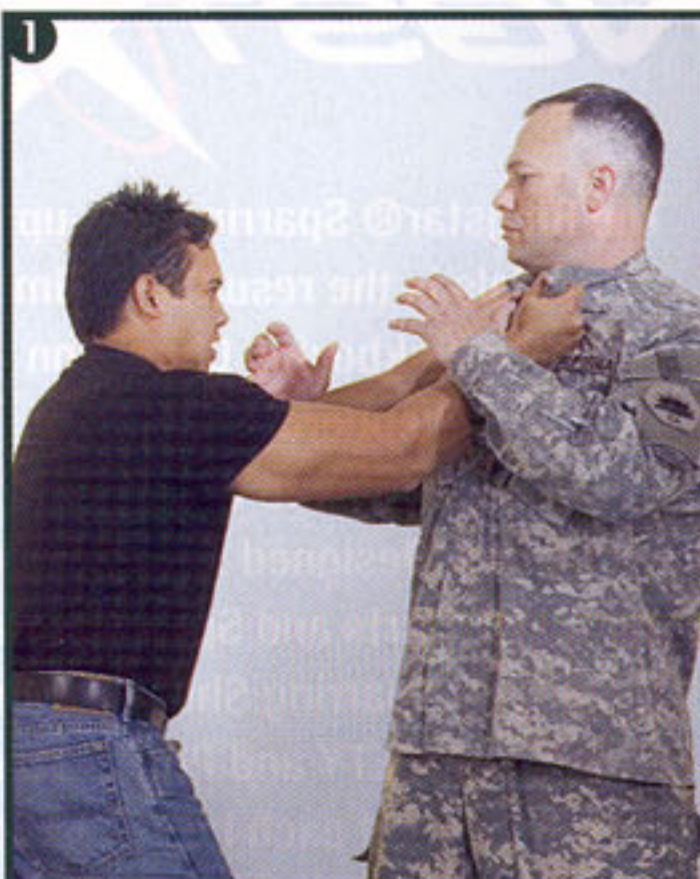
If you're in an open area and you're not protecting anyone, distance is your friend. Get away from him, then escape to a safe place or get to your own weapon.

What if he brandishes a pistol?

Situation and environment always determine your course of action. Assuming that he's not close enough for you to effect a disarm, running away in a zigzag pattern is recommended. It may not prevent you from being hit by a bullet, but it might prevent the shooter from hitting you where he's aiming—which is probably the center of your back. Movement is always best in this kind of situation.

How do I survive if a guy draws his pistol and points it at me?

If you can touch the gun, you can take the gun. Get off the line of fire to avoid the bullet, then grab the weapon with both hands while keeping the muzzle pointed away from your body. There's no "magic grab"; you need two hands to control the weapon. Immediately slam it into the face or body of the aggressor to shock his system. Rip the firearm from his hand and move back at least 21 feet. If you deem it necessary to shoot, do so as you retreat. Because you don't know the condition of the weapon—it might be empty or



STANDING CHOKE:

The opponent grabs Jim Wagner's shirt and attempts to choke him (1). (On the street, the attack would most likely occur while being pushed against a wall or vehicle.) To ensure that his air supply isn't cut off, Wagner yanks the man's hand away from his neck, then smashes him with a right punch (2). Although he's legally allowed to use deadly force, Wagner chooses not to. Instead, he uses his right hand to dislodge the assailant's left hand (3) and punches him again to eliminate the threat (4).

jammed—tell yourself that you're still in the heat of battle.

What can I do if a gangbanger pulls a knife out of his pocket and rushes me?

In less than one second, he can be in your red zone—within arm's reach—so you must gain distance by moving backward or doing the tactical-L maneuver.

If you can't create distance, follow my Knife Disarm Rule. First, grab the attacker's weapon hand with both hands. Second, close the distance. Third, take him down or get him off-balance. Fourth, escape if you can. If you can't escape because you're in a confined space or you're protecting a loved one, do whatever it takes to get the knife away from him.

How do I deal with a knife being pressed against my throat?

Use both hands to grab the knife arm and pull it down to move the weapon away



Sgt. Jim Wagner teaches ground tactics to two members of the Army National Guard.