



it's not "traditional". This same reasoning held up for many years by many police departments when they did not want to give up their old revolvers and switch to semi-automatic pistols. Then the death of many officers made them realize that they were out-gunned. Now many criminals themselves are wearing ballistic helmets, along with a vest, to commit violent crimes. Again, it's the classic situation of the criminals trying to stay ahead of the police.

If you are a police officer and your police department does not issue ballistics helmets, that does not mean that you cannot have one on hand in your own "Go Bag". Yes, they're a little bulky, but they don't really take up that much room. Store it in your bag for emergencies or for high-risk operations.

I realize that in many police departments some officers may be ridiculed for wearing a helmet at an incident involving guns, or worse yet, denied from wearing one altogether. Some of us could already picture in our minds what our fellow officers would say. You show up to a high-risk car stop being the only one wearing a helmet and everyone's calling you a "Rambo" or a supervisor tells you to remove it. Yet, this is an issue that should not be ignored. If you're unable to persuade your police department to implement helmets for high-risk situations, and you yourself are denied wearing a

ballistics helmet in high-risk situations, then I suggest getting it in writing as to why. Then, if you get injured due to a head wound make sure your family has a copy of that letter, because they will end up owning that city. Are the bullets shot in Los Angeles less lethal than where you work? Then your police department should make ballistics helmets a piece of standard issue equipment for all field police officers if they haven't already.

Plus, let's not forget that most bad guys already know that we are wearing vests. So, what are they learning to do in the criminal world? That's right, take head shots. With that in mind, no pun intended, we should all be crying out for helmets to be worn at all high-risk situations. But, as usual, it will take several more deaths from head wounds before ballistic helmets become fashionable.

### ***Here are the main reasons for wearing a ballistics helmet:***

1. Protection against handgun bullets, bullet fragmentation including rifle rounds, flash fire, blunt objects, edged weapons.
2. It provides an intimidation factor, protection against the elements, greater sense of security.

Let's move on. I'm now going to take you through some Reality-Based Police

Defensive Tactics techniques, using your helmet as a tool, for those of you who wear them.

Any criminal who has read a few military manuals has obviously come across the hand-to-hand combat sections demonstrating step-by-step how to break an enemy soldier's neck using their own helmet against them. These same techniques can be used against you, the police officer, by a criminal or terrorist. Unfortunately, there are no books or videos out there yet teaching countermeasures to these deadly techniques. In the courses that I teach to law enforcement and military personnel nationwide, Entry Team Combatives and Jail & Prison Combatives, and where helmets are standard issued equipment, I train my students to recognize when these techniques are about to be used against them and how to counter them. I will pass this information on to you. But, before I do, let me give you a word of caution. Anytime you are training techniques involving the neck GO SLOWLY AND CAUTIOUSLY!

### ***Front Grab & Strip Exercise***

If the suspect has a hold of the front of your helmet you have no more than a second to loosen his grip or he could use your own helmet to snap your neck. This

