



# JIM WAGNER



exercise teaches you to strip the suspect's hands away from your helmet. It may seem like a simple exercise, but if you don't practice it, it won't be in your "muscle memory".

1. A hostile subject lunges at the police officer's helmet.

2. If the suspect grabs the police officer's helmet before he has a chance to block with his weapon the police officer must enact a transition from his weapon to using defensive tactics to protect his neck. Although this situation is a justification for lethal force, a shooting may not stop the subject from twisting your head in time.

3. The police officer immediately grabs the top of his helmet to stabilize it, tucks his chin into his chest, and drops his center of gravity.

4. The police officer peels the suspect's hands off with a forceful downward strike. Even if the suspect has a good grip on the helmet the tucked chin will prevent the police officer's head from moving.

5. Now is no time for a wrestling match. Here is a subject who just grabbed a hold of the police officer's helmet in order to break his neck. The police officer must strike in order to stop the subject from further aggression.

6. The police officer will deploy his firearm to warn, or shoot, the suspect depending on the subject's further actions.

## Rear Helmet Pull Defense

1. A suspect grabbing the helmet from the rear is even more dangerous to the police officer than the frontal grab, and only quick reactions through training will save the police officer's neck.

2. The suspect manages to grab the police officer's helmet, and starts to pull back on it.

3. The police officer quickly grabs the front of his own helmet to stabilize it, and rapidly leans forward to break the suspect's grip. Leaning forward will also shift the suspect's center of gravity.

4. The police officer immediately turns into the suspect with an elbow strike. This will strip the suspect's hands from the helmet.

5. Again, lethal force is justifiable in this situation, but first the police officer must prevent further attack by striking the suspect.

6. The police officer will deploy his firearm to warn, or shoot, the suspect depending on the suspect's further actions. ✕

## ABOUT THE AUTHOR



*Sergeant Jim Wagner is a law enforcement officer in the United States. He served many years in street patrol and has been on various tactical teams. He is also the founder of the Reality-Based Self-Defense system for civilians. For more information contact: [www.jimwagnertraining.com](http://www.jimwagnertraining.com)*