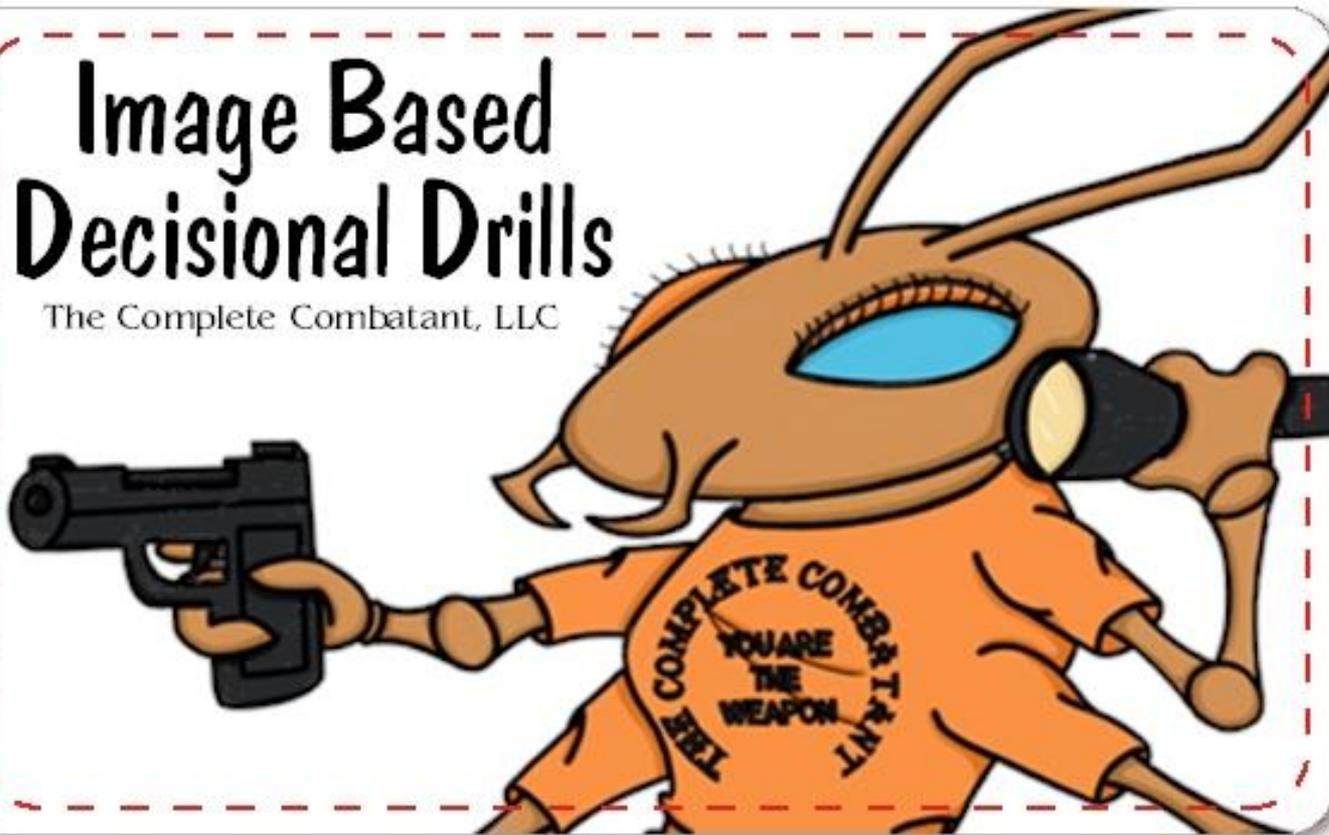


# Image Based Decisional Drills

The Complete Combatant, LLC





Remember that IBDD is just ONE step in your self protection journey. Please continue to seek out training in the 8 OPTIONS that Image Based Decisional Drills encourages. Please don't forget about the less often practiced 9<sup>th</sup> OPTION.....force on force and open hands training.

# THE IMPORTANCE OF DECISIONAL TRAINING = WHY WE DID IT?

Decisions are more important than techniques.

People carry a lot of gear but gear does not solve the problem...YOU DO!

We think there is a GAP in our training. We need to have “well rounded” skills for self protection and NOT just train with the gun.

MINDSET, avoidance, deselection and verbal commands are used MORE than any other forms of self defense.

There are very few dry or live practice exercises that focus on making lethal, less than lethal and non lethal decisional quickly.

Tool cycling and cognitive stacking of decisions MUST be practiced often.

# HOW DOES PRACTICING WITH AN IBDD KIT/NO KIT HELP?



Evaluate the strengths and weaknesses of your strategies/decisions in the content of the scenario.

Visual cueing, pre-need decision making, tool cycling, and distance management .

Creating "files" in your brain that you recognize to thaw the freeze.



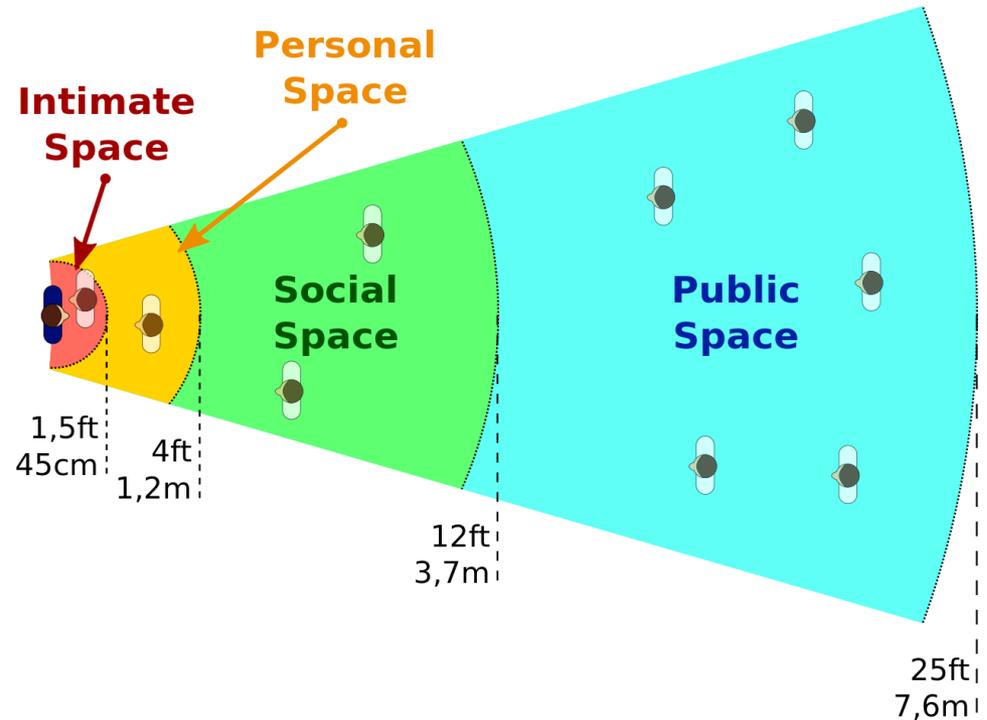
**IBDD DEFINITION OF SUCCESS:** To quickly make **ONE** good **FIRST** decision based on visual stimuli & instantly act on it. Be confident, decisive, efficient, & explosive.

**Recognition-prime decisions:** A model of how people make quick effective decisions when faced with complex situations. In this model, the decision maker is assumed to generate a possible course of action, compare it to the constraints imposed by the situation, and select the first course of action that is not rejected.

# LET'S TALK ABOUT PROXEMICS "IN A NUTSHELL"

- **Edward T. Hall** is the cultural anthropologist who coined the term in 1963. PROXEMICS is the science of HOW we USE the space around us and HOW we VIEW it in terms of interaction with other people.

- **INTIMATE SPACE** = 18 inches
- **PERSONAL SPACE** = 18 inches to 4 feet
- **SOCIAL SPACE** = 4 feet to 12 feet
- **PUBLIC SPACE** = 12 feet and beyond. Public space is the space the WE PERCEIVE that people have "the right to be" unless for some reason "they don't". Our goal is to make ALL decisions no closer than 12 feet so "danger" can not enter our social, personal or intimate space.



**12 FEET = DISTANCE = TIME = MORE DECISIONS.**

# 4 YARDS = 12 FEET. VISUAL PERSON?

Visualize 4 shopping carts:  
They are roughly 3 yards each



Visualize a Honda Civic.  
They are just over 4 yards each



# ALTERED PERCEPTIONS DURING OR AFTER AN IBDD SCENARIO OR REAL-LIFE INCIDENT

**EMBELLISHMENT:** An untrue decorative detail or feature added to something to make it more attractive.

**CREATING A NARRATIVE OR STORY TELLING:** Mind replays: You change the truths, you are the hero, over explain actions.

**AUDITORY EXCLUSION:** Ignoring the BEEP of the timer or even my voice.

**COLOR TRANSFERENCE:** Incorrect color and placement due to a dominate color.

**STALLING:** To delay or prevent from doing something for a period of time.

**VISUAL PROBLEMS:** Can't "believe" what you are seeing. "What am I looking at? I don't get it".

**TACHYPSYCHIA:** Will lose all sense of time.  
Time dilatation: Slowing down or speeding up

# IBDD “OPTIONS”

## GET MORE TRAINING!

THIS IMAGE BASED DECISIONAL DRILLS “THE CLASS” IS A BENEFICIAL LEARNING SYSTEM TO HELP YOU MAKE **ONE** GOOD **FIRST** DECISION QUICKLY.

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Walk Away

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Run

---

Flashlight

---

Verbal Commands

---

OC/Pepper Spray

---

911

---

Apply Tourniquet

---

Shoot: Failure To Neutralize

---

Hidden Option = Force on Force/Empty Hand Skills?

# IBDD OPTIONS

## Walk Away

Gait	CONFIDENCE: Gait
Aware	Be cautious, aware of your surroundings, and changes in the environment.
Watch	<b>ALWAYS! ALWAYS! ALWAYS! Watch their hands.</b>
Vision	IF POSSIBLE, keep the nuisance/event in your peripheral vision without turning your back to them/it.

# IBDD OPTIONS

**RUN!**

4 Yards	Remember, every image (unless obvious) is at roughly 4 yards. Do you have time, AND THE SPACE, to turn and LOOK and then RUN before they reach YOU?
Distance	You may have to consider making a bit of DISTANCE with other options available and then running. DISTANCE EQUALS TIME.
Shoes	Footwear?
CAN YOU	CAN you physically run?

# IBDD OPTIONS

## Flashlight

MORE	Gather more information in a dark area.  Identify “WHO IS THERE”?
PUNCH	If held in your hand with a fist, it will increase your STRIKING power. Think about how a roll of quarters or brass knuckles puts more power in a punch.
Not me!	Deselection tool. HOW? “Tool” usage makes bad people think...cop? Have other tools they are willing to use? Aware w head up? See me? So much more.

# IBDD OPTIONS

## 911 Call

ALWAYS First	Give your LOCATION first.
What to Say	We recommend you follow with “I am the victim, explanation, attacker’s location & description and then ask for medical attention (if pertinent).”
Essentials	We recommend saying “as little as possible” and to only offer the essential information.

# IBDD OPTIONS

## Verbal Commands

Verbal commands can be the hardest to execute so you **MUST** practice your delivery, your body language, and your commands.

Consider “frames” or “fence”. Practice talking while your hands are in movement around the same area that you would put your hands up to “clap” (upper chest area). With your hands already positioned there, it is quicker to access “tools”, cover your head to block a punch, and other benefits.

ASK	<u>ASK:</u> <i>No, I am sorry I don't</i> (William Aprill).
Ignored X 1	Ignored? What does that mean?
TELL	<u>TELL:</u> GET AWAY FROM ME!
Ignored x 2	Ignored? <b>MAKE....</b> coming up.

# IBDD OPTIONS

## OC/Pepper Spray

### “In a nutshell”

Verbal commands while in action. Thumb on button UNDER lid, extend arm, press button while spraying across eyes (ear to ear). Accurate aim is critical.

Get  
ready  
sooner

PRE-deploy/have in hand if possible. We recommend thumb resting on TOP of cannister. WHY?

MAKE!

Ask. Tell. MAKE: DON'T MOVE!!!!

Get  
Away

Run away. Get to safe place. Call 911

Help  
police

Good description of assailant?

# IBDD OPTIONS

## Tourniquet

Please review the  
“Simple Steps to Apply a  
Tourniquet”.

Tourniquet	IBDD teaches “Simple Steps to Apply a Tourniquet”. High in armpit. High in crotchpit. Tighten until bleeding stops.
MORE!	SEEK MORE MEDICAL TRAINING!
Words Matter	Be confident, speak to the injured person with kindness and reassure them they will be ok, etc.
Practice	GOAL: 30 seconds to apply the tourniquet.

# IBDD OPTIONS

## Failure to Neutralize

Remember that during IBDD “The Class”, the 7 options are available to you EVEN IF YOU DON’T CARRY SOME OF THE “TOOLS” AVAILABLE. We WANT you to experience tool cycling with non-lethal and less than lethal options.

**See IBDD RULES #1 and #2**

Lethal Decision	2 shots to the body and 1 shot to the head.
Why F2N	If 2 shots to the body did not stop the person then 1 shot to the head will be an instant stop.
IBDD Rule #1	If you do not carry a firearm EVER or you do not carry every day, then the decision to use lethal force is not an option.
IBDD Rule #2	If your scenario takes place in your home, and you have a home defense firearm, then you MAY add lethal force as an option.

Cognitive skills and knowledge involve the ability to acquire factual information, often the kind of knowledge that can easily be tested like we do through IBDD.

So, *cognition* should be distinguished from social, emotional, and creative development and ability. It is called a cognitive stack because we have multiple choices and tasks that need to be decided upon.

*Cognitive science* is a growing field of study that deals with human perception, thinking, and learning.

We are now going to look at some images. The decisions in BLACK is the “ONE good FIRST decision”. The decisions in BLUE are samples of **cognitively stacking** SEVERAL GOOD decisions.



**TOURNIQUET:  
WORK FAST.  
STOP THE BLEED.**



**VERBAL COMMUNICATION: BE CONFIDENT. KEEP  
THEM CALM**

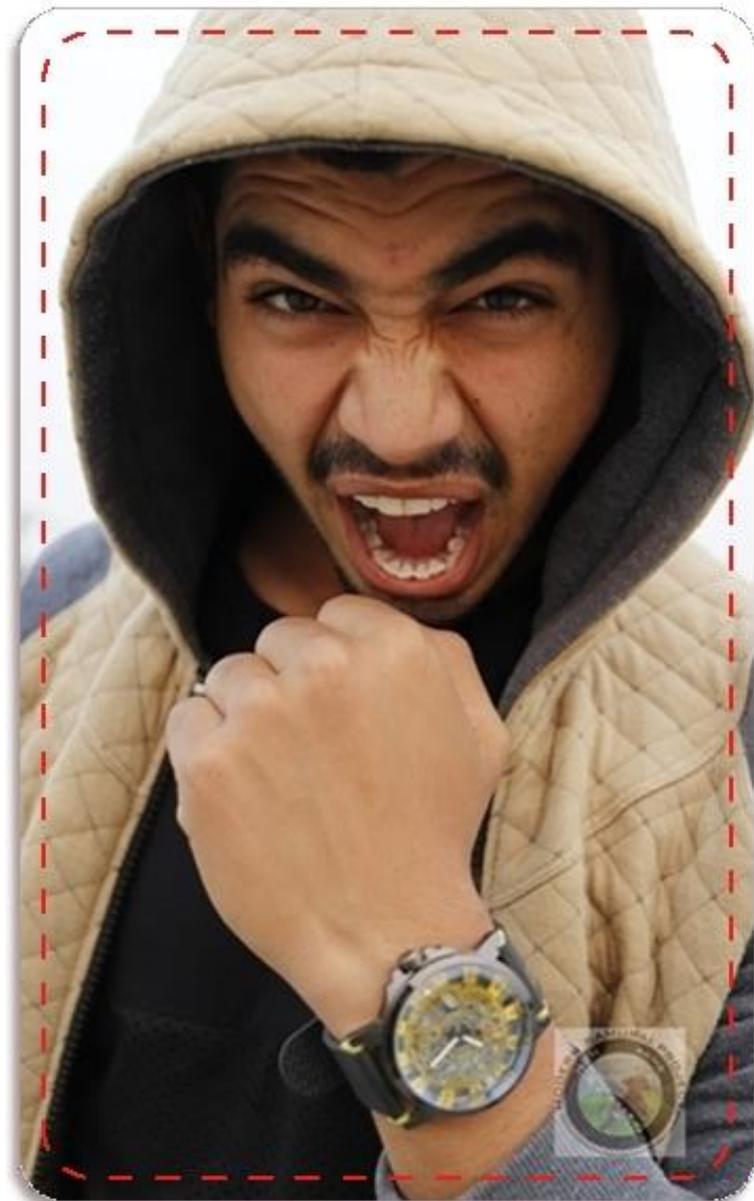
**911: GET HELP. LOCATION FIRST**

**OC/PEPPER SPRAY WITH LOUD  
“MAKE” COMMANDS LIKE  
GET AWAY FROM ME! OR DON’T  
MOVE!**

**ALWAYS LOOK AT THEIR HANDS.**

**RUN TO SAFE PLACE**

**911: GET HELP. LOCATION FIRST**



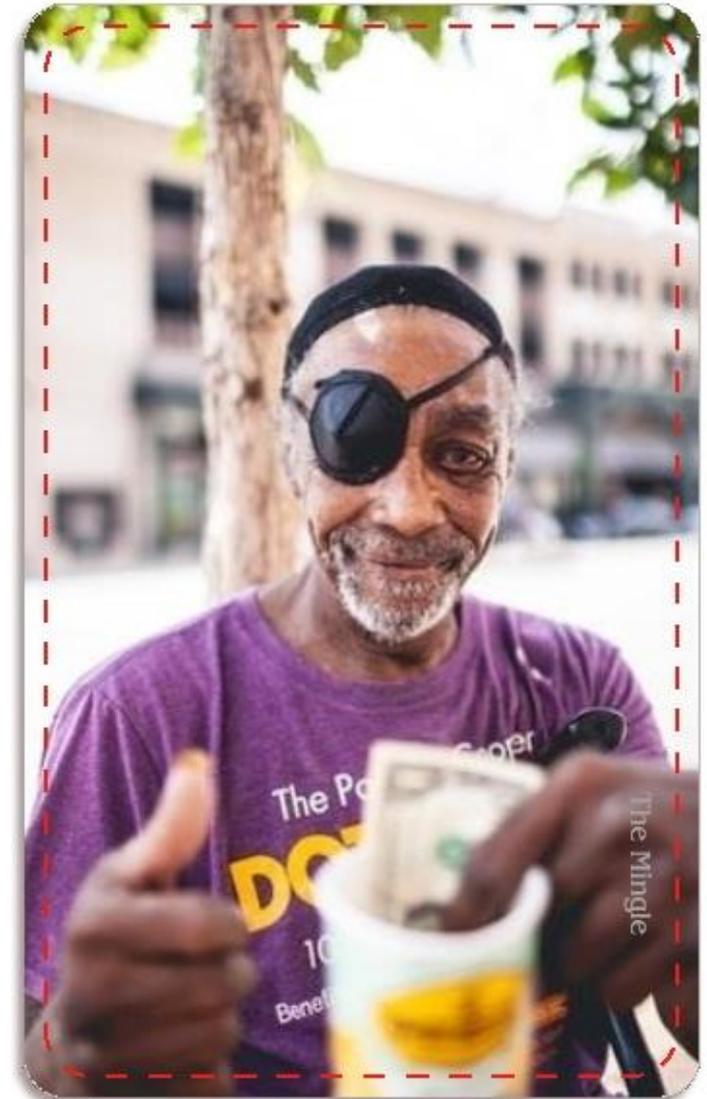
# **VERBAL “ASK/TELL” COMMANDS AND WALK AWAY**

**WITH RAISED AWARENESS AND  
LOOKING FOR CHANGES IN YOUR  
ENVIROMENT.**

**ALWAYS LOOK AT THEIR HANDS.**

**ASK: NO, I AM SORRY I DON'T  
TELL: GET AWAY FROM ME  
MAKE: DON'T MOVE!**

**DO NOT TURN YOUR BACK**



**LETHAL FORCE: NO  
TIME FOR OTHER  
OPTIONS.  
MUST BE STOPPED.**



**ALWAYS LOOK AT THEIR HANDS.**

**RUN TO SAFE PLACE**

**911: GET HELP. LOCATION FIRST. ONLY ESSENTIAL  
INFORMATION.**

## **FLASHLIGHT: SCAN GARAGE**



**PRE-DEPLOY PEPPER SPRAY WITH IT IN YOUR HAND,  
READY TO DISPERSE, WITH THUMB RESTING ON LID.**

**RAISE YOUR AWARENESS: LOOK AROUND**

**GET IN CAR & LOCK DOORS: TIME TO GO**

## IBDD DEFINITION OF SUCCESS

To quickly make **ONE** good **FIRST** decision based on visual stimuli & instantly act on it. Be confident, decisive, efficient, & explosive.



*Thank You!*

