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Lesson Plan – Personal Security – Executive Version

- Title of Class: Personal Security – Executive version
- Prepared by: AD Jason Wilkerson
- Length: 1 – 6 hours
- Learning Objectives: Use awareness, recognition and avoidance to reduce the risk of being a victim of violent crime. 2. Safety and awareness in nonpermissive areas, while traveling and during high threat "seasons" in one's career.
- Training content / Outline: An outline of the subjects, terms and topics covered during the class. If you have a detailed power point, the easiest thing will be to paste in a copy of the outline view. In most cases this will suffice.
- Instructional Method: How is this class being taught? Is it a lecture? On the firing range? Group discussions? Scenarios? Watching videos? Again, a list of points or just one sentence.
- Resources: Darren Laur / Left of Bang /
- Test / Evaluation: None
- Approval / Review: Wilkerson

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Personal Security

- Executive Version

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Rule #1 – Awareness

- ☐ Beware the Fringe or Transition area
- ☐ Don't let guard down because you are at a house, restaurant or office party
- ☐ Know thy neighbor
- ☐ Danger Zones
 - ☐ Elevators
 - ☐ Stair Wells
 - ☐ Parties
 - ☐ Bars
 - ☐ Short cuts

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Rule #2 – Avoidance

- ☐ Vary Patterns
- ☐ Walk away...
 - ☐ Fighting is fun, but expensive
- ☐ Don't draw attention to yourself
- ☐ Know your surroundings
 - ☐ Neighbors
 - ☐ Vehicles
- ☐ The 3 D's The Tactical Edge Pg 448 - 453
 - ☐ Drugged
 - ☐ Drunk
 - ☐ Deranged

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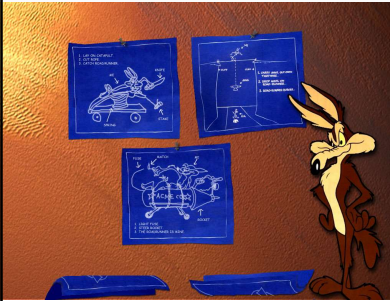
Avoidance Continued...

- ☐ Overall use of psychiatric medications among adults grew 22 percent from 2001 to 2010. The new figures are based on prescription drug pharmacy claims of two million US insured adults and children reported by Medco Health Solutions Inc., a pharmacy benefit manager based in Franklin Lakes, N.J.

▪ Wall Street Journal – Nov 17, 2011

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RULE #3 - Anticipation Have a Plan!!!



- ☐ Preparation
- ☐ Visualization
- ☐ War Gaming
- ☐ Training
 - ☐ = options
- ☐ Escape routes

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Personal Security



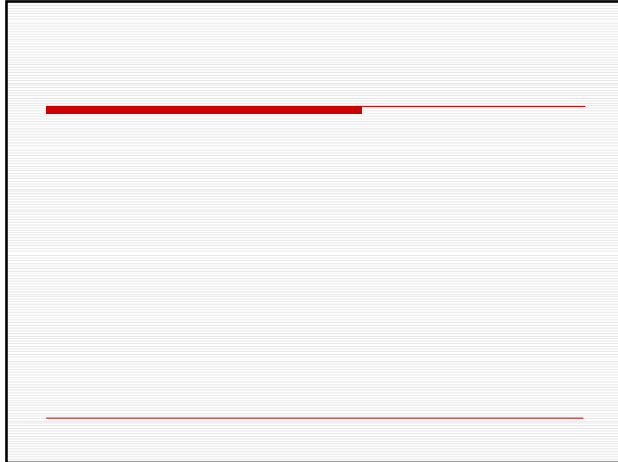
- ☐ Notify others of your destination
- ☐ Observe residence for alternate exits
- ☐ Do not take valuables inside
- ☐ Keep sensitive and necessary items ON YOU

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- ☐ Research residence before you go.
- ☐ Do not wear excessive jewelry
- ☐ COMMUNICATION
 - ☐ Do not be separated from your cell phone.
- ☐ Do not wear restrictive clothing


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Parking

- ☐ Park so that you can exit quickly
- ☐ Park on the street?
- ☐ Do not block in a resident
- ☐ Do not park so that you can be blocked in



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Inside the Venue

- ☐ Knocking on the door
- ☐ Don't focus. Look for:
 - Weapons
 - ☐ Firearms
 - Ammo
 - Holsters
 - Hunting equipment
 - ☐ Improvised
 - Knives

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- ☐ Signs of drug use / manufacture
- ☐ Other persons in the residence
- ☐ Look for exits

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Signs of drug use, abuse, manufacture

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Marijuana <ul style="list-style-type: none"> ■ Plastic baggies ■ Thumb scales ■ bong ■ Hemostats (burned tips) ■ Cigars with tobacco removed ■ Rolling papers | <ul style="list-style-type: none"> <input type="checkbox"/> Cocaine <ul style="list-style-type: none"> ■ Plastic baggies with corners cut out ■ Digital scales ■ Razors with white residue ■ Small flat surfaces with white residue (mirrors) ■ cut straws ■ rolled up bills ■ "Lonely" dishes with baking soda ■ 350 lighters ■ Pipes <ul style="list-style-type: none"> <input type="checkbox"/> soda can w/ hole <input type="checkbox"/> glass tube |
|---|---|

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- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Heroin <ul style="list-style-type: none"> ■ Burned spoons ■ Syringes ■ Tourniquets ■ Spoon w/ cotton ball or steel wool ■ 470 lighters | <ul style="list-style-type: none"> <input type="checkbox"/> Methamphetamine <ul style="list-style-type: none"> ■ Everything else plus: <ul style="list-style-type: none"> <input type="checkbox"/> matchbooks with striker plates missing <input type="checkbox"/> Coffee filters <input type="checkbox"/> Batteries cut open <input type="checkbox"/> chemicals in abundance <ul style="list-style-type: none"> ■ starter fluid ■ Red P ■ Neuritic Acid ■ Drain cleaner ■ Iodine w/ hydrogen peroxide ■ Little bits of aluminum foil ■ Rock salt <input type="checkbox"/> cold pills in abundance <input type="checkbox"/> duct tape and rubber hoses <input type="checkbox"/> Ph paper |
|---|---|

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Meth Lab Stereotypes

- ☐ "Tom Cat's Nail Salon"
- ☐ More than one keep out sign
- ☐ Large collection of porn
- ☐ Security cameras on a 10K home
- ☐ Pile of burned trash in back yard
- ☐ Motion activated 1million cp spotlights
- ☐ Redneck science projects with hot plates

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Drug users

- ☐ Excited
- ☐ Lethargic
- ☐ Off balance
- ☐ Constant scratching or adjusting clothing
- ☐ Confused appearance
- ☐ Untidy
- ☐ Sweating

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Pupils - Constricted

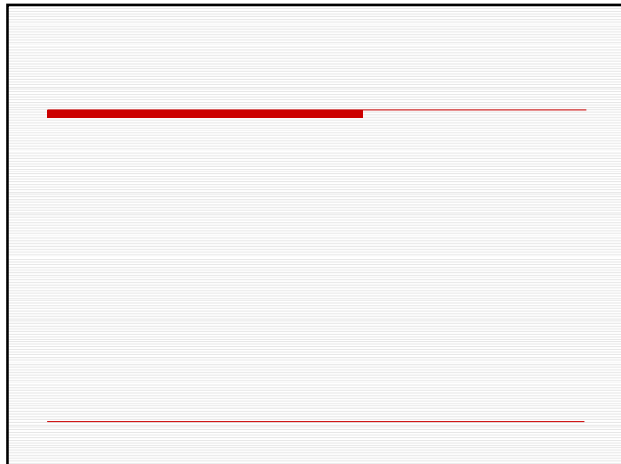


18

Pupils Dilated



19



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If followed on foot...



- ☐ Cross the street
- ☐ Change direction
- ☐ Challenge suspect

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If Followed on Foot Cont...



- Walk to well lit area with people
 - Talk to another person
- Rats travel in packs
 - cons and robbers often work in groups
- THIS IS SERIOUS!!!

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Personal security - movement



- Walk and act confidently
 - look @ people
 - Talk to them
- Wear clothing that allows freedom of movement.
- Have keys in hand
 - does not create delay looking for them
 - use as weapon???

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personal security ... movement...



- Never give the impression that you are alone
 - "my partner is coming"
 - "I am going to meet someone"
- DO NOT STOP

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Personal security in car



- Position vehicle for exit as you arrive
 - turn around in driveway, angle out...
- Keep doors locked
- Open door with off hand (practice today)
- Leave space to drive around vehicles in traffic (1/2 length - see tires)

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security in car cont...

- If confronted... stay in car. Keep moving.
 - Do not put vehicle in park. Foot on break.
- If "bumped" drive to PD or a well lit area.



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If followed... in car

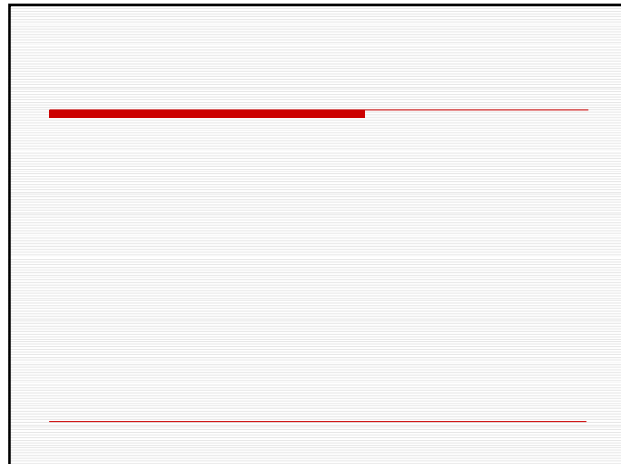
- Verify tail
 - drive slow
 - turn on hazards and pull over
 - do NOT box yourself in
- circle block
 - only if you know the area



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-
- ☐ Drive to well lit area or to police station.
 - ☐ Get the suspect vehicle description, tag, etc.
 - ☐ Call police and advise
-

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Car trouble...



- ☐ Stay with the car!!!
 - ☐ Do not ride with anyone
 - ☐ Send the good Samaritan to go get help or call for help.
-

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Carjacking

United States Department of State
Bureau of Diplomatic Security
Department of State Publication No. 10863



- Purpose is to TAKE THE CAR
- Avoidance
 - High Crime Areas
 - Lesser traveled roads (rural areas)
 - Intersections
 - Residential driveways and gates
 - Traffic jams / congested areas

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Common Carjacking Techniques

- Bump
 - Perp bumps car
- Good Samaritan
 - Staged injury, accident..
- Ruse
 - Perp flashes lights (or something else) to get vic to stop
- Trap
 - Perp does surveillance and takes vic @ opportune time



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Carjacking responses

- | | |
|---|--|
| <ul style="list-style-type: none"> □ Cooperate <ul style="list-style-type: none"> ■ Do not resist ■ Keep hands visible ■ No sudden movements ■ Tell perp if there are children in the car. | <ul style="list-style-type: none"> □ Resist <ul style="list-style-type: none"> ■ Punch out / drive around ■ Create distance ■ Draw attention |
|---|--|

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KIDNAPPING

- The Counter-Terrorism Handbook - Tactics, Procedures and Techniques

☐ Kidnapping vs. Hostage Taking

- "Kidnapping is the surreptitious taking and holding of a person or persons for the purpose of achieving some personal or organizational goal" – Page 92
- "Hostage taking and / or hijacking, on the other hand, is an action designed to precipitate a confrontation during which the terrorists will gladly identify their cause and organization" – Page 92

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Kidnapping / Hostage Taking Responses

- ☐ Cooperate ☐ Resist

36

Masked? Relocated?

- They are hiding their identity for a REASON

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Cooperate

- Cooperate
 - No Sudden movement
 - K&R Insurance
 - Respect your oppressors
 - Develop Rapport
 - Humanize yourself
 - Survive
 - Humor
 - Optimism
 - Patience
 - Energy
- Be observant
- Keep track of time
- Gunfire? HTF or GTFO
- Beware Stockholm Syndrome
- Stay Active physically and mentally

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Resist

- Resist
 - Break Contact
 - Draw Attention To Yourself
 - ESCAPE –
 - E&E Kits
 - Keys
 - Blades
 - Survival
 - Emergency Comms
 - Weapons?
 - Trauma Kit?
 - Shomer Tec



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High Risk Personnel – Prepare Personal Profile

- ❑ Critical to determine Hoax Kidnappings
 - ❑ Account Information
 - ❑ Medical Information
 - ❑ Photograph
 - ❑ Tattoos
 - ❑ Biography
 - ❑ Membership in Clubs / Organizations

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Prevention Tactics

Procedures and Techniques

- The Counter-Terrorism Handbook – Tactics,

- ❑ "A key to personal kidnap prevention is awareness..."
- ❑ "... check into the possibility of political unrest, or perhaps dates and anniversaries which are of significance to political minorities"

▪ Pg. 100

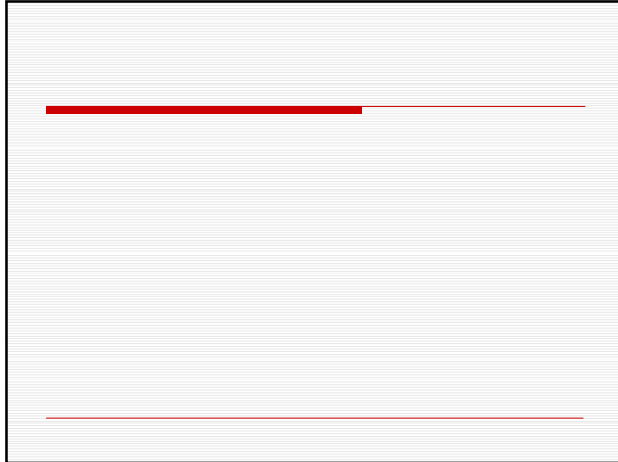
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Department of State Travel Warnings

http://travel.state.gov/travel/cis_pa_tw/bw/bw_1764.html

- ❑ The TCOs themselves are engaged in a violent struggle to control drug trafficking routes and other criminal activity. As a result, crime and violence are serious problems throughout the country and can occur anywhere. U.S. citizens have fallen victim to TCO activity, including homicide, gun battles, kidnapping, carjacking and highway robbery.
- ❑ According to the most recent homicide figures published by the Mexican government, 47,515 people were killed in narcotics-related violence in Mexico between **December 1, 2006 and September 30, 2011, with 12,903 narcotics-related homicides in the first nine months of 2011 alone.** While most of those killed in narcotics-related violence have been members of TCOs, innocent persons have also been killed. The number of U.S. citizens reported to the Department of State as murdered in Mexico increased from 35 in 2007 to 120 in 2011.
 - ❑ (TCO) Transnational Criminal Organizations
 - ❑ Mexico Population – 112 Million –
 - ❑ Tennessee Population – 6.4 million
 - ❑ US Population – 311 Million

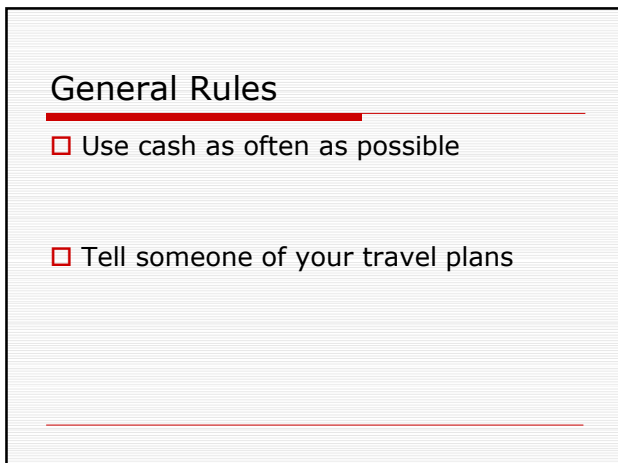
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- ❑ Purchase small amount of foreign currency
 - Everybody knows Jackson and Franklin
- ❑ Separate money
- ❑ Strip down purse and wallet before travel



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- ❑ Have photocopy of IDs – On person and left at home
- ❑ Do NOT lend or use passport or DL as collateral (some countries may require you to leave it at a hotel desk...)



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BLEND IN

- ❑ Know the etiquette
 - You are NOT in Kansas any more
 - When in Rome...





U.S. Secretary of Defense, Robert M. Gates, meets with Crown Prince of the United Arab Emirates, Sheikh Mohammad bin Zayed Al Nahayan, in McLean, Va., April 26, 2011.

48

You are NEVER lost

- ☐ Look like you know...
- ☐ Maps
- ☐ Careful who you ask for directions

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Neutral clothing

- ☐ Wear neutral clothing
 - ☐ Sports logos
 - ☐ Some people are stupid about this
 - ☐ Country
 - ☐ Political
 - ☐ Religious
 - ☐ Occupation
 - ☐ Lifestyle

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Do NOT talk to people

- ☐ Allows people to funnel or delay
- ☐ ID accent
- ☐ Mumble and keep walking
- ☐ NEVER tell what hotel you are in
 - ☐ The UC classes...

51

Know that you are on the criminal's turf

- ☐ Train Stations
- ☐ Bus Stations
- ☐ Airports
- ☐ Hotels

- ☐ They spend a LOT of time there looking for marks.

52

Avoid Scams

- ☐ Art work
- ☐ Free stuff
- ☐ Credit Card offers
- ☐ Gift offers
- ☐ Vice



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Flights -

- ☐ Prefer isle seat or emergency exit (Duty to act)
- ☐ 1 bag
 - ☐ Wear the bulky stuff (Jacket - Boots)
- ☐ Travel documents together
- ☐ Prefer the direct flight

55

Rental Car

- ☐ Remove sticker
- ☐ Cut rental key chain
- ☐ Hide rental agreements, maps, etc.
- ☐ Bring your GPS
- ☐ Where to avoid?

56

Find a hotel

- ☐ Scout the Hotel
 - ☐ Secure Parking?
 - ☐ No Live-Ins
 - ☐ Free Breakfast
 - ☐ Hotel / Motel - Doors inside

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Checking In

- ☐ Use Business contact information
- ☐ Do not advertise occupation
- ☐ One card to travel on
- ☐ Cancel Room Service
- ☐ No Wake up calls
- ☐ Get two keys



58

Observe -

- ☐ Other conferences
- ☐ Uniform of hotel employees
- ☐ Uniform of housekeeping
- ☐

59

Prefer -

- ☐ Room that is
 - ☐ Near the stairs
 - ☐ Away from elevators, ice and snack machines
 - ☐ Not on first floor
 - ☐ Window faces parked vehicle

60

Once in the room

- ☐ Check essential room functions
- ☐ Walk the halls... find the exits
- ☐ DO NOT use the hotel phone
- ☐ Block the door

- ☐ Pack at night?



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"Ritualized Combat"

- Darren Laur

□ Possible indicators of assault

- Head, neck and shoulders back
- face red, twitching, jerking
- Lips showing teeth
- Breathing fast and shallow
- Thousand mile glare
- Exaggerated movements
- Totally ignores you
- Excessive attention during normal conversation
- Transition from un-cooperative to cooperative
- Anger directed at inanimate objects

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Attack is Imminent

- Darren Laur

- Face goes from red to white
 - Blood is pooling to internal organs
- Breathing is fast and deep
- Lips tighten over teeth
- Change of stance
 - Blade
- Hands closed into fist
- Bobbing or rocking
 - masks initial strike
- Target glance
- Head down
- Eye brows brought down into frown
- Stops movement
- Dropping center or lowering body
- Shedding clothes
- One syllable replies

65

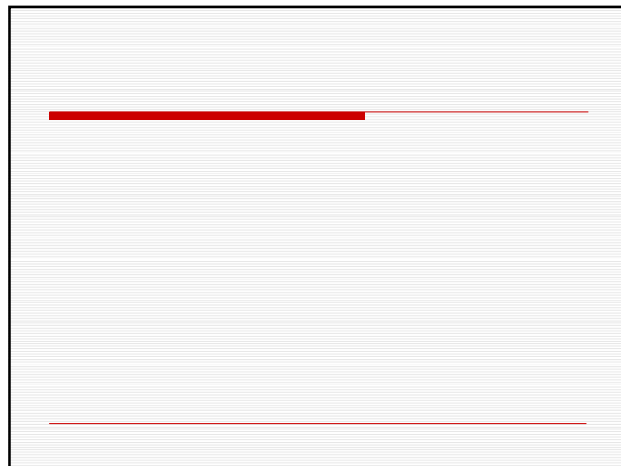
Recognizing the Armed Assailant

- Hugging / Wristing
- Tap and turn
- Clothing out of season
- Improperly untucked
- Hand "stuck" in pocket
- "Predator stare"
- Clinging to baggage

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- ☐ Jacket swinging
- ☐ Pants or jacket offline due to weight
- ☐ Weighted bulge

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Body armor / Vehicle armor

level	Caliber	NIJ Standard 0101.06 Velocity
Level IIA	9mm 124 gr FMJ/HP 40 Caliber 190 gr FMJ	1130 ft/s 1050 ft/s
Level II	9mm 124 gr FMJ/HP 357 Magnum 158 gr .SP	1305 ft/s 1430 ft/s
Level IIIA	9mm 124 gr FMJ/HP 44 Magnum 300 gr .SP	1420 ft/s 1430 ft/s
Level III	7.62mm NATO 148 gr 1.308 Caliber FMJ	2760 ft/s
Level IV	30.06 168 gr 1.30 Caliber M3AP Armor Penetrating	2880 ft/s



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WEAPONS FOR SELF DEFENSE



☐ Disclaimer

- ☐ Training
- ☐ Legality
- ☐ Discipline
- ☐ Maintenance

70

Pepper Spray



- ☐ Accessibility

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Knives



- ☐ Legality
- ☐ Point
- ☐ One-hand

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Pistols



Glock
Cut Away

- ☐ Legal
- ☐ Responsibility
- ☐ Difficulty (Concealment)
- ☐ Collateral Damage

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The "go" button

– Meditations On Violence pg 136 137

- ☐ "If you are ever faced with extreme violence, you will have to make a decision to act. Make it now."
- ☐ "Some of these are intellectual. I've evaluated my odds and consciously chosen them..."

▪ Sgt. Rory MILLER – Meditations on Violence

75

Go Buttons for Sgt. MILLER

- ☐ Someone attempts to tie or handcuff him
- ☐ Threat to a child with a weapon
- ☐ Attempted rape
- ☐ Attempt to move to a secondary crime scene
- ☐ Lone armed threat puts down the weapon
- ☐ Sees an exit and the threat is not focused on him.

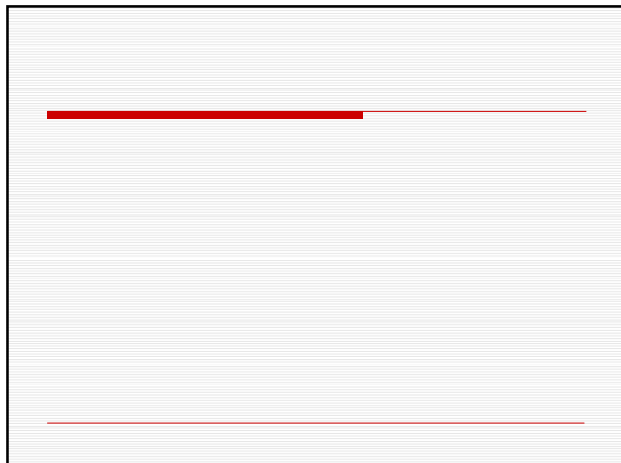
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The Golden Rule of Combat

- ☐ Your most powerful weapon
- ☐ Applied to your opponent's greatest vulnerability
- ☐ At his time of maximum imbalance

• Meditations on Violence - Kano Jigitsu

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Stress in Combat

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Common Effects

- ☐ Time Slows
- ☐ Time Speeds Up
- ☐ "Kodak Moment"
- ☐ Loss of Color
- ☐ Paralysis
- ☐ Auto Pilot

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Why?

- ☐ Hormones - Adrenaline
- ☐ Blood Pressure
- ☐ Heart Rate Increase
- ☐ Noise
- ☐ Body Temp

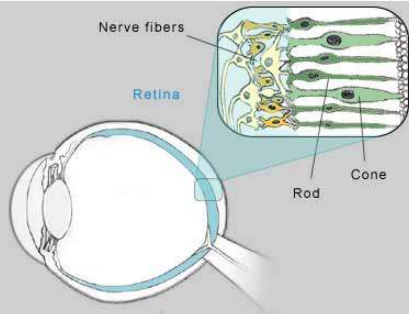
- ☐ Greatest effect on...

81

Perceptual Narrowing

□ Vision

- Tunnel Vision
- Visual Acuity

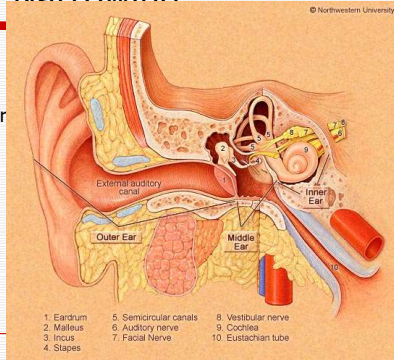


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Perceptual Narrowing

□ Hearing

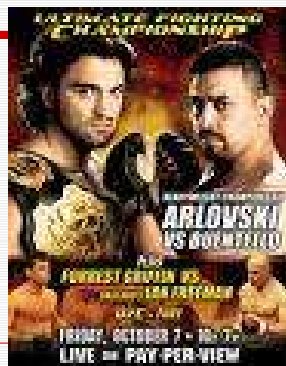
- Auditory Exclusion (dampening or blocking)
- Increased sound sensitivity




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Combat Sports

- Unable to hear corner
- Tunnel Vision
- "Auto Pilot"



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☐ "... you can pick out the smell of popcorn, hotdogs, blood or even the smell of sweat... your senses are going through the roof... you smell everything and notice and hear voices in the roaring crowd. Your senses are alert" – Pat Miletich

85

☐ Blood Pooling

- ☐ No Pain!!!

☐ Revert to Training

- ☐ Training Scars
 - ☐ Shells in Pocket
 - ☐ Round in Chamber?

86

After the incident

☐ **Ok... Walk away... or crash and burn**

☐ Memory

- ☐ Not necessarily better 30 seconds after
- ☐ **Memory Construction** fills in the gaps

87

Adrenaline Dump

- ☐ Sick
- ☐ Depression
- ☐ Excited
- ☐ Sugar Drops
 - ☐ Hungry

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Surveillance Detection - Static

- ☐ Look for vehicles and people that are OUT OF PLACE
 - ☐ False Cover (Role to Scene)
 - ☐ Acting / dressing out of climate
 - ☐ Windows down
 - ☐ Nervous
 - ☐ In place for extended time

90

Watch for Predators

- | | |
|---|--|
| <input type="checkbox"/> Head check | <input type="checkbox"/> Not looking where they are walking |
| <input type="checkbox"/> Eyes and hands | <input type="checkbox"/> Ignoring the obvious |
| <input type="checkbox"/> Tap and turn - Tap check | <input type="checkbox"/> Watching other animals that are like them (Elephants don't watch other elephants) |
| <input type="checkbox"/> Signs of aggression (HANDS!!!) | |
| <input type="checkbox"/> Demeanor changes when you look at them | |

91

Make detection part of your route

- ☐ Reflection
- ☐ Natural Reverse
- ☐ Walk against traffic
- ☐ Consider parking
- ☐ Natural U turn or turn back
- ☐ Past a fixed observation point

92

Detection continued...

- ☐ Do NOT sit with your back to the door
- ☐ Watch the window

93

Scope out the Places you frequent

- ☐ Work
- ☐ Home
- ☐ Church
- ☐ Your "Go To" restaurants
- ☐ Hotels
- ☐ Alternate exits
- ☐ Visibility
- ☐ Allies
- ☐ Law enforcement presence

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Tips for Scoping

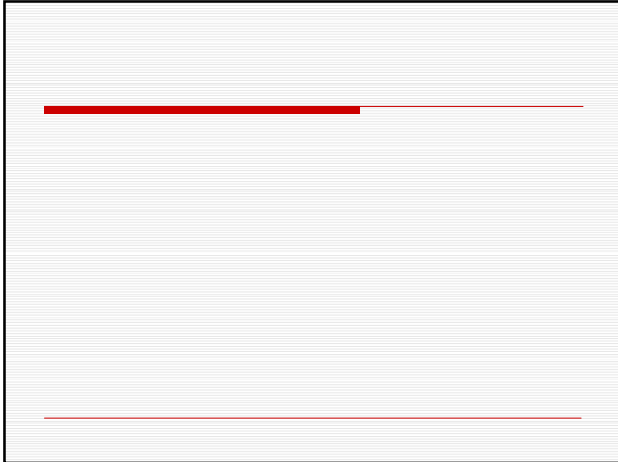
- ☐ Conduct a full walk around
 - ☐ Exits / Entrances
 - ☐ Hours of operation
 - ☐ Restrooms
- ☐ Reflections
 - ☐ Mirrors
 - ☐ Windows
 - ☐ Marble

95

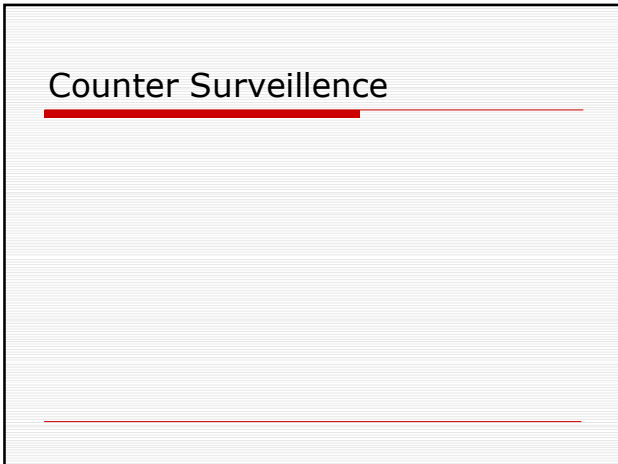
Scoping your spots – cont.

- ☐ Know the management
- ☐ Tip well!!!
- ☐ Phone # and address in speed dial.
- ☐ Closest assets
 - ☐ Hospital
 - ☐ Law enforcement
 - ☐ On or off duty

96



97



98



99

For any threat to harm you, they must know...

- | | |
|---|---|
| <input type="checkbox"/> Where you are | <input type="checkbox"/> Who you are with |
| <input type="checkbox"/> What you drive | <input type="checkbox"/> Whether or not you are armed... |
| <input type="checkbox"/> Where you live | |
| <input type="checkbox"/> What you look like | <input type="checkbox"/> The list goes on and on and on and on and on |
| <input type="checkbox"/> Where you are going | |
| <input type="checkbox"/> What you are wearing | |

100

Don't leak info about yourself

- | | |
|--|--|
| <input type="checkbox"/> Phone | <input type="checkbox"/> Conversations |
| <input type="checkbox"/> Throw phone? | <input type="checkbox"/> Computer |
| <input type="checkbox"/> Email | <input type="checkbox"/> Appointments |
| <input type="checkbox"/> Junk email | |
| <input type="checkbox"/> Pocket litter | <input type="checkbox"/> SOCIAL MEDIA!!! |
| <input type="checkbox"/> Trash | |
| <input type="checkbox"/> Mail | <input type="checkbox"/> |
| <input type="checkbox"/> Vehicle | |

101

Who is following me?

- | | |
|--|---|
| <input type="checkbox"/> Private Investigators | <input type="checkbox"/> Law Enforcement |
| <input type="checkbox"/> Terrorists – Abductor | <input type="checkbox"/> Obsessed admirer |
| <input type="checkbox"/> Terrorist - Assassin | <input type="checkbox"/> Deranged dissenter |
| <input type="checkbox"/> Criminals | <input type="checkbox"/> Kidnap for Ransom |
| <input type="checkbox"/> Paparazzi | <input type="checkbox"/> Demonstrator |
| <input type="checkbox"/> X paramour | <input type="checkbox"/> Political opponent |

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They all have one thing in common!!!



- ☐ Even terrorists cells have
 - ☐ Intelligence
 - ☐ Operational
 - ☐ Logistical

103

3 Choices if you are followed

- ☐ Channel / Funnel/
Identify
- ☐ Wash
- ☐ Evade



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CHANNEL

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Surveillance Detection Route <ul style="list-style-type: none"> <input type="checkbox"/> A pre-determined route or path that allows one to confirm and identify surveillance assets. <input type="checkbox"/> Beware the pattern | <ul style="list-style-type: none"> <input type="checkbox"/> Reflections <input type="checkbox"/> Natural reverses <input type="checkbox"/> Turn-about <input type="checkbox"/> Card or key access route <input type="checkbox"/> Lead past pre-post <ul style="list-style-type: none"> <input type="checkbox"/> Assistant <input type="checkbox"/> Partner <input type="checkbox"/> Security Officer |
|--|---|

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WASH

- ☐ Wash – Ditch Route
 - A pre-determined route or path that is designed to cause surveillance assets to lose contact. Appears un-intentional.
- ☐ Card or key access route
- ☐ Corners
- ☐ One way streets

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Evade

- ☐ Evade
 - To avoid by trickery or cleverness
- ☐ Break contact and draw attention
- ☐ Run away
 - Sprints?
- ☐ You are almost always 100 yards from hurt or help

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108

Who are your threats?
Assessment - Get your pen
out

109

Adversaries - Name them...

- ☐ Persons
- ☐ Categories
- ☐ organizations

110

Put them in order

- ☐ Most likely to
act... least likely
to act

111

Most dangerous courses of
action

112

Put them in order – most likely
to least likely

113

Which adversary is most
capable of carrying out the
actions?

114

G-2 your threats

- ☐ Photos
- ☐ Names
- ☐ CH
- ☐ Vehicles
- ☐ Financial
- ☐ Group members
- ☐ Group size
- ☐ Open source
- ☐ Put a PI on it

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The Top 10 (11ish)

- ☐ Don't go alone
- ☐ Know that complacency is dangerous
- ☐ Beware the 3 D's. Drugged, Drunk, Deranged.
- ☐ Always have a back-up (or back-out) plan. ANTICIPATE
- ☐ Always leave yourself an escape route (in the house, in the car, in the parking lot, in the driveway on the street)

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- ☐ Watch the hands
 - ☐ Maintain a Reactionary Gap
 - ☐ Don't Lose Coms (Stay in Communication – Keep your phone on you)
 - ☐ Research before you roll in
 - ☐ Listen to your subconscious
 - ☐ There are rhythms and flourishing
~~and rhythms of decline in every single~~
thing.

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