



# Defensive Tactics: Street-Proven Arrest and Control Techniques

*Loren W Christensen*

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## **Defensive Tactics: Street-Proven Arrest and Control Techniques** Loren W Christensen

Whether you are a law enforcement officer seeking to improve your edge or a martial artist wanting to expand your knowledge of street-proven techniques, you will find *Defensive Tactics: Street-Proven Arrest and Control Techniques* is filled with invaluable information to prepare you for even the most difficult scenarios.

Highlights include

- Joint manipulation that works
- Leverage control vs. pain control
- Striking with the hands, feet, forearms, and elbows
- Safely and quickly crossing the gap
- Blocking an assailant's strikes
- Using vulnerable points to gain compliance
- Head disorientation
- Safe application of carotid constriction or "sleeper" holds
- Controlling a suspect on the ground
- Arresting big guys
- Fighting concepts to take on patrol
- Weapon retention in close quarters and on the ground

Loren W. Christensen is a retired cop and high-ranking martial artist who survived everything the mean streets threw at him, working patrol, gang enforcement, and dignitary protection. *Defensive Tactics* goes beyond what is taught in the academy, during an officer's in-service training, and what is allowed by the administration.

This book also includes a chapter on proven ways to control a suspect on the ground, written by LAPD officer Mark Mireles, an MMA coach, police academy trainer, and champion wrestler.

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