

## Reality-Based

There are 3 aspects integral to tactical force responses to real violence:

- **Think do** - the *perception* of how they can/will respond to violence, influenced by media, stylised training methodology and lack of experience
- **Must do** - specific operational parameters, such as departmental policies, job role mandates, etc, that forms the baseline for all programs
- **Will do** – the *actual* response to real violence, based on factors such as training, experience, and the ability to operate under stress

Our programs combine what *must be done* with what actually *will be done* under the stress of an actual confrontation. The skills required to control violence are perishable. The technical aspects of our programs are based on gross motor function, which offer important advantages of reduced training time, high retention, are more likely to be performed during times of high stress and are more forgiving.

Our programs acknowledge the 90% rule, which states that 'techniques are designed to work 90% of the time in 90% of operational situations. However, nothing works 100% of the time. Officers should not discard a good technique because of an exceptional case in which a procedure does not work'. Using the principle of saturation training, participants practice skills until they are not only competent in them...they understand them...and can then adapt them to suit their own personal capabilities.

Proficiency and confidence result from realistic, appropriate and regular training. Our strategies are designed to work for the *average* person with *average* fitness and experience, in full duty attire and under realistic conditions.

***The only substitute for reality is total realism. Train as you work and work as you train!***

training  
without risk...

## Trainer Profile

**Rich Kay** is the Director & Senior Trainer of Modern Combatives, a provider of operational safety training to the public safety community.

He has studied martial & combative systems since 1984, is a certified operational safety instructor-trainer with instructor certifications through ASP, PPCT & SIG SAUER. He has studied Systema (Russian Military), Krav Maga (Israeli Military), Cloquba Hajutsu (US Law Enforcement) & SAFTA (US Special Ops) and is a certified Simunition Safety Supervisor, Force-on-Force Simulation Safety Instructor and Centurion Control Stick Instructor. His martial disciplines include Karate, Aikido, Ba Gua, Hsing-i, Tai Chi, Bojutsu, Iaijutsu and Filipino knife combat. He holds a 6th degree black belt in karate, 3rd degree black belt in Cloquba Hajutsu, is Systema Instructor and the chief instructor of Nihon Goshu Karatejutsu. In 2007 he received a Shidoin teaching license and Bubishi text in Japan and registration with the Japan Goju-Ryu Federation.



Rich has extensive experience in private security operations and spent time in the Australian military. In 2001 he attained the prestigious ASP Trainer Certification for law enforcement use of force training. He served on the ASP International Board of Examiners from 2011-2017 and in 2014 was 1 of the lead trainers at the international ATC in Barcelona. He travels overseas regularly to further his professional development on an international scale, where he liaises with personnel from public safety agencies from America, Europe and Australasia. Internationally to date, he has instructed in America, Belgium, Portugal, Hong Kong and Spain, and regularly conducts programs across Australia for public safety personnel.

Rich has designed and implemented aggression management programs for the health and community services, and personal safety courses for civilians. He has consulted to organisations regarding staff safety in high risk situations, provided opinion for investigations and legal cases involving operational use of force and training, and presented on operational safety at international conferences.

Rich maintains close links with regulatory bodies for regulations and training, and is a regular contributor of articles on operational safety, tactical options, training methodology, personal security, interpersonal conflict and aggression management. He is the author of The Operational Safety Handbook, The Personal Security Handbook, The Healthy Living Handbook, co-author of The Living Bubishi Karate Handbook, and a member of The International Law Enforcement Educators & Trainers Association.

**Modern Combatives**  
REAL Training for REAL Life!

# Principles & Methodology



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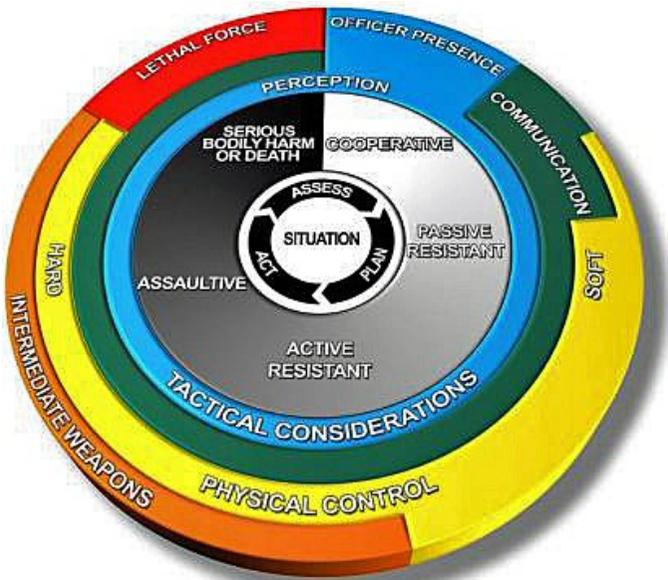
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# Introduction

The ability to use force lawfully against the public is a major factor that distinguishes public safety agencies from the remainder of society, and as a result agencies and personnel come under close scrutiny.

A use of force capability is a huge responsibility, not a privilege. Training and experience are the basis for decisions made by officers on the job. The greatest danger to operational safety is complacency.

The desire to survive is instinctive, but the ability to survive is learned, and learning requires motivation. Skills can be learnt, but the will to prevail must be inherent in each individual. We aim to motivate participants to want to learn these essential strategies and take personal responsibility for their own safety in the operational environment.



**Our purpose** is to provide operational safety solutions to public safety agencies and personnel.

**Our mission** is to facilitate realistic training strategies relevant to the modern tactical environment.

**Our objective** is to educate personnel whose job role potentially places them in harms way.

**Our creed** is let no officer be harmed because of something we failed to teach them.

# Principles

Our programs focus on the application of principles, which are easier to train and apply for operational personnel. Effective subject control involves the understanding and application of these principles.

They can be divided into 2 basic categories:

- **Bio Principles** – ‘internal’ factors related to human physiology and psychology
- **Tactical Principles** – ‘external’ factors related to environment and situational awareness

Our programs promote *tactical blueprints*, which are natural responses based on principle-based learning, rather than the traditional technique-based style of teaching defensive tactics, where participants learn techniques mechanically by rote.

In our programs, participants are presented with generic solutions to control violence based on sound biomechanical and tactical concepts, and they are encouraged to freely adapt the concepts to suit their own personal capability, not just copy the instructor.

We are not in the practice of resting on our laurels. We know what we teach works, and we constantly research, revise and improve our methodologies. If we access improved methods and strategies then we test them and adopt them.

Operational safety is a serious matter. Train with confidence. Our programs are designed in Australia for Australian operational conditions, using field proven strategies benchmarked against current best practice standards for operational use of force.

**Safeguarding operational personnel by setting standards, not just following trends!**



# Methodology

All our programs are designed to conform to 3 specific criteria:

- **Effective:** strategies that work on the job, not just in the training environment
- **Defensible:** strategies that comply with operational parameters & withstand legal scrutiny
- **Administrative:** program that can be monitored & evaluated by modern public safety agencies

Our programs result from a synthesis of many systems, including what is useful and excluding what is not. The principles are commonly utilised by agencies worldwide. Why? Because they work!

Programs are presented in 3 phases:

- **Knowledge:** analysis of operational theory, lawful parameters & principles
- **Skills:** simple & effective practical strategies for rapid skill acquisition
- **Simulation:** application of knowledge & skills under simulated operational stress

# Customisation

An important feature of the design process is our ability to customise programs to suit specific operational requirements. Content is designed around our innovative **Select Integrated Modular System (S.I.M.S.)**, where the agency selects content components and format. The program is then created in draft form through liaison with project staff. This facilitates control over all phases of design, development and implementation. During this phase, consideration is given to program delivery and evaluation, with all aspects coordinated simultaneously for a smooth, seamless final product. Once the final draft is approved it can be implemented in the workplace, and the program maintains the ability to be further refined at any stage throughout the process.

**Your program, your choice! Contact us for a tailored solution to meet your operational requirements.**