

ppct defensive tactics

Understanding PPCT Defensive Tactics

PPCT defensive tactics are a comprehensive approach used by law enforcement and security professionals to ensure officers' safety while effectively controlling potentially volatile situations. PPCT stands for Pressure Point Control Tactics, a proven system designed to manage resistance and reduce the need for lethal force. Developed in the 1970s by the International Law Enforcement Training Association (ILETA), PPCT emphasizes techniques that leverage human anatomy, physiology, and psychology to de-escalate and control subjects humanely and efficiently.

This article explores the fundamentals of PPCT defensive tactics, their importance in modern law enforcement, and practical applications for officers. Whether you are a law enforcement officer, security personnel, or someone interested in tactical training, understanding PPCT tactics provides valuable insights into non-lethal force options and the importance of proper restraint techniques.

The Core Principles of PPCT Defensive Tactics

PPCT tactics are built upon core principles that prioritize safety, control, and legal compliance. These principles guide officers in making decisions during high-stress encounters and include:

- Control: Gaining and maintaining control over a subject without causing unnecessary harm.
- De-escalation: Using communication and tactical positioning to reduce aggression.
- Legal and ethical use of force: Applying techniques that are justified, reasonable, and proportionate.
- Physiological understanding: Recognizing how pain, pressure points, and physiological responses can be used to influence behavior.

By focusing on these principles, officers can respond effectively to resistance while minimizing injury to all parties involved.

Key Components of PPCT Defensive Tactics

PPCT training encompasses several critical components that form the foundation of effective defensive tactics:

1. Control Techniques

Control techniques are designed to gain compliance through non-verbal or physical means. They include:

- Verbal Commands: Clear, assertive communication to encourage compliance.
- Body Positioning: Using stance and proximity to influence behavior.
- Restraint Holds: Techniques such as wrist locks and joint manipulations to control a subject without excessive force.

2. Pressure Point Control

This is the cornerstone of PPCT. The system teaches officers how to identify and manipulate specific pressure points and nerve motor points to temporarily incapacitate or control a suspect. Key pressure points include:

- Carotid sinus (neck area): Applying pressure can induce a reflexive response.
- Radial nerve (inner forearm): Manipulation causes pain and compliance.
- Brachial plexus (shoulder/neck area): Targeted pressure can disable limb movement temporarily.
- Peroneal nerve (outer knee): Applying pressure can cause pain and compliance.

3. Control Tactics and Techniques

These include various methods to physically control resistant individuals:

- Joint Locks: Manipulating joints to cause pain or compliance.
- Striking Techniques: Using controlled strikes to sensitive areas when necessary.
- Leverage and Positioning: Using body mechanics to subdue without excessive force.

4. Use of Force Continuum

PPCT emphasizes understanding the appropriate level of force relative to the

resistance encountered. The continuum ranges from mere presence and verbal commands to physical control and, as a last resort, lethal force.

Training Methods in PPCT Defensive Tactics

Effective PPCT training involves a mix of classroom instruction, simulation, and hands-on practice. The goal is to develop muscle memory, decision-making skills, and confidence.

1. Classroom Instruction

- Theoretical knowledge about anatomy, physiology, and legal considerations.
- Understanding the psychology of resistance and compliance.

2. Practical Drills

- Repetitive practice of control techniques.
- Scenario-based exercises simulating real-life encounters.
- Role-playing to develop communication skills.

3. Use of Training Equipment

- Practice with mannequins, padded suits, and resistance bands.
- Use of simulation tools like laser or airsoft guns for safe scenario training.

Benefits of PPCT Defensive Tactics

Implementing PPCT offers numerous advantages for law enforcement and security personnel:

- **Enhanced Officer Safety:** Techniques reduce the risk of injury during confrontations.
- **Reduced Use of Lethal Force:** Effective control minimizes the need for deadly measures.
- **Legal Compliance:** Proper use-of-force techniques support lawful conduct and reduce liability.
- **Improved De-Escalation:** Emphasizes communication and tactical positioning to prevent escalation.

- Versatility: Techniques applicable to a wide range of resistance levels and situations.

Practical Applications of PPCT Defensive Tactics

Understanding when and how to apply PPCT techniques is crucial for effective law enforcement.

1. Handling Non-Cooperative Subjects

- Use verbal commands and body language to gain compliance.
- Apply pressure point control techniques when verbal commands fail.
- Transition smoothly to joint locks or holds if necessary.

2. Managing Assaultive Behavior

- Recognize early signs of aggression.
- Use controlled strikes or pressure points to incapacitate temporarily.
- Employ restraint techniques to prevent injury to the suspect and officers.

3. Responding to Resistance During Arrests

- Maintain proper stance and positioning.
- Use pressure points to control movements.
- Use minimal force necessary to gain compliance.

4. Crowd Control and Public Safety

- Use tactical positioning to manage crowds.
- Apply verbal de-escalation strategies.
- Use physical control techniques if necessary to prevent violence.

Legal and Ethical Considerations in PPCT

While PPCT provides effective methods for controlling resistance, officers must always consider legal and ethical boundaries:

- Proportionality: Force used must match the level of resistance.
- Reasonableness: Techniques should be justified based on circumstances.
- Documentation: Properly record all force incidents, including techniques used.
- Training and Certification: Regular refresher courses ensure skills remain sharp and compliant with current laws.

Challenges and Limitations of PPCT Defensive Tactics

Despite its effectiveness, PPCT has limitations that officers should be aware of:

- Training Requirement: Mastery requires ongoing training and practice.
- Subject Variability: Different individuals respond differently to pressure points and control techniques.
- Situational Factors: Environmental conditions and multiple suspects can complicate application.
- Physical Limitations: Some officers or suspects may have physical constraints affecting technique effectiveness.

Conclusion: The Importance of PPCT in Modern Law Enforcement

PPCT defensive tactics are a vital component of contemporary law enforcement training, emphasizing restraint, control, and safety. By understanding and applying pressure point control techniques, officers can de-escalate potentially violent situations effectively, reducing injuries and legal risks.

Continuous training, ethical application, and situational awareness are essential for maximizing the benefits of PPCT. As law enforcement agencies strive to build community trust and ensure officer safety, PPCT provides a proven framework for managing resistance humanely and professionally.

Whether in routine arrests, crowd control, or high-stakes confrontations, PPCT tactics serve as a powerful tool to uphold safety, legality, and respect for human rights.

Frequently Asked Questions

What does PPCT stand for in defensive tactics?

PPCT stands for Pressure Point Control Tactics, a method used in law enforcement for controlling and restraining subjects through the application of pressure points and control techniques.

How is PPCT used to de-escalate potentially violent situations?

PPCT emphasizes control and restraint techniques that allow officers to manage aggressive behavior with minimal force, focusing on techniques that de-escalate situations while maintaining safety for everyone involved.

Are PPCT defensive tactics effective for self-defense?

Yes, PPCT techniques are designed to be effective for law enforcement and trained individuals, providing controlled methods to subdue and control suspects while minimizing injury.

What training is required to become proficient in PPCT defensive tactics?

Training typically involves specialized courses in pressure point control, handcuffing, baton techniques, and scenario-based exercises to develop proficiency and ensure proper application of PPCT methods.

How has PPCT evolved with modern law enforcement needs?

PPCT has evolved to incorporate updated techniques, increased emphasis on de-escalation, and integration with other tactical and communication strategies to enhance officer safety and community trust.

Additional Resources

PPCT Defensive Tactics: A Comprehensive Guide to Effective Self-Protection and Officer Safety

In the realm of law enforcement and personal self-defense, understanding and mastering PPCT defensive tactics is essential for ensuring safety, control, and professionalism in high-pressure situations. PPCT, an acronym for Pressure Point Control Tactics, is a proven system designed to give officers and security personnel effective tools for gaining compliance and managing aggressive or combative individuals with minimal force. This approach emphasizes control, safety, and the preservation of life, making it a cornerstone of modern tactical training.

What is PPCT Defensive Tactics?

PPCT defensive tactics refer to a structured approach that combines principles of physiology, psychology, and control techniques to manage potentially violent encounters. Developed in the 1980s by law enforcement trainers, PPCT focuses on understanding human anatomy—particularly pressure points and nerve motor points—to influence or incapacitate a subject safely and efficiently.

The core philosophy behind PPCT is that control and compliance can often be achieved through precise application of pressure and leverage, reducing the need for excessive force. It also emphasizes de-escalation, tactical awareness, and the importance of training to respond appropriately to a wide range of scenarios.

The Principles Behind PPCT Defensive Tactics

1. Control Through Leverage and Pressure

PPCT teaches officers to utilize leverage and pressure points instead of brute force. This method allows for effective control with less physical effort, reducing fatigue and increasing safety for both officer and subject.

2. Understanding Human Physiology

A key component involves knowledge of human anatomy—specifically, the locations of pressure points, nerve motor points, and sensitive areas. Proper targeting can cause pain or compliance without injury if used correctly.

3. Psychological Impact

The approach also considers the mental aspects of confrontation. Establishing control through confident, calm techniques can influence a subject's behavior, making compliance more likely.

4. De-escalation and Communication

While physical techniques are vital, PPCT encourages officers to attempt

verbal de-escalation first. Physical tactics are then used as a last resort or when verbal commands are ignored.

Core Components of PPCT Defensive Tactics

1. Pressure Point Control Techniques

These involve applying pressure to specific points on the body to produce pain or compliance. Common techniques include:

- Carotid control: Using pressure to control the neck area, often in handcuffing or restraint.
- Brachial plexus nerve hold: Targeting nerves near the collarbone to induce pain or compliance.
- Radial nerve pressure: Applying pressure on the forearm to influence arm movement.
- Digital pressure: Using finger pressure on sensitive areas.

2. Body Mechanics and Movement

Proper stance, balance, and movement are critical. Techniques include:

- Maintaining a low center of gravity.
- Using body weight to apply pressure efficiently.
- Employing proper leverage to maximize control with minimal effort.

3. Defensive Techniques

These are specific maneuvers to protect oneself and control the subject, such as:

- Escalation control holds: To gain compliance.
- Pain compliance techniques: To influence a subject's behavior.
- Disarming techniques: For weapon retention.

4. Control Tactics

The goal is to gain and maintain control, including:

- Verbal commands.
- Physical restraint techniques.
- Use of defensive tools if necessary.

The Training Process for PPCT Defensive Tactics

1. Basic Awareness and Prevention

Training begins with situational awareness and recognizing potential threats before escalation occurs.

2. Technique Drills and Repetition

Practicing pressure point applications, body mechanics, and control holds repeatedly to develop muscle memory.

3. Scenario-Based Training

Simulating real-life encounters helps officers apply techniques under stress, ensuring readiness.

4. Continued Education and Refresher Courses

Ongoing training ensures proficiency and adapts to evolving tactics and legal considerations.

Advantages of PPCT Defensive Tactics

- Minimized Use of Force: Techniques focus on control rather than injury.
- Increased Safety: Proper application reduces risk of injury to officers and subjects.
- Enhanced Officer Confidence: Training builds competence and confidence in handling difficult situations.
- Legal and Ethical Compliance: Emphasizes proportional force and respect for human rights.

Practical Application of PPCT Defensive Tactics

Step-by-Step Approach in a Confrontation

1. Initial Verbal Commands: Attempt to de-escalate through clear communication.
2. Observation: Assess the subject's behavior and physical responses.
3. Positioning: Use body mechanics to maintain safety and control.
4. Application of Techniques: Use pressure points or holds if compliance is not achieved verbally.
5. Maintaining Control: Use proper control holds to secure the subject.
6. Transition to Restraint: Apply handcuffs or other restraints with control techniques.
7. Post-Encounter Procedures: Document and debrief, ensuring proper care and legal compliance.

Key Considerations During Application

- Always prioritize de-escalation.

- Use the minimum force necessary.
- Be aware of legal restrictions and liability.
- Maintain professionalism and respect.

Legal and Ethical Considerations

While PPCT provides effective methods for control, practitioners must:

- Use force proportionate to the threat.
- Avoid causing unnecessary injury.
- Follow department policies and state laws.
- Continuously evaluate the situation to reduce force when possible.

Challenges and Limitations

- Training and Proficiency: Requires regular practice to maintain effectiveness.
- Subject Variability: Different individuals may react differently to pressure point techniques.
- Legal Risks: Improper application can lead to injury or legal repercussions.
- Physical Limitations: Not all officers may have the strength or skill to execute techniques effectively.

Conclusion: Mastering PPCT Defensive Tactics for Safer Outcomes

PPCT defensive tactics serve as a vital component of law enforcement and personal self-defense strategies. By emphasizing understanding of physiology, control through leverage, and a balanced approach combining verbal skills and physical techniques, officers can handle potentially violent encounters more safely and effectively. Proper training, ongoing education, and a commitment to ethical application are essential to maximizing the benefits of PPCT and ensuring the safety of all parties involved.

Whether in law enforcement, security, or personal self-defense, mastery of PPCT principles can make the difference between escalation and resolution, ultimately fostering safer communities and more confident responders.

Ppct Defensive Tactics

ppct defensive tactics: PPCT Defensive Tactics Student Manual Bruce K. Siddle, Jack Leonard, PPCT Management Systems, Inc, Mike Olson, Joan Pechtel, 1989

ppct defensive tactics: PPCT Defensive Tactics Student Manual , 1996

ppct defensive tactics: Blue Guardian Control Tactics Instructor Manual Tom Gillis, 2016-11-30 The Blue Guardian Control Tactics Program is created with Canadian police and security in mind, although international students will benefit from the technical and tactical training also. Topics include; Use of Force Handcuffing Baton Use Takedowns Ground Fighting Control Holds and more. Tom Gillis' Control Tactics Manual is a very comprehensive, complete training manual for trainers that teach street tactics for law enforcement officers. It organizes each section into modules so each section of training is completed before going to the next section. This Manual is an excellent addition to any defensive tactics instructor's library. Larry Smith, Lt. (retired) San Diego (CA) Police Department

ppct defensive tactics: Defensive Tactics for Today's Law Enforcement Stephen K. Hayes, Joe Niehaus, 2016-11-30 Few of the many defensive tactics books on the market include the training and methods of martial arts. Drawing on the centuries-old techniques of Ninjutsu, Defensive Tactics for Today's Law Enforcement offers alternatives to the traditional police defensive tactics taught to most officers. This text stresses relying on natural tendencies in a violent encounter to ensure officer safety and to better utilize the techniques and training officers do receive. By integrating existing training with martial arts expertise, Defensive Tactics provides officers access a full complement of techniques to better navigate physical conflict safely and effectively. Intended for law enforcement practitioners, as well as practitioners of any other professions that present a personal security risk, Defensive Tactics for Today's Law Enforcement will better equip readers with a diverse range of defensive tactics.

ppct defensive tactics: New Approaches to Staff Safety (Of Correcitons Officers) Robert L. Thornton, John H. Shireman, 1999-05 Provides a working document with which community corrections agencies and trainers can evaluate current training needs relating to officer safety. While officers are the focus of the information, many training areas addressed apply to all staff working in a community corrections setting. Sections include: use of force continuum; crisis prevention; self-defense and physical fitness; oleoresin capsicum; body protection; office safety; arrest, search, and seizure; field work; canine considerations; and critical incident program: trauma preparation, training and education, peer support, debriefings, and formal counseling.

ppct defensive tactics: FBI Law Enforcement Bulletin , 1999

ppct defensive tactics: A Practical Handbook to Masonic Communication R. Jones, 2013-04-26 We experience conflict in every aspect of life, this is the human condition. Often, the method with which we communicate with others is the catalyst for much of the conflict we experience whether that was our intent or not. This handbook is designed to provide the reader with various communications skills that are easy to understand, easy to apply, and if applied properly, will greatly reduce the incidences of conflict. The techniques taught in this manual can greatly reduce the level of conflict in the Lodge as well as at home and the workplace.

ppct defensive tactics: Police Intelligence Wayne L. Davis, Paul J. Leslie, Ashley B. Davis, 2023-03-30 Police Intelligence: Totality of Circumstances is an essential resource and is designed for any individual who may encounter the field of criminal justice, whether the person is a police chief who oversees the department's standard operating procedures, a police officer who enforces the law, a civilian who is expected to follow the law, a lawyer who may challenge an action in court, or a judge who will interpret the law. This book, in part, applies math and logic to laws and policies to objectively assess them. Laws and policies are written as English logical statements. English logical statements can be converted into mathematical logical statements, which can be objectively assessed via Boolean algebra. Specifically, truth tables, Venn diagrams, flowcharts, logic gates, and logic circuits can all be used to assess laws, policies, and proper police actions. For example, mathematically it is not a glass, blue, marble means almost the exact opposite of it is not glass, not blue, and not marble. In addition, one must consider existential and universal quantifiers, conditional statements, and subsets to correctly interpret laws and policies. Thus, it is important for individuals to understand how to mathematically assess English logical statements (e.g., the law)

because if they do not, opponents in court may do it for them. This book is important because collecting and understanding information and effectively communicating are vital skills in law enforcement. It discusses different reference points for assessing good behavior, different lenses of truth, limitations of information, and assumptions. Furthermore, it examines a variety of ways to collect and assess information, which include interrogation techniques, interviewing techniques, an interrogatory and a deposition, ciphering and deciphering messages, body language, handwriting analysis, job interview questions, and crime scene search patterns. The chapters present a methodological reasoning process that is sorely lacking among police agencies— and one that is essential for developing critical thinking skills and carrying out orders within legal confines. *Police Intelligence: Totality of Circumstances* is an indispensable resource for helping students and officers to collect and assess information. Whether it is verbal or nonverbal information, ciphered messages, or using different bases for numeric communication, individuals in criminal justice should learn to think outside the box to collect and understand available information.

ppct defensive tactics: *Advanced Concepts in Defensive Tactics* Chuck Joyner, 2010-12-16 Today's society is becoming increasingly more likely to resist the lawful actions of law enforcement officers. It is critical for officers to have the necessary defensive tactics (DT) skills to successfully overcome resistance in an efficient, safe, and legal manner. The answer to achieving these results is NOT in teaching thousands of possible responses to an infinite number of potential attacks. The answer is to first use a Risk Management approach and identify the most common and dangerous attacks on officers. Next, a successful DT program must stress core concepts, proper body mechanics, natural instinctive movement, and proven principles of survival. *Advanced Concepts in Defensive Tactics: A Survival Guide for Law Enforcement* presents the instruction of Master Police Instructor Chuck Joyner. Developed during his tenure as a FBI use of force instructor, and expanded by his lifelong dedication to the martial arts, Joyner's Survival Sciences DT program relies on adhering to advanced concepts rather than memorizing countless techniques. Based on extensive research and actual street experience, this manual: Focuses on defensive tactics that are easily taught, understood, and applied by officers regardless of their size, strength, or athletic ability Covers hand-to-hand tactics, groundwork, weapon retention/weapon disarming, handcuffing, and the survival mindset Explains the necessary integration of hands-on DT techniques with common law enforcement secondary weapons (e.g., baton, pepper spray, TASER) Introduces a new use of force model (Dynamic Resistance-Response Model) which correctly depicts the dynamic encounter between an officer and a resistor by first focusing on the level of resistance by the subject Offers practical solutions reducing officer, department, and municipality liability Provides password access to the author's supplemental training videos online Chuck Joyner, a recognized expert in the use of force, lectures throughout the United States and internationally on myriad law enforcement topics. Mr. Joyner holds several FBI instructor certifications in force-related training, has earned black belts in four martial arts, and was awarded master rank in two styles. He was inducted into the Martial Arts Hall of Fame as instructor of the year in 2006. Mr. Joyner was employed by the CIA from 1983 to 1987, and has worked as a Special Agent with the FBI since 1987. Chuck was interviewed on February 29, 2012 on American Heroes Radio.

ppct defensive tactics: *Taiho-Jutsu* Steven Kaplan, 2010-12-27 Steven J. Kaplan is the Dean of the Graduate Theological Institute in Margate, Florida. A State classified Chaplain, holding a doctorate in psychology, he is additionally an ordained rabbi who has taught both Jewish studies and psychology at the college and university levels. Dr. Kaplan has been engaged in pastoral psychotherapy for thirty-five years.

ppct defensive tactics: *To Serve and Protect* Edward L. Hannon, 2010-11-24 This is a story of thirteen years chronicling a man/police officers journey through the scope of his life and occupation to transcend his expected performance on the police department while not lying docile to be parted with a police administrations inept leadership. This book is going to expose the intimate details of a quota system mandated by a police administration. In this book, the reader will be shocked, appalled, amused, heartbroken, excited, and vindicated because it is extremely candid.

People speak in the cliché sense of being a rebel within the scope of their occupation; this book exemplifies how one authentic rebel did just that. This book will leave the reader as the jury to determine whether the author of his autobiography is a hero or a villain encapsulated within the garment of a blue police suit. He is the author of several philosophy books: *The Path and Pinnacle of Consciousness* *The Reinforcement of Consciousness* *The Consciousness of the Spirit*

ppct defensive tactics: INTERVIEWING, INTERROGATION & COMMUNICATION for LAW ENFORCEMENT Davis, Leslie, Davis, 2014-09-19 This book provides an overview of effectively collecting, understanding, and presenting information. First, this book examines various situations via math, grammar, and logic. It is important for officers to apply math and English to the law so that they may be able to effectively articulate their actions in court. For example, laws and police actions can be evaluated via truth tables and Venn Diagrams. Second, this book discusses interrogation techniques and body language. Manipulating a suspect and collecting the right information in a legal and effective manner is a part of police work. Third, this book presents a deposition. The defense lawyer may ask certain questions in order to discredit the officer or to undermine the officer's report. Police officers should ask themselves the purpose of each question that is being asked during a deposition. Fourth, this book presents some resume information and typical job interview questions for potential police officers. Knowing what kinds of questions will be asked during an interview and effectively communicating to potential employers is essential. Fifth, this book discusses code information and handwriting comparisons. Code information may be important in a prison environment and handwriting comparisons allows for a totality of circumstance exercise. Sixth, this book discusses assumptions and limitation associated with information. Magic is a useful tool to demonstrate how flawed assumptions may lead to inaccurate conclusions. Seventh, this book provides a table that can be used to generate impromptu speeches. Various words can be randomly selected and the reader can use the words to create a short story. Eighth, this book discusses how to handle situations that deal with special situations and individuals who have disabilities. Finally, this book discusses various search techniques for evidence collection.

ppct defensive tactics: Annual Report Michigan Justice Training Commission, 2001

ppct defensive tactics: Nebraska , 2000

ppct defensive tactics: Police and the Use of Force Vance McLaughlin, 1992 This work examines all levels of lethal and non-lethal force available to the police. While injury to citizens can result, the failure to use force can cause or contribute to the injury or death of the police officer. The author demonstrates that the police seldom use force, but that departments must establish control over its use and ensure that force is applied effectively and appropriately. The author also examines issues and variables involved in the use of force such as alcohol or drug use by the subject, level of resistance encountered, weapons used, the interaction of different cultures, local politics, and federal and state law. Each department in addition has its own operating procedure that further guide or restrict the use of force. The author also considers tactical issues such as the individual officer's abilities and the technology of available non-lethal weapons. The author examines all use of force incidents in the Savannah Police in detail: --The Savannah program for training officers in the use of force and the reporting procedures for use of force incidents are described --Research methods are presented for the gathering of use of force data --The locations of violent crime and the use of force by the police are correlated (use of force is more likely in parts of the city with a high violent crime rate) --Anecdotal evidence is presented (using the officer's and the citizen's own words) to give a clearer picture of what actually occurred --The officer's assignment is examined (off-duty incidents are also examined) --Race, gender, and age of both officer and subject are considered. This book is a must for all police departments, use of force instructors, attorneys involved in use of force cases, and students of police studies.

ppct defensive tactics: *The Gospel Truth* Luke Fraser, 2010-05-24 *The Gospel Truth*, by Luke Fraser, gives readers and unparalleled view of the Martial Arts, Personal Protection & Police Defense Tactics world as it exists today. A Master Instructor with over 25 years experience, Luke Fraser can help anyone to wipe away much of the confusion behind the martial arts and the

techniques being taught in most schools. Throughout the pages of this book the reader will uncover the truth about violent attacks and why most martial arts academies in the United States are instructing improperly. You will be shown statistical facts about all 7 of the basic types of violent attacks. The author skillfully dissects the 10 essential elements needed for combat readiness in a masterful way. Over 200 professional photographs depict the most realistic and useful ways to apply your own self-defense techniques in a street effective fashion. You will study the effects of adrenaline on the body and how it can either prohibit or promote a successful defense in the most extreme circumstances.

ppct defensive tactics: Journal of the Proceedings of the Common Council Detroit (Mich.). City Council, 1999

ppct defensive tactics: Security, 1991

ppct defensive tactics: FMA Grandmasters and Masters Bram Frank, 2017-11-09 This book is about some the many Masters and Grandmasters of the FMA: Filipino Martial Arts. Some are well known others are relatively obscure, some are famous, others are known only by their skill but they all have in common their love for the Filipino Martial Arts and their connection through training, friendship, heritage or lineage with GM Bram Frank. Some are the heroes of the Philippines and the spirit of Arnis like the late Professor Remy Presas, part of American martial art history with the FMA and JKD like Guro Dan Inosanto or like GM Bram Frank a faithful practitioner and instructor of the arts. Their stories are told in pictures and with a bio of who they are and what they've done! Regardless of gender these people give their lives, souls and energy to the Filipino Martial Arts. This is the first in a series of volumes of these wonderful people! This is the first book written by a non Filipino with a forward by a Filipino President: President Benigno Aquino III. Mabuhay

ppct defensive tactics: Annual Report Evansville (Ind.). Police Department, 2001

Related to ppct defensive tactics

Portal SEI-GDF - Portal SEI-GDF Acesse o novo Manual do Usuário SEI! Usar 4.0 Para saber+: acesse a Cartilha de Níveis de Acesso

Sei! - Sistema Eletrônico de Informações O SEI Federação é um recurso que permite o compartilhamento de processos entre o Ministério Público do Estado da Bahia e as Instituições cadastradas no sistema

Sei Caso você nunca tenha acessado o SEI e seja o seu primeiro acesso, saiba que o acesso de usuários ao SEI SP se dá por meio cadastro prévio realizado pelo seu órgão

Sistema Eletrônico de Informações - SEI — Serviços Compartilhados Informações sobre o SEI do Ministério da Gestão e da Inovação em Serviços Públicos e dos órgãos integrantes do ColaboraGov

Usuário interno — Serviços Compartilhados Acesso concedido à servidor, terceirizado, estagiário ou empregado em exercício no Ministério da Gestão e da Inovação em Serviços Públicos e órgãos que integram o ColaboraGov, bem

Portal SEI - O Sistema Eletrônico de Informações (SEI) é utilizado no Tribunal de Justiça de Sergipe - TJSE desde 2016 e é gerenciado atualmente pela Diretoria de Planejamento e Desenvolvimento

Sistema Eletrônico de Informações (SEI) - Ministério da Educação O Sistema Eletrônico de Informações (SEI) é a ferramenta utilizada pelo Ministério da Educação (MEC) para a gestão dos processos administrativos eletrônicos, substituindo o

SEI - Acesso Externo Acesso para Usuários Externos E-mail: Senha: C onfirma E esqueci minha senha Clique aqui se você ainda não está cadastrado

SEI! - gov O aplicativo do SEI permite aos usuários do Sistema Eletrônico de Informações (SEI) consultar, acompanhar, assinar e tramitar documentos eletrônicos

Acessar o SEI Para Servidores e Funcionários Entenda o SEI Capacitação Materiais de Boas Práticas Vocabulário Controlado Área do Gestor e Multiplicador Acesso à Informação Consulta de

Sex Roulette 1977 - DVD Donne in amore DVD Lucky in Love,

Langues cochonnes Porno roulette à Monte Carlo Porno show a Monte Carlo

Dante Caruso (Mr Podsiadlo) in sex scenes - CD PROJEKT RED Question to the game developer: Is it allowed to use the Dante Caruso character, based on Mr. Podsiadlo (a famous Polish musician, Phantom Liberty theme music&lyrics

[NSFW maybe] Sex scenes: Why can't they be more realistic / raw? It seems the game will keep its promise and still let you customize your precious thing. But according to Kotaku here, sex scenes will be implied sex instead of depicted sex.

Sexy Beach Premium Resort - VR Sexy Beach Premium Resort Illusion 2015 9 11 Sexy Beach VR Oculus Rift

! Make Lots of Money with Sex - Make Lots of Money with Sex !

Question about Sex/Nudity in Witcher 3 - CD PROJEKT RED Question about Sex/Nudity in Witcher 3 Greetings, I understand that Witcher 3 embraces a mature stance when it comes to its content, including sex/nudity and so forth. I

Witcher 4/Remake: Balanced fanservice/sexualization pls! The effort that clearly went into the sex scenes, coupled with the complete lack of any choice if you weren't into women, actually felt offensive. Like, why is so much game time

The Sex Scenes are really horrible - Forums - CD PROJEKT RED I must say, after my first accidentally sex interaction with meredith stout, which shocked me because of the horrible cutscene, the tempo and the missing erotic - it was

Fallen Doll:Operation Lovecraft Fallen Doll:Operation Lovecraft

CD PROJEKT RED and regarding Nudity and Sex and Sexuality and The game, very obviously, is making a point there. As far as Witcher 3 is concerned, though it was an improvement on its predecessors (certainly Witcher 1, in which

NCAA Football Scores - TOP25 - Get live college football scores on all NCAA games throughout the 2025-26 season

College Football Rankings 2025-26 - Get the latest College Football rankings for the 2025-26 season. Find out where your favorite team is ranked in the AP Top 25, Coaches Poll, CBS Sports Rankings, or Playoff

College Football Rankings 2025-26 - AP Top 25 - Get the latest College Football rankings for the 2025-26 season. Find out where your favorite team is ranked in the AP Top 25, Coaches Poll, CBS Sports Rankings, or Playoff

College football scores, top 25 rankings, schedule, NCAA games All the NCAA football scores and highlights from Week 9 for the nation's top 25 teams

College football scores, rankings, highlights in Week 6: Epic The 25-point hole Miami overcame was the largest comeback by an FBS team this season. Cal had a chance to seal the win on the possession before but couldn't move the

College football scores, rankings, highlights: No. 6 Missouri The first team to ever be ranked in the top-10 of the preseason Associated Press Top 25 poll and start 0-3 with all three losses to unranked opponents

College football scores, rankings, highlights: Alabama, Oklahoma Notre Dame wasn't the only top-25 team to fall against an unranked opponent. No. 21 Iowa fell at home against Iowa State for the second time in three years after taking a 13-0

College football scores, rankings, highlights: Michigan, Oregon NCAA football scores, live updates and highlights from the full slate of Week 10 action on Saturday

College football scores, rankings, highlights: No. 8 LSU rolls over The two teams atop the ACC standings and the league's two highest-ranked teams in the AP Top 25 poll were both in action in the early window on Saturday, and each able to

College football scores, rankings, highlights: Notre Dame, Clemson The Tigers remain one-dimensional with little ability to run the football as they try and squeak out a top-15 victory inside

Death Valley

BingHomepageQuiz - Reddit Microsoft Bing Homepage daily quiz questions and their answers
Start home page daily quiz : r/MicrosoftRewards - Reddit Confusingly, I appeared to receive 10 points just from clicking the tile and then no points after completing the quiz (so maybe you need to get the correct answers which I did not.)

Bing homepage quiz : r/MicrosoftRewards - Reddit While these are the right answers and this quiz is still currently bugged, you don't lose points for wrong answers on this quiz

EveryDayBingQuiz - Reddit Welcome all of you, here you will get daily answers of Microsoft Rewards (Bing Quiz) like Bing Homepage Quiz, Bing Supersonic Quiz, Bing News Quiz, Bing Entertainment Quiz,

BingQuizAnswersToday - Reddit Welcome all of you, here you will get daily answers of Microsoft Rewards (Bing Quiz) like Bing Homepage Quiz, Bing Supersonic Quiz, Bing News Quiz, Bing Entertainment Quiz,

Bing Homepage Quiz not working : r/MicrosoftRewards - Reddit Microsoft sucks soooo much arse. I have been complaining for weeks about not getting points from the Bing Homepage Quizzes. It doesn't matter if I clear the cache, clear the browser,

Bing Homepage Quiz (5-5-2024) : r/BingQuizAnswers - Reddit Microsoft Rewards Bing Homepage Quiz Answers (5-5-2024) 1: Cinco de Mayo is a holiday of which Spanish-speaking country? A Argentina B Mexico C

Bing Homepage Quiz (5/19/2024): Today's image takes us to one Bing Homepage Quiz (5/19/2024): Today's image takes us to one of the five Italian villages known as the Cinque Terre. Which one is it?

Quiz for Jan 14, 2023 : r/BingHomepageQuiz - Reddit true1)Giant kelp thrives off the Pacific Coast, including in this marine sanctuary in California. Where are we? A Monterey Bay B Channel Islands C Alcatraz 2) What sea creature

Bing Homepage Quiz (5/12/2024): Who was the mother who Bing Homepage Quiz (5/12/2024): Who was the mother who inspired the creation of Mother's Day as a national holiday?

PROFESOR, DOCTOR ABUNDIO SAGASTEGUI ALVA (1932 - Justificación: La biodiversidad estructurada en poblaciones, comunidades y ecosistemas, constituyen recursos naturales renovables ineludibles para el desarrollo de una sociedad, en

Related Articles

- [american red cross printable first aid guide](#)
- [the seagull play pdf](#)
- [spinning mambo into salsa](#)

[Back to Home](#)