

# **ACT!**

**(Arrest, Control, Transport)**

The ACT! program is a series of principles and concepts based upon KunTao Silat, an Indonesian martial system. Recently introduced to the American public, KunTao Silat is unusual in approach to movement and balance control. With special emphasis on the law enforcement use of force continuum and civil liability issues, the ACT! program focuses on gross motor movements that can be easily learned and implemented under extreme stress. Specifically tailored to the modern requirements of LEOs, executive protection specialists, and armed security personnel, ACT! will reinforce increased awareness, safety zones, aggressive mindset, commanding a scene and controlling a suspect—these elements are stressed and applied in every motion and scenario.

The emphasis of the program is stopping the resistance of a suspect at every level (arrest); manipulating the suspect through zoning, spatial awareness, unbalancing, pain compliance and restraint (control); moving a suspect once in custody, but still hostile and/or flight prone (transport) without incurring or sustaining physical undue physical injury.

ACT! is a non-lethal program for non-lethal attacks against the officer, and is primarily concerned with officer safety, but it does so while attempting to provide the highest level of physical well being to the private citizen. The principles utilized are uniquely Indonesian and very different than what has been observed outside of a silat based system. Note: OSS (Officer Safety and Survival) is a program particularly suited to CQB (Close Quarters Battle) when a lethal threat has been presented to the officer (i.e., knife, attack from ambush via a weapon, attempt to obtain possession of officer's sidearm, etc.) and will be addressed appropriately within the OSS curriculum.

## **ACT! Program Outline (4 Hours)**

- I. Visual Perception—What do you see?
  - A. Direct and Peripheral—degrees of visual awareness from the human eye based upon a 360° circle with the head as the epicenter. (60° direct, 180° peripheral) and what can be seen exactly within the perception areas.
  - B. Blind Spots—the 180° blind spot relative to the viewer's direction with demonstrations.
  
- II. Spatial Awareness and Aggressive Mindset—establishing the proper attitude.
  - A. Contact—made either visually or audibly, first contact with a suspect is crucial in establishing further relations and the nature of continued contact. Awareness of every participants attitude and bearing as well as physical proximity of everyone involved is crucial.

1. Verbal—relaxed and conversational language while maintaining awareness and command presence without provocation.
2. Zone—physical proximity and tactical relationships.
3. Approach—officer approaching the suspect; suspect approaching officer.
  - a. Single suspect encounters with a single officer
  - b. Single suspect encounters with multiple officers
  - c. Multiple suspect encounters with a single officer
  - d. Multiple suspect encounters with a single officer

### III. Physical Responses and Principles

- A. The Wedge—using the principle of the wedge in response to a physically aggressive suspect.
  1. Structure—forming a wedge and maintaining the structure during a dynamic, mobile situation.
  2. Range Awareness and Sensitivity—all principles work at every range; while zone knowledge is critical for officer safety and tactical detail, each principle can be used at all physical ranges with slight variations due to proximity.
  3. Applications—utilizing the wedge against a resisting opponent.
    - a. Simple wedge versus variety of attacks
    - b. Wedge with beset for takedown
    - c. Wedge into putar kepala
    - d. Follow-ups with jointlocks and base control
- B. Sinking and Waist Turning (Cikalong)—using the ape movement principle in a dynamic situation.
  1. Relaxation—loosening the joints and maintaining structure to issue force in a circular motion.
  2. Range Awareness and Sensitivity—(see above).
  3. Footwork—continuing the cikalong movement while moving forward.
  4. Applications—utilizing the cikalong movement versus an aggressive opponent.
  5. Follow-ups with jointlocks and base control
- C. Overturning Palm (Fan Chang)—using the overturning palm for deflection and power.
  1. Structure and Principles—hand and arm motions with hip and shoulder usage; proper structure for power and balance control in order to face an aggressor.
  2. Range Awareness and Sensitivity—(see above).
  3. Footwork—walking forward in the overturning palm structure.
  4. Applications—controlling the aggressor’s balance and creating an offensive “defense” in a dynamic scenario(s).
  5. Follow-ups

- D. Djuru One (The Triple Hitter)—compressed movement and power issuance while maintaining balance with a combination of the three previously learned principles.
  - 1. Singular Techniques Involved and Principles—three gross motor movements comprise this conglomerate structure based upon previously learned motions. Due to the tight structure and “back-up” nature of the principles, gross motor skills do not need to be varied regardless of proximity.
  - 2. Applications—aggressive scenario training with a variety of subjects and ranges to demonstrate and facilitate comprehension and learning (as above).
  - 3. Follow-up techniques.
  
- IV. Apprehension- Applying handcuffs to apparently and historically hostile suspects while maintaining control of their balance and limiting the ability and severity of “fight or flight” from the suspect.
  - A. Dynamic—KunTao Silat variations on follow-ups that allow more joint and center control of the officer and suspect once physical aggression has started and a modicum of control has been established.
  - B. Command—Voice compliance of a suspect into a proper position for handcuffing without the onset of physical aggression; maintaining physical and presence control before the commitment of “fight or flight” has been decided by the suspect during apprehension.
  - C. Potential Escapes and Responses—Audience participation from experience and KunTao Silat responses.
  
- V. Transport—Moving the handcuffed suspect once apprehended.
  - A. Principles
    - 1. Controlling balance
    - 2. Utilizing levers
    - 3. Zoning
  - B. Applications of provided principles and techniques by the attendees as per all of the above.