

OPEN HANDS SLAPS

Safer option for police & law enforcement officers

“If you will cause the visible damage to a person, especially to a suspect be prepared to pay for that for the rest of your life. Specially if he gets a good lawyer“

“ Your Boss loves you until you start to give him problems. Once the problems starts and he will gets the eyes of media on him you will be standing there alone”

Different defensive & arresting tactics/methods have been discussed for many decades regarding how to make such confrontation methods safer for patrolling officers. One of such a methods is usage a close fists strikes vs open hands strikes/slaps while officers defending/arresting methods.

The result of a strike

For most of the officers the usage of closed fist is the best and the only solution mostly because of the result they think they will gain.

However the usage of the closed fist is not recommended because of few different side effects.

The main disadvantage of the strike with closed fist is unfortunately the result of **physical visible damage.**

Which includes broken noses and/or teeth, a lot of blood etc...

This kind of a damage may cause a shock which will make it possible to control the suspect.

But of course this is not a good situation as the officer will have difficult time explaining the caused damage.

On the other hand the open hand slap to the face/head will make the aggressor disorientated, groggy or will knock him out at the same time minimizing the risk of visible damage.

The author and his assistance did a test using a student equipped with a standard motorcycle helmet and kevlar helmet.

As a result the slap with the open hand to the front and/or the back of the head caused a direct knock out.



The visual aspect

One of the very important aspects of different controlling/arresting methods is a visible contact officer-suspect. Important from the by-standers point of view.

Officer striking with closed fist or kick will always cause more negative publicity/reactions from the observers/witnesses/press.

Close fist strike will always look more brutal than open hand slap.



Calming down effect

A protective stance with tight body and closed fists will provoke a similar reaction back. You are showing the aggressor that you are ready to fight and the suspect/aggressor will answer in a similar way.

However open hands posture with slow calm up and down hand motion and calm verbal communication will most often calm down/de-escalate the situation and partly fool the aggressor.

The suspect will not see the officer as a direct threat.



Hand injuries

At the back of the hand bones and tendons are very close to the surface. Also the skin on the back of the hand is very thin. Each strike with a closed fist or the back of the hand can be devastating to your hand and may result in broken bones or ripped skin. Any injury to your hand could affect effective usage of your handgun.

The usage of closed fist strikes is taken out of unarmed combat training in different kind of special units. The risk of hand injuries is so high that the use of this kind strikes is not recommended.

On the other side on the inside of the hand we have more muscles which make this part of the hand softer and more flexible which will minimise the risk of injury if used to strike.

Infections

Another very important factor is the risk of infections. A lot of the suspects officers dealing with have different kinds of infections / hepatitis, HIV/AIDS etc.../ A hit with a closed fist or the back of the hand could result in a cut of the very thin skin on the back of the hand. This could result in blood contact / your open injury with suspects' teeth or bleeding nose /.

Doctors are saying: no worry the risk of getting the infection that way is almost impossible but...

DON'T TAKE ANY CHANCES!!!

The rule: **everybody we have to fight with/arrest has an infection, is a very good rule.**

The risk of cut/rip hand injuries is minimised by open hand slaps using the inside of the hand.

Usage of thin gloves is also highly recommended.

Military combat systems

Many practitioners of different combat systems / especially and usually civilians / very often mention they are involved in training of superb, effective and brutal military combat systems. That is the explanation of the high level of damage, usage of closed fists, elbows etc...

However soldiers main task is not to fight with bare hands. If so he has to fight / should fight to get some kind of weapon in his hands.

Soldiers / police officers are wearing quite a lot of equipment like helmets, vest, communication equipment, knives, extra mags etc... And in their hands usually in front of them they re holding a gun / MP 5 or others.



What is quite important to understand he usually fight against another ... soldier !?

Probably wearing a similar equipment which of course make a physical confrontation with bare hands quite a risky situation.

The risk of hitting hard parts of equipment and physical injury is very high if fist or elbows will be used.



“ Truth hurts “



Believing your elbows or fists are harder than his equipment is quite naïve. Of course you can make your own decision. Just jump into equipment and give it a try.

One of usable closed hand hits is a hammer fist. But taking a look at the photo you hopefully will find out why.



It is because the officer is holding a gun in his hand.

Open hand hits

The author and his assistance did a test using a student equipped with a standard motorcycle helmet and kevlar helmet.

As a result the slap with the open hand to the front and/or the back of the head caused a direct knock out.

Once again you do not have to believe it. But put the helmet on and give him a full power blow !

Some people would say that is crazy. We call it science.



Conclusion

This is just a brief explanation of this specific kind of problem of arresting methods. We are putting officers' safety as the most important aspect of confrontation.

We don't care about the aggressor.

However it is very important to understand that in many cases your arresting tactics will start on the street but will/may end on the hospital and/or at the court.