



RESPONSE AUSTRALIA

Basic Sidearm Skills

New AFP firearm

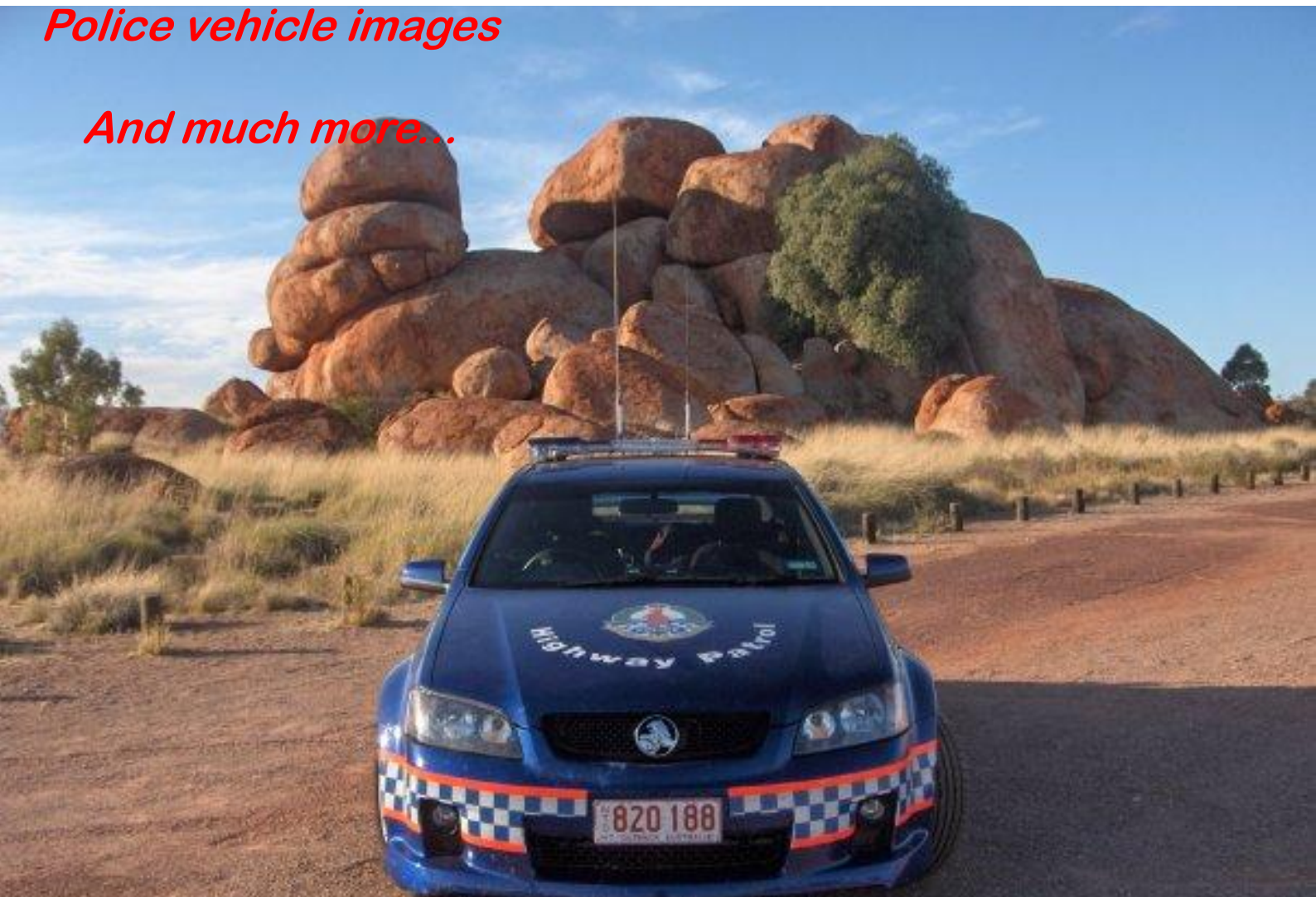
Trekking in Nepal



February 2009 - Issue #08

Police vehicle images

And much more...



Supporting our Law Enforcement Community

RESPONSE AUSTRALIA eMAGAZINE

February 2009 – Issue #8



Doug Nicholson
Editor

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Letter from the Editor



“RA”
February
2009

Welcome to a new year for *Response Australia*.

Firstly, I would like to thank you all for your support and assistance in getting RA off the ground. Being the first and only independent publication for Law Enforcement in Australia was an extremely steep learning curve for everyone involved.

But I still believe it's worth it. There is no other general source of information available in this nation that has not been politicised or watered down, or worse, that pushing the information out there is still a necessity.

But you can still help. Forward this publication to your colleagues, friends and family, and make them aware of what "else" is out there. Just because your own organisation tells you something, it does not mean it's true. This is a trap too many Police Instructors have fallen into, and with that in mind I have included an article on basic sidearms skills to assist our frontline Officers in their skills maintenance.

The last couple of months has been a sad one for Policing in this country. There has been the loss by WAPol of two Officers, both in tragic circumstances, and I offer my condolences and thoughts to the family, colleagues and friends of Sgt WATT and S/C HARDING.

Then there was the much-publicised VICPol shooting in Northcote of a teenager. I am glad that the officers involved survived unharmed, but I was deeply saddened to read the countless uninformed criticisms of those officers' actions.

A teenager with a knife is a lethal threat. There is no warm 'n' fuzzy option for dealing with immediate threats, and the stupidity displayed by the general public, assisted by our muck-raking media only makes our brave heroes' jobs that much harder.

For those of you thinking that a TASER would have resolved the situation, you should not believe what our muck-rakers print. It is a load of rubbish.

Yes, I am using the term "muck-rakers" to describe our media. In the last couple of months these slimy scum have deemed it appropriate to make outlandish insulting and inciting comments designed to do nothing but demean our hard-working men and women who shed blood to protect our community and way of life.

And apparently it's ok to do so. You see, having made a complaint to the self-proclaimed "Press Council"

about the inappropriate comments made by so-called journalists, I was informed that personal opinions are not required to be based in fact.

Yes, read that again. You can print blatant lies, as long as you mention somewhere that it is an "opinion".

So, my general "opinion" of mainstream media today is that they are nothing more than shit-shovelling whinging morons who make no effort to find out the facts about anything at all they write. They lack any credibility and make no pretence of professionalism whatsoever.

And they have the gall to insult our Police who are generally quiet professionals who see, hear, and experience the absolute worst that humanity has to offer.

It's amazing that the media can make a profit out of lying, but they do that every day. And our Police have no recourse.

Or do they?

The next time the media insult, belittle, or generally criticise your Police, then respond. Write to them using logic and legislation to point out the flaws in their sub-standard rubbish, and show them what true professionalism really is.

That is what our frontline Police are - professionals.

And as such they deserve the respect and gratitude of the community for doing what it is that most people would be incapable of doing.

Speaking of which, Jon Discombe's latest article is about his trip to Nepal, which would be an amazing experience. If you have had similar adventures yourself, feel free to write an article about it to share your experiences.

Stay safe

Doug Nicholson
Editor - *Response Australia eMagazine*



VALE

“Farewell”

Sergeant Elliot WATT - December 22nd, 2008.

Sgt Elliot Watt, age 36, died from a self-inflicted gunshot wound at Collie Police Station, WA. Sgt Watt was described as fun-loving and a selfless perfectionist.

Sgt Watt joined WAPol in 1993 and is survived by his wife Emma, and his children, Jayden 11, James 5, Rohan 3, and Darcy 18 months.



Senior Constable Lindsay HARDING - January 9th, 2009.

Senior Constable Lindsay Harding, 52, has been described by his colleagues and friends as inspirational and a passionate road safety advocate.

S/C Harding was off-duty when he was involved in a motor vehicle accident with another vehicle. He died at the scene.

S/C Harding had been the passenger in an on-duty vehicle accident in 2004 that killed his partner S/C Jamie Pearson, and from which S/C Harding had a long and difficult road to recovery.



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AUSTRALIAN POLICE TACTICAL ARMOURD VEHICLE: LENCO "BEARCAT"

Both WAPol and NSWPol are currently operating the Lenco "Bearcat" armoured vehicle for Tactical & Rescue Operations. Valued at approximately USD\$230,000, the vehicle can be used in natural disaster situations, and more importantly, used to provide cover for officers as they rescue injured persons during critical incidents.

The vehicle can sit up to 10 persons, and the armour can withstand .50 calibre hits, as well as explosives. It can drive at highway speeds, and is four-wheel drive which is definitely a requirement for Australian jurisdictions.



Basic Sidearm skills

Doug Nicholson

In this day and age of Police Officers achieving “competence” in skills, the ability of those Officers to be “trained” in practical skills has been severely diminished.

Especially in the area of firearms.

Police shootings in Australia are not exactly rare, but for some reason the standard taught to Police is to achieve the absolute bare minimum when shooting a few rounds at a stationary paper target. Indeed, it is almost taboo to seek further training, or to even voice the opinion that more training would be preferable, out of fear of being seen to be too “gung-ho”.

After 18 years of using firearms in some capacity, and having been trained by both the worst and best, I have picked up a little knowledge. I do not claim to be an expert, but merely someone who has learnt a thing or two.

But with that knowledge comes the awareness that the current practice of having a “qualification” shoot once every six or twelve months is not sufficient to maintain proficiency in a skill, much less a skill that is proven to erode due to the stress associated with being involved in a lethal incident.

Here are a few tips for those of you who care enough about your training to be willing to learn how to do things correctly. The skills outlined below can be practiced in the comfort of your lounge room, or on the firing range. They are not skills to make you a more accurate shooter on a comfortable shooting range, but to assist you in surviving the fight when someone is trying to kill you.

I practice all these skills at least once a day. 60 seconds a day, practicing these skills is enough for you to increase and maintain your handgun shooting skills far beyond what you are taught to achieve “competence” on the shooting range. These skills can even be maintained with 60 seconds of dry-fire practice. Is that too much to ask?

If you think you don't need these skills, think about this: “Competency” is achieving the bare minimum amount of skills required to absolve your organisation from legal liability if you are injured or killed.

Do you think that is a sufficient amount of training for

you to survive when someone is trying to kill you?

Breathing

Breathing, believe it or not, is under-rated. You do not merely breathe to live, but correct breathing is a technique that can be used to control your body during periods of stress. Slow and deep breaths will help slow your heart-rate and make your movements smoother and closer to perfection. Correct breathing is the foundation of effective combat shooting, and should be practiced at every opportunity. The easiest way to “learn” how to control your breathing is as outlined by Lt Col Dave Grossman when talking about “tactical breathing”. The four-count breathing is used to calm yourself and regain control of your body during times of stress. The “four-count” is simply saying to yourself, *“One thousand, two thousand, three thousand, four thousand.”*

Now do this: Breathe in for a four-count. Hold it for a four-count. Breathe out for a four-count, and then hold it for a four-count.

Do that four times, and your heart-rate will have slowed, and your concentration will be focused. Once you have practiced this, your breathing skills will become much better when shooting. Practice your breathing when practicing ANY shooting technique, so that it becomes an unconscious skill.

Wrist / forearm strength

Like it or not, if your organisation has not yet moved to semi-automatic sidearms, it soon will. The most common cause for a pistol jamming is through weak wrists. You need to have the strength to hold the weapon firmly as it is cycling to allow the slide to come back far enough to eject the spent case and load a new round from the magazine. I have seen people with weak forearms get stoppage after stoppage after stoppage through this one error.

If you do not exercise your wrists and forearms, then now is the time to start. When someone is trying to kill you, do you really want your sidearm to jam after the first shot?

Having said that, you should now realise that keeping your wrists locked and using your forearms when shooting is important. Practice it. A lot of people recoil from a shot when they are firing which only causes their weapon to jam. It is YOUR weapon. Control the damn thing!



Mindset?

This goes to mindset. When I was about 17 years old and fresh to the Army, I was tasked to load a mass of twisted barbed wire onto the back of a truck. Some crusty old Corporal told us the secret. If we tried not to get hurt by the barbed wire, we would get cut.

If we focused on grabbing the barbed wire and making it do what we wanted to, we might get cut, but we wouldn't get hurt.

And it worked.

The same goes with handgun shooting. Do not worry about the noise or the recoil of the handgun. Focus on getting that one round to go exactly where you want it to go. I refuse to let my handgun control me. I make it do what I want. So should you.

Every time you practice your shooting, every time you are "forced" to spend time in the sun sweating on the firing line, remember why you are there. You are there to practice skills which will save your life. If you think you will never be shot at, if you think you will never have to use your firearm, then think about this: Do you only wear your seatbelt when you are going to have a vehicle accident?

Startle Response

"Startle Response". Look it up. When faced with an unexpected physical threat, the body reacts before the mind has time to understand the threat. You will face the threat, your knees will bend, your torso will curl, and your arms will come up in front of your body to protect your vital organs.

The startle response position should be the start position for any shooting drill you perform. Not the silly "field interview stance" that looks like something out of a B-grade karate movie, but the real reactionary stance that you are likely to be in when someone tries to kill you. This provides you with the muscle memory to be able to rapidly draw your weapon and fire when someone is trying to kill you. That saved half a second could literally mean the difference between life and death.

Front-on versus side-on

There is a lot of debate out there over whether the isosceles stance or the weaver stance is more accurate when shooting.

We're not talking about the firing range here, but in a life or death fight, so I will only talk about that.

Part of the "startle response" described above is that your body will face the threat. That's a fact, so let's deal with it. Another consideration is that if you are

wearing body armour, the armour is more effective if hit in the front. So with those two considerations in mind, you should practice your shooting when facing the target, as that is the position you will already be in. Remember half a second might be the difference between life and death.

An additional consideration is that it is easier to move whilst keeping your weapon on the threat when facing the threat than it is if you are side on to the threat.

So, your shooting drills should result in you facing the threat when shooting.

Stance

A simple concept here. When shooting you want the most stable platform you can achieve. You don't want your shots to put you off balance.

Your **feet** should be shoulder-width apart.

Your **knees** bent.

Your **back** should be slightly bent forward.

Your **shoulders** "rolled" forward.

When I practice my drills, I still say to myself, "*Feet, knees, back, shoulders.*" I recommend you get into this habit at least once a day, to allow yourself to get used to not only being in the best position when shooting, but allow yourself to become used to shooting from the "startle response" position.

Grip – one hand (in holster)

Without getting into the which-holster-is-better debate, it is important to realise that your grip on your sidearm before you draw your sidearm from the holster is important.

There is a saying that my American friends love, and it is apt for handgun practice. "Slow is smooth. Smooth is fast."

When practicing your handgun draws, do it SLOWLY. Make sure you grip that sidearm perfectly every single time.

Push the web of your thumb and index finger down firmly and as high on the pistol grip as you can. There should not be the slightest gap between your hand and the backstrap of the weapon. This is important to control the recoil when shooting.

Wrap your hand around the pistol grip with your index finger resting along the pistol outside the trigger guard.

Now, when you have the correct grip, you should



draw your weapon to a four-count.

One – With your weak-hand on your chest, draw your sidearm straight up until it is just clear of the holster. (Breathing in)

Two – Rotate your sidearm on the horizontal plane 45 degrees so it is now pointing towards the threat, but still at your hip. If necessary, you can start shooting at this point. (Breathing in)

Three – From the hip, bring your sidearm up, still pointing at the threat, to your chest, to meet your weak-hand. (Breathing in)

Four – With a firm two-handed grip, punch your sidearm straight out towards the threat at arm's length. Your breath should be forcibly pushed out of your lungs to the point where someone standing 10 meters away can hear it.

Grip: Two-handed

One thing that needs to be explained further is the two-handed grip. It is amazing how many Police Firearms instructors are not able to teach this correctly. The reason for a firm two-handed grip is to assist in the recoil control. If there is a gap in your grip, the weapon will twist to that gap, making your shots off-target. So the goal in a correct two-handed grip is to have no gaps in your grip.

Your master-hand should already be firmly and correctly gripping the sidearm. Your weak-hand should now come up to match that. Your weak-hand does not "cup" the pistol to take the weight, a common error, as that does nothing for recoil control.

When you look at your master-hand on your sidearm, you will see a curved gap from the bottom of the heel of your palm, running up past the tip of your fingers, and underneath your thumb.

Your weak-hand heel sits in the gap on the pistol grip between your master-hand heel and fingertips.

Your weak-hand thumb slides into the gap underneath your master-hand thumb. Common mistake – Do NOT cross your master-hand thumb over your weak-hand thumb. This creates a gap in your grip. Your two thumbs should be lying horizontally along the side of the sidearm, with your weak-thumb on bottom and master-thumb on top.

The four fingers of your weak-hand should fold around the three fingers of your master-hand that are holding the pistol grip. The grip should be firm, but not too tight to cause fatigue quickly.

Practice this grip a few times, ensuring that you do it slowly and get used to the correct grip.

Another common teaching flaw, especially in this day and age of range-safety mentality is to have shooters holding their firearm at arm's length constantly, even when not shooting. This is an error.

In combat, and that is what Police face when they are being placed in lethal encounters, you should not be tiring your arms out by holding your sidearm at arm's-length all the time.

When moving, assessing threats, scanning your surroundings etc, there is nothing wrong with holding your sidearm in close to your chest. You can still have it pointed at the threat, without tiring your arms needlessly. I refer to this as the "close grip". This position is preferred to the "low-ready" where your sidearm is held at arm's length pointed at a 45 degree angle to the ground.

The reason? The close grip position allows you to get your sidearm on target immediately without tiring your arms out.

Now to the actual shooting.

As you are punching your sidearm towards the threat, you are forcing the breath out of your lungs. A common misconception is that you should hold on to ¼ of your breath, but here's another secret. Your body's muscles are at their most relaxed when you have released all your breath.

Common sense dictates that you can't hold onto empty lungs indefinitely, so you will need to shoot within a reasonable amount of time.

So, you are punching your sidearm, with a two-handed grip, towards your target. As you do so, you focus on the target, and where you want your round to land. You then focus on your front sight to make sure it is on target. Your focus then moves back to the rear sight to make sure it is lined up with your front sight. Back to the target for a final check, then front sight is focused only as you squeeze the trigger as far back as you can, focusing only on squeezing that trigger.

It helps to talk yourself through it, "*Target - Front sight - Rear sight - Target - Front sight - Squeeze.*"

Another common error when shooting is finger placement on the trigger. The tip of the index finger should be placed on the trigger, as opposed to shoving as much of your finger as possible inside the trigger guard. When you do not use your fingertip, the angle of your finger squeezing is not directly backwards, creating a "twisting" pressure on the sidearm, which results in round placement to the side of your point of aim.

The preferred area to be placed on the trigger is ¾ of



the distance from the end of your index finger to the first joint, (being closer to your first joint).

Once you have fired that shot, you need to remain focused on what you are doing. Keep the trigger depressed, and slowly release the pressure on the trigger whilst keeping your sidearm on target. Assess your threat, and re-engage if necessary.

If your threat is neutralised, you should then scan the area. This serves two purposes. Firstly it breaks the perfectly natural physiological response of "tunnel vision", a form of perceptual distortion caused by stress in a lethal encounter, and secondly it allows you to assess for any other threats in your vicinity.

Whilst you scan the area, you may bring your sidearm back to the close grip. Another option is to keep your weapon on the threat when you scan to your left and right, and only bring the weapon back to the close grip when scanning behind you. I'll leave that up to you, but whichever option you decide, practice it every time you conduct your drills.

All the basic drills I have outlined in this article are to be practiced and perfected prior to even considering more advanced drills. With the severe lack of practical firearms training in Australia for our members of Law Enforcement, the only way to increase your chance of survivability in a lethal encounter is to take responsibility for your own skill maintenance.

The best time to start is right now. Stand up, find some privacy and practice these skills now!





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- Police across Queensland now have tasers for use in violent or dangerous situations
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- For more information, see www.police.qld.gov.au/campaigns/taser



NATIONAL POLICE SERVICE MEDAL (NPSM)

[Media Release - 14/12/2008](#)

The Rudd Government has announced a new National Police Service Medal which will be awarded to State, Territory and Federal Police in recognition of long and diligent service.

The Minister for Home Affairs, Bob Debus, said the medal recognised the special status police had because of their role protecting the community.

"This new medal shows our continuing support for the work done by the 50,000 men and women who place their own safety at risk to protect our quality of life, security and freedom.

"I would also like to acknowledge the work done by the Police Federation of Australia, which consistently raised the issue with me on behalf of its members," Mr Debus said.

Cabinet Secretary, Senator John Faulkner, said the Queen had approved the establishment of a separate medal in the Australian honours system.

"Recognition for police service since the establishment of Australia's national system of honours and awards in 1975 has been through the National Medal.

"The National Medal will continue to recognise long and diligent service by members of organisations that help the community during times of crisis, including fire, ambulance, emergency and voluntary search and rescue organisations," Senator Faulkner said.

The Chief Executive of the Police Federation of Australia, Mark Burgess, said the decision would be welcomed by members.

"It is a tangible acknowledgement by the Government of the unique role that police officers play in the preservation of peace, the protection of life and property and the maintenance of law and order throughout Australia," Mr Burgess said.

Police will have to serve a minimum of 15 years to be eligible and consultation will now commence to determine the eligibility criteria and medal design.

Eligibility for the award will commence 30 October 2008 and it's expected the first awards will be made in the second half of 2009.

[Proposed Medal design:](#)

MEDAL DESIGN.

The medal is 38mm in diameter and is finished in cupro nickel with the Crown of the Sovereign located on the suspender bar. The obverse (front) of the medal features the seven-pointed Federation Star representing the Commonwealth of Australia.

The Federation Star is located inside a circular checkered band, which is the internationally recognized symbol of Police Forces worldwide. The checkered band is unbroken and surrounds the star, signifying the unity and cooperation between each of the individual state and territory Police Forces, which thereby join together as a shield to protect the entire Commonwealth.

The reverse of the medal features the words 'FOR SERVICE IN AN AUSTRALIAN POLICE FORCE'. A raised plinth is centrally located on the reverse for the recipient's details.

Medal Ribbon:

The medal ribbon draws inspiration from Police awards under both the Imperial and Australian Honors and Awards systems and is colored blue and white – the traditional colors signifying Police service.

In the center of the ribbon is a single red stripe, which acknowledges the volatile and dangerous nature of police work and the requirement for Police to go out armed to protect the community. By the nature of their duties, Police face danger daily – and the single red stripe recognizes that they are in effect, always on 'active service'.

NATIONAL POLICE SERVICE MEDAL (NPSM)

(Proposed Design)



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Founder Mr Luis Gutierrez at a glance

- Founder and Director of One Dragon Martial Arts in Florida and founder of So-Flo Jiu-Jitsu.
- Vice President of Matt Thornton's Straight Blast Gym International and BJJ Blackbelt.
- 2003 North American Grappling Assoc. Instructor of the Year, Black Belt Magazine Sept 2005

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James Seckold, Floro Fighting Systems, Sydney Northern Beaches.

"Awesome course! - fantastic material taught by a fantastic coach. Thanks to Coach Tim for his time and effort. A great instructor, communicator, and motivator..... Would recommend the course to anyone who has the opportunity to attend and I look forward to sharing the material with my students."
Luke Beston, Gracie BJJ Black Belt.

"A very professionally delivered course, presented with a world class and effective coaching method. All drills and material were set at the perfect level so that all course participants developed confidence and efficiency in all techniques. As for the material itself, very effective techniques that I have full confidence in using. The system is clear, concise and effective, and leaves no real questions unanswered in regard to the control and restraint of an aggressive, unarmed subject. Australia's Law Enforcement agencies could really benefit from this system. Overall it was easily the best course of it's type that I have attended and I look forward to attending future ISR courses. I highly recommend it for people of any background or experience. Much thanks to you guys for making it happen and providing me with the opportunity to participate. Brilliant effort"
Ash Sinclair, Head Instructor, Millennia Academy, Campbelltown, SA.



Contact: OzCombatives1@yahoo.com.au

**ISR MATRIX - FOR LEO/MIL AND CIVILIANS
PHYSICAL MANAGEMENT & DEFENSIVE TACTICS COURSE**

The ISR Matrix

Defensive Program for Law Enforcement Offers Valuable Lessons for Civilians

by E. Lawrence

“You need to have been hit. You need to have been put under the pressure of someone trying to tear your head off and know that you can deal with it and it’s not gonna kill you.”

These are the words of veteran police officer and Straight Blast Gym coach Paul Sharp. He, along with Straight Blast Gym VP Luis Gutierrez, spent years developing the ultimate physical control and self defense program for law enforcement, private security, military personnel, and civilians. Called the ISR Matrix, it draws on Sharp’s time as a street cop, tactical team member, police trainer, and bodyguard, along with Gutierrez’ decade of experience in nightclub security for a variety of punk rock establishments.

ISR stands for intercept, stabilize, and resolve. Those three actions represent stages of a physical conflict, along with the techniques and strategies to employ at each stage in order to dominate the assailant and advance to resolution.

The Stages

The first stage of the ISR Matrix is the Intercept stage. It involves entering, closing the distance, and acquiring position to make first contact. The interception may be offensive (taking the initiative) or defensive (responding to another’s physical actions or attack). Interception can also mean moving to a safer position to execute a follow up.

Once you have achieved some control over your opponent, you’re in the stabilization phase of the conflict. It also entails destabilizing him, which makes it harder for him to fight back. To achieve these goals ISR teaches several controls and techniques that serve as stabilizers. While they emphasize physical control, you can easily strike from them if necessary.

The final phase is resolution. It differs depending on whether you’re a private citizen, soldier, police officer, bodyguard, or security guard. For a cop it might involve arresting a subject, while for members of the military it focus on eliminating an enemy. If you’re a private citizen, you’ll probably be concerned with inflicting enough damage to facilitate your escape.

Devising a limited set of techniques that would apply in a variety of situations was a challenge to the creators of the ISR Matrix. It was deemed essential, though, because most police, security guards, and even civilians have a limited amount of time to train. Sharp and Gutierrez settled on a small number of moves that can provide real-world utility against threats of all levels, hence the “matrix” in the name.

Being modular, the system is built from components and training

methodologies that can work in virtually any combination. It draws from wrestling, judo, and boxing, and to spice things up, it includes the type of fighting used at hockey games, which fine-tunes its methods for grabbing an opponent’s clothing and using it to control him.

The Course

To get a better grasp of the ISR Matrix, I attended one of its law enforcement courses in Pembroke Pines, Florida. The training was rigorous--exhausting at times but not beyond the capacity of the average healthy adult. Students were told they’re free to stop at any time. But none did. The attendees ranged in age from their mid-20s to their late 50s.. Some were out of shape, while others, including a pro boxer, were fit to fight. Most were involved in law enforcement or the military, and two were Straight Blast Gym coaches from Canada who plan to introduce the program to their country.

The ISR law enforcement system is geared for dealing with a variety of situations and threats, from come-alongs and compliance techniques needed for lightly resisting subjects to counters to violent assaults intended to stop the meanest thugs, both with and without weapons. The tools and techniques that make it up were developed to meet the specific needs of surviving, controlling, and arresting resisting subjects. They’re not fancy moves that work only in the studio. They evolved from an analysis of the clinch and of what happens in the clinch and on the street. Much of the program involves grappling, which is necessary because police officers are often forced to cuff suspects--and that almost always means laying hands on them.

Missing Link

Sharp and Gutierrez developed the system in accordance with several underlying principals they found lacking in other defensive tactics programs. It was born out of the loud noises and flashing strobe lights of nightclubs, which make unattached striking extremely difficult.

One element that sets the ISR Matrix apart from most conventional defensive-tactics programs is that it was designed to function against realistically resisting subjects. Many traditional tactics that seem good in the academy break down in the field against non-cooperative and assaultive people.

Training is conducted with a progression of drills that increase in speed and resistance and that include counters to realistic attacks. The students alternate partners to get used to dealing with a variety of body sizes, strength levels, body types, and movement patterns. The pressure during the drills increases progressively until the students are able to enter and control someone who is actually trying to hit them hard. Exposure to gradually increasing levels of physical contact is an indispensable component of the Matrix. The drills



and techniques are not movement specific; consequently, they don't depend on an opponent moving in a certain direction or an attack that's delivered in a certain way.

Tools and Techniques

Among the most useful ISR methods for achieving victory in a violent encounter are the following.

The Helmet

One of the primary interceptors of the Matrix, it's their trained flinch response, a type of default cover-up against strikes to the head. Gutierrez claims that if you practice something that's very simple, it can become your flinch response--your primary interceptor--when confronted with sudden violence.

The Helmet involves using your arms to cover the sides of the jaw, the ears, the back of head and your temples--an area Gutierrez calls the "knockout triangle." The move serves as a shield against strikes to either side of the head as well as a protected entry to crash in against a striker. Thus, it can be used either defensively or offensively.

To execute it, bend your forward arm until you can cup the back of your neck with your hand. Raise your rear arm across the front of your head. comes back and cups the back of your neck as though you were brushing your hair back. The rear arm comes up across the front of your head. The upper part of your forward arm protects the side of your head and your jaw. Your forward elbow, which is pointed at the attacker, can be used to spear him as you drive into him. Your rear arm protects the other side of your head and jaw, and the positioning of that forearm higher than eyebrow level will protect the face. Your chin down on your chest and you are observing the attacker by looking forward under your guarding arm. As you do this, you should drop your level and drive into the attacker. From there you can generate powerful strikes and knock him off balance if you so desire.

ISR students spend a lot of time practicing the helmet from various positions designed to simulate a situation gone bad. That reflects the high regard Gutierrez has for this move, which he calls the single most important technique of the program.

The Dive

This technique is a more aggressive interceptor. It consists of a: a two handed reinforced palm strike in which your arms thrust out to full extension and one hand covers the other. It can target the face, head, shoulder, or chest. Follow up the impact by immediately driving forward at a run while maintaining contact, thus forcing the attacker back and keeping him off balance. As you thrust your arms at him, your biceps rise to protect the sides of your face. Before launching the technique, you should drop levels if there is time and push forward at an upward angle to break his balance.

Arm Drag

It's a method for seizing your assailant's arm and jerking him away from the path he wants to follow, thus creating an opening for you to gain a better position by moving to his side or back.. Originating from wrestling, the technique can be used immediately after landing a strike.

Underhook and Pike

This is the primary stabilizer of the ISR matrix. To get an underhook slide your facing side arm under your opponent's arm and snake it around to grab his shoulder. Then jerk it down and pull him close as you step to his side. Your other hand creates a pike by pushing against the side of his neck to keep him at a distance. The piking arm must always be locked so you are not relying on muscle strength alone. The traction of these two opposing forces provides control: The piking arm keeps him from getting too close, while the underhook prevents him from getting away. Once you achieve control using tactile sensitivity, you can divert your eyes to scan for other threats.

Keeping an assailant from getting too close is essential for a police officer's safety because chances are he'll be carrying potentially dangerous items on his duty belt--anything from a baton to pepper spray to handcuffs. Sharp says that many officers develop a high degree of sidearm awareness but they sometimes forget to protect the other items that they carry.

When you apply the underhook and pike, you can use it to jerk your opponent off-balance and spin him around. This principle of spinning is derived from the Thai-boxing clinch. You can transition into a takedown by pushing down on his neck and twisting up on his arm while you move around him to exert positional leverage.

The Harness

It's often used after the armdrag has jerked the aggressor off balance and you're able to angle behind him to seize control of his back. To execute it, shoot an arm under his arm and across his chest as you step around and behind him, then secure it with your other arm, which wraps over his shoulder so you can effect a palm-to-palm grip. This is a transitional position for all but the most docile subjects.

The Harness is usually the first part of a takedown. As soon as the hold is secure, you thrust your pelvis forward against the back of the opponent's hips to break his center of gravity. Then you yank him backward and downward until he falls. Like all ISR Matrix takedowns, this move is street-safe--that is you do not place your knee on the ground while performing it.

The S-Position

Once your opponent is down, you can grab his arm and turn him onto his side as you transition to the S-position. ISR techniques like the underhook and pike already give you control of one of his arms which makes an excellent segue into the S-position. The position involves taking him down and placing one knee on his body and the other on his shoulder while maintaining control of his arm. If necessary you can use your leg to apply pressure to his neck. The S-position enables you to remain upright and observe your surroundings--to control your attacker while being on the lookout for additional threats.

Embodied in these six techniques is a level of street effectiveness most students of self-defense would die for. Learning how to execute them doesn't mean you have to abandon your previous training because, as Gutierrez and Sharp advise, you should always have a backup in case things don't work out as planned.

A number of ISR Matrix Courses will be held across Australia in March 2009. For further information contact ozcombatives1@yahoo.com.au or refer to the advertisement in this issue.



2009 CEPS Policing Symposium

New Directions for Policing Serious and Complex Crime

The September 2001 terrorist attacks on the United States caused a radical shift in Australia's policing and security priorities. The need for urgent policy reform was accentuated by the 2002 and 2005 Bali bombings and the London bombings of July 2005. These emerging transnational security threats joined an array of already established domestic crime problems, challenging policing and security agencies to forge closer partnerships, better coordinate their interventions and develop innovative responses in the interests of national security.

Globally, policing and security agencies are taking positive steps to develop innovative responses to prevent, detect and control serious and complex crimes, such as organised criminal activity, crimes which are multi-jurisdictional and terrorism.

These responses are being developed in a complex and dynamic environment.

- State and federal police operate in a highly networked environment. Private policing is booming and new agencies, individuals, businesses and community organisations are increasingly responsible for their own safety.
- Public expectations of effectiveness are high, and police face increasing pressure to demonstrate the effectiveness of their operations.
- Since 9/11, increased emphasis on counter-terrorism and special operations has drawn resources away from other areas of policing. Policing agencies must manage a complex range of risks (both traditional and non-traditional) and prepare for unknown and often unknowable threats.
- Coordinated, multi-jurisdictional and cross-sector responses require workable legislative, technological and operational platforms.
- Innovative responses require innovative leaders. Professional development and training programs must ensure the leaders of tomorrow are ready to shape new directions in policing complex and serious crimes.

CEPS is bringing national and international experts together to discuss some of the key challenges facing policing agencies in responding to serious and

SYDNEY INSTITUTE OF CRIMINOLOGY SERIES

CONFLICT OF INTEREST IN POLICING

Sydney Institute of Criminology Series

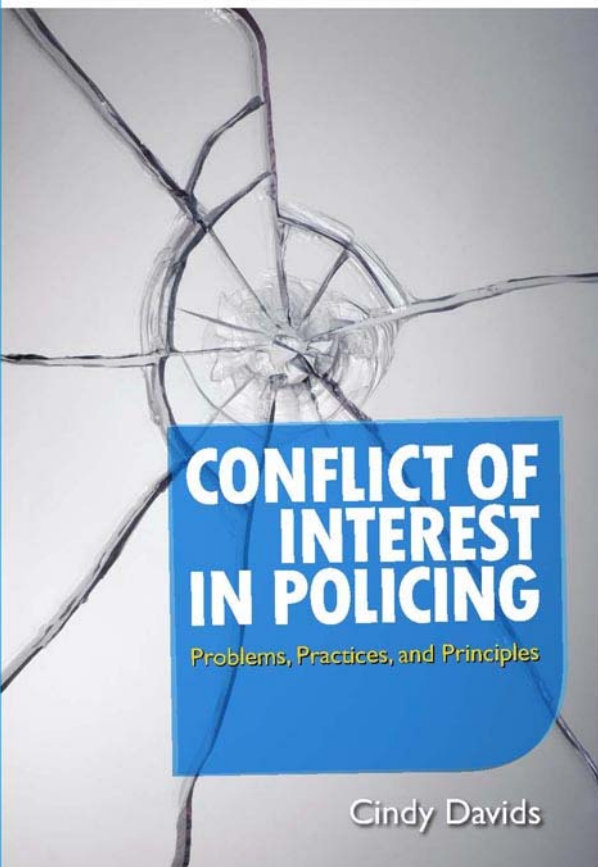
Published by *Federation Press*, distributed by *Willan Publishing*.

Conflict of interest allegations have become a prominent part of the landscape of political and public sector ethics in Australia and overseas. The arena of policing has not been immune from this problem and this book is based on unique and unfettered access to ten years of internal investigation files held by Victoria Police. Through detailed analysis of actual complaint cases it gives the reader a comprehensive map by which to chart the particular kinds of interests involved, the nature of conflicts with official police duties, and the particular contexts from which conflicts of interest emerge.

The book examines conflicts of interest across the private and public realm of the everyday lives of police officers. The author outlines how the problem of conflict of interest is an important aspect of police ethics, arguing that recognition of, and accountability for, conflict of interest may be a significant element in preventing upstream police misconduct and corruption.

Conflict of Interest in Policing seeks to provide a conceptual and practical understanding of how integrity and trust must be integrated into the profession of policing through processes of active responsibility, rather than more traditional passive obedience to prescriptive rules.

Foreword by **Professor David Dixon**, University of New South Wales, Sydney
Preface by **Chief Commissioner Christine Nixon** (Victoria Police)





Joondalup police station damaged by fire attack

On the night of December 8, 2008, twelve Police Officers were in the Joondalup, WA, Police Station when it was firebombed. The suspect was known to Police and appeared to be venting his anger at WAPol. Only a few days later the private vehicles of WAPol members were also firebombed in a Police car park in what was believed to be a "copycat" incident. Fortunately no Officers were hurt.

Stay safe out there.





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Hock Hochheim 2009 Seminar



**Combat Scenarios! Non-Stop! Hand, stick, knife and gun
Combat Scenario marathon!**

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This is the only CQC Seminar to be held in Australia for 2009 so don't miss out!

Unarmed Hand, Stick, Knife and Gun, mixed weapon theme Close Quarter Combat Seminar.

Instructor and rank development/advancement opportunities or just train for knowledge. All skill levels welcome.

Location:

Defensive Measures International: Upper Mount Gravatt (Brisbane) Queensland.

Duration: 2 days Saturday 28th & Sunday 29th March 2009 between 10:00 am to 5:30 pm

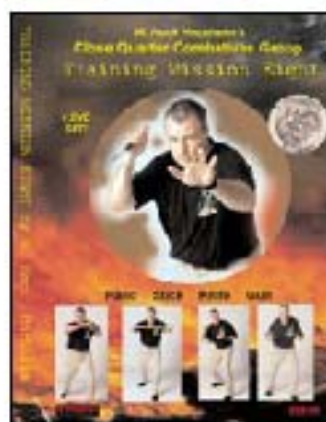
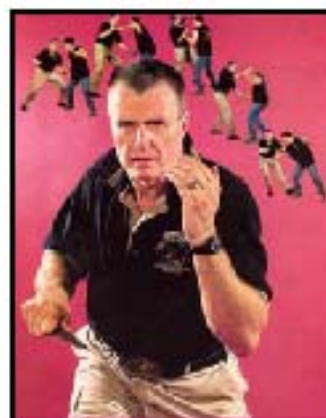
Cost: \$200 includes seminar, morning tea and certificate of attendance

Please wear street clothes and mat shoes or footwear suitable for wearing on training mats. Bring eye protection, rubber training pistol & knife and two sticks. If you do not have these, some will be available for borrow or sale.

For more information contact Paul on 0421-782-405 or dmint@bigpond.com

Travelling from interstate? Your group may qualify for a great, group discount. Contact Paul at dmint@bigpond.com

For further information about Hock Hochheim:
www.hockscqc.com



Hock has trained civilian martial artists, law enforcement, police and military agencies and personnel throughout the world including the US DEA, US Police & Sheriff's Departments, US Marine Corp, US Army, UK Metropolitan Police Service, Swedish Police and South African Police



AFP buys new weapon for International Deployment G36C

Early 2008 saw the AFP spend over \$500,000 on G36C rifles for the IDG's Operational Response Group.

The G36C is made by Heckler & Koch, and the purchase was made through HK Systems Australia.

Being in 5.56mm calibre, the G36C matches current ammunition in Policing use, with the option for modular attachments of visual devices such as scopes and torches.

The image on the left shows an ORG Officer in Dili with the G36C, and the image at bottom, from left to right, shows the G36C, SR-25, and M4 all in use with the AFP-ORG.





DISCOUNT OAKLEY PRODUCTS

Thanks to some *Response Australia* members for taking their time to contact Oakley Australia to obtain information on how Australian Police Officers can obtain discounts through the Oakley “*Standard Issue Government program*”.



For information on how to obtain substantial discounts on Oakley sunglasses and other products, visit the *Response Australia* online Forum -

<http://responseaustralia.freeforums.org/oakley-australia-discounts-t1030.html>



TREKKING IN NEPAL

Jon Discombe

In October 2006, my wife and I travelled to Nepal and completed a trek along the Everest Base Camp. It was without a doubt one of the toughest trips I have done in my life as well as being the greatest overseas adventure I have ever conducted.

The Training

I believe it was the beginning of 2006, that we finally decided that we would travel to Nepal and do a trek. We had been talking about it for years. My wife was always interested in doing it, however I wasn't. My wife, (being the sneaky woman that she is) bought me a book about the Ghurkhas, to try and spike my interest. Well after reading it, I just had to travel to Nepal and so at a Flight Centre travel expo we booked our flights and our tour with Kumuka Travels (www.kumuka.com.au).

So the training began. My wife and I commenced a fairly intensive training program to get fit enough to conduct the Everest Base Camp Trek. This involved on my side of things, running at least 4 times a week, gym 3-4 times a week and at least 2 hikes a week. When you look at pictures of Nepal you suddenly realise how flat Australia is, however we did the best we could by visiting Mt Coo-tha and Lamington National Park, and hiking with heavy packs on.

Kathmandu

It was amazing how quick the moment arrived and before we knew it, we were flying to Nepal arriving firstly in the capital, Kathmandu. We had arrived a day earlier than the tour started, so we walked around and savoured the sights and sounds of the city. For those that haven't travelled, it is an absolutely amazing experience to go and experience another culture, who although has some similarities, is very different. The following day we met up with the tour group and had an official tour of Kathmandu. One of the highlights was visiting the Swayambunath (Monkey Temple). It was quite amazing to see all the monkeys around the temple area, and let me tell you they are without a doubt extremely cheeky!!!! The other areas visited included the Boudhanath Stupa, which is a Buddhist temple. This temple is huge and is an amazing sight. We finished off visiting a Hindu Temple called Pashupatinath, where we witnessed bodies being burnt in the traditional manner, with the ashes being poured into a river that eventually runs into the sacred Ganges river. After the trip, it was back to the hotel, before we all met up for dinner together.



Lukla-Phakding

The following morning it was an early start to get to the Airport, where we boarded a small 15 seater plane with all our gear. The plane trip was absolutely fantastic, with the views being amazing. The towering mountains and deep valleys are something I'll never forget. Now the landing at Lukla is without a doubt one of the most interesting experiences I have ever had. A bit of explanation. Lukla is situated 2804 metres above sea level on the side of a hill (in Nepal anything below 5000m is called a hill!!!!). The landing strip is therefore built on the side of a hill just before a massive drop off and an angle. As the pilots are about to land the plane, they both hold onto the dash as the plane lands. Now imagine yourself watching this thinking, holy sh#t and so you do the same, grab anything you can. The plane then lands safely and you breathe a massive sigh of relief. Now just to curb any fears, they fly to Lukla every single day of the year and in the last 40 years have only had one accident which involved the landing gear not working, so to be honest it is as safe a flight you'll ever take, just an interesting one!!

Upon arriving in Lukla, you are met by your porters who reside in the mountains and take your gear. Now these porters are superhuman. They carry 3 large bags each strapped to their head and fly up the mountains like it is a Sunday stroll in the park!!!! As for the rest of us, we carry a light back pack (about 10kg or so) and slowly make our way up the hill. So we began our first leg walking from Lukla to Phakding (2610m). It was on this trip that I suddenly decided to become a vegetarian for the rest of the trip. As we walked we see other porters walking with open baskets with meat in them, yep that is how it is transported on the trail. There are no roads, so it is Yak or human!!!!



The trip to Phakding was amazing and is the easiest part of the trek. Let me tell you though, you still feel it, due to the high altitude!!! We arrived in Phakding in the early afternoon and settled in our tea house, which basically consists of a wooden bed with a basic mattress and electricity until 8pm. The vegetarian meal cooked let me tell you it was pretty fantastic. We ate the traditional Nepali meal and it was a pleasant surprise!!!! A group of us then went exploring and found a "pub" as such. However on the way up there was no drinking of alcohol. This basically is because it helps bring on altitude sickness which can be fatal. There was a pool table though and so many games were had as well as conversations on how on earth they got the pool table up there!!!!

Phakding to Namche Bazaar (3440m)

The following day is a hard trek to Namche Bazaar. Namche Bazaar is basically a large village that acts as an acclimatising spot for trekkers as well as a market meeting place for the Nepalese and the Tibetans. The trek to here was an extremely hard one, as it was extremely steep in places and the air was becoming thinner. You really knew you were alive in this part as you could feel your heart pounding!!! Once again the views are difficult to explain. There really is nothing in Australia that compares. It is just amazing to see massive mountains and huge valleys!!! The trek although not far in km pretty much took all day, due to the thin atmosphere. Basically, once again to prevent altitude sickness, you have to take it slow to allow your body to adjust. We arrived in Namche Bazaar just before last light. It was then time for another Nepali dinner. It was from now on, that I discovered the delights of tuna pizza!!!! It was pretty much offered the entire way up the trek and was quite pleasant!!

The following day was an acclimatising day in Namche Bazaar. It involved a small trek up a hill to get a view of Everest. It is an amazing site, Everest and one I'll never forget. The other amazing part was watching it over a period of ½ hour going from having no clouds over it to suddenly being surrounded by clouds!!!! The day also included a visit to the Sherpa's museum as well as further exploring of the village area.

Namche Bazaar to Tengboche (3860)

The trek then continued from Namche Bazaar to Tengboche, which has a huge Buddhist Monastery. The trek again was very hard, with breathing getting harder and harder. Upon arrival you are greeted by without a doubt one of the most beautiful sites I have ever seen. Tengboche is situated in on a small hill in a valley surrounded by towering mountains. It has to be the most scenic place I have ever visited in my travels!!!! Once at Tengboche we had the privilege of being invited inside the monastery to watch a prayer ceremony which again was a great highlight of the trip!!

Tengboche to Dingboche (4410m)

The trek continues from Tengboche to Dingboche. Once again it was slow going to get the bodies used to the thinning air. The trek again was scenic and was also a time to say g'day to people returning down, who only inspired you to push on further. Dingboche was the first time, snow was sighted. It was absolutely snowing a treat upon our arrival, however sadly not the fluffy type only the ice type. I couldn't resist though making a small snowman!!!!!! It was here that you really started to feel the thinning air. Just getting into your sleeping bag was an effort and you felt like you had just run 5km!!!!!!

The following day was another acclimatising day with a climb up the Chhukung Valley, ascending Chhukung Ri (5546m), which had fantastic views of the valley below!!!! We then returned back to Dingboche, getting ready for the next day.

Dingboche to Lobuje (4910m)

The trek then continued along Lobuje. Lobuje was the last stop before the Everest Base Camp. It was on a stop here that my favourite photo was taken by one of the group. It shows us stopped with snow capped mountains in the background, with a group of yaks walking past us. It absolutely sums up the Everest Trail trek!!!! We continued to Dugla where lunch was had before an extremely steep climb to Lobuje.

Disaster strikes

It was the climb from Dugla to Lobuje that I started to suddenly struggle and struggle hard. I suddenly started to feel the climb from Dugla to Lobuje very hard and was breathing real heavy. I made it up a steep part and it was here that I started to fall behind the group. I collapsed twice to my knees and was talking to myself whilst walking. These are the first signs of Altitude sickness. I continued walking, just making it to Lobuje with the group. I remember having a severe headache, nothing like I have ever had before and was having difficulty in focusing. I decided to go and lie down, however had to get up three times in a rush to vomit. It was then that I remember our guide, Tilak saying to me he was concerned I had altitude sickness and if I didn't improve I would have to descend. Now I don't remember this next part, but my wife and Tilak later informed me that I then started falling into and out of consciousness. It was then decided for me that the guides would quickly get me to descend back to Dingboche and visit the doctor's station.

The walk back down was horrendous. I remember falling into and out of consciousness whilst walking and the guides having to help me down. I also remember constantly muttering to myself and not really knowing what was going on. We made it to Dingboche where I then crashed for the night and had a fitful sleep with some horrific nightmares!!!!





The next morning it was a visit to the doctor's station. Now these stations are staffed by volunteers and they do a fantastic job. I spoke with a doctor who suggested I continue to descend back to Tengboche before ascending again. Now as you can imagine I was devastated to get so close to the base camp and yet so far. I explained to the doctor that I had done everything to try and prevent altitude sickness such as taking tablets, drinking heaps of water, having acclimatising days and taking it easy on the treks. The doctor advised me that sadly they didn't know why some people got it and others didn't and obviously I was just susceptible to it and in the future would need a couple more acclimatisation days.

Dingboche to Tengboche

After the visit to the doctor, one of the guides, Sonni, travelled with me back to Tengboche. It was a very uneventful trek and as I descended more and more, I felt better and better. Upon arriving in Tengboche, it was snowing and this time it was fluffy snow!!!! Whilst here I again attended a prayer ceremony and chatted to a German trekker. She explained she was in a group of 4 and 3 of the group had come down with the same symptoms of altitude sickness. They however pushed on and eventually had to be flown out as they nearly died!!! So I guess in the end that made me feel a little better. The following morning, I had a great laugh. Here were the monks, with planks of wood, attempting to ski!!!! It was just a shame I didn't have a camera to get a photo, it was an absolute classic moment.

Tengboche to Gokyo (4790m)

After watching the monks trying to ski, Sonni and I continued on our travels up, heading to Gokyo. On the way we stopped overnight at Dole (4200m). I could have made it from Tengboche to Gokyo in one day, however Sonni was concerned due to my previous altitude sickness, so we just took it easy and stopped in Dole the other night. The following day we headed to Gokyo and too be honest I was real nervous. For some reason, I thought the rest of the group

would consider me weak for not making it to base camp etc. Well imagine my surprise when I arrived in Gokyo and was ambushed by the rest of the group with them amazed to see me and happy I had made it. However sadly, my wife was not there. She had made it to Base camp but was worried about me, so descended back to Namche Bazaar thinking I was there!!! I managed to call her and let her know I was alive and would see her in 3 days. The rest of the afternoon the rest of the group filled me in on the trek to Base Camp and the Gokyo Pass as well as showing photos.

Gokyo to Gokyo Ri (5483m)

The next day was a trek up Gokyo Ri the highest point of the entire trek. Now to say I was nervous about attempting this was an understatement. I was really worried about getting altitude sickness again, but Tilak our guide assured me I would be ok. So it was a 3am start to commence climbing. This was without a doubt the hardest trek I have ever done. It really hurt but in the end was worth it. I managed to drag myself up to the top, 5483m above sea level!!!! To say I was happy was an understatement. After not making it to base camp, to get higher was a huge highlight!!!! We stayed up there for two hours just watching the sunrise and the magnificent view of Everest. The trek down then commenced with an easy day then in Gokyo.

Gokyo to Namche Bazaar

The following day, it was a trek back down to Namche Bazaar. A stop again was had at Dole before continuing all the way to Namche Bazaar, where I met up with my wife again. One thing I haven't mentioned during this is the amazing work the late Sir Edmund Hillary had done for the Sherpa people. He has donated so much of his time and money to helping the Sherpa people have a better life, including building schools, medical centres and setting up support networks for the Sherpa's. He truly has done amazing things along the trail.

That night at Namche Bazaar it was finally beer time!!!! We all met up at a club and had a number of beers to celebrate the trip. One of the guys on the group, Tony, was a great artist and drew a funny picture on a Bundy rum shirt we donated to the club (travellers donate all types of items to be placed on the walls!)

Namche to Phakding to Lukla to Kathmandu

The next two days continue the descent, firstly to Phakding where we overnighter and again consumed a few beers whilst playing pool!!!! It was then back to Lukla to then fly back to Kathmandu. Now due to descending, the threat of altitude sickness is none, so the trip is done a lot quicker then ascending!!!! Once again the views were fantastic, but too be honest, the body was happy that the walking was just about over!!!!



Kathmandu and reflection.

Upon arriving in Kathmandu we all went out for dinner together, sharing our many adventures and fun times had, as well as having the satisfaction of completing such a challenging trip. It was also the time that I hunted down and bought a Ghurkha knife and badges (well I couldn't resist) as well as Buddhist prayer wheels and flags!!!!

This was without a doubt one of the hardest trips I have ever done in my life. It was also the most satisfying I have ever done. Obviously I was devastated that I never made it to the base camp but happy I made it up Gokyo Ri. I 100% recommend this trip to everyone and have to say that you won't regret completing it. I am also seriously thinking of returning to Nepal to do more trekking in 2010!!!!





2009 Conference & Exhibition

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Visit www.apcoaust.com.au/2009/index.html for more information.



WAPol Load Bearing Vest

Sgt David Hurdle

In 2008, the WA Police began a roll out of an accoutrement vest, known as a load bearing vest (LBV), after a limited trial. Initially vests (with rigid handcuffs and thigh holsters) were issued to recruits however they are now available to all officers upon requisition.

Fully loaded, the vest moves slightly over 4 kilos of equipment from the waist. Made by a UK company from an open weave material, the vests are issued in both blue and high visibility versions. The back consists of a series of sizing straps and they are also adjustable for length. Four loops allow the vest to be connected to a belt. Going from the master side, the equipment carried on the vest is –

- Rigid handcuffs (issued to recruits but not currently general issue)
- OC
- Expandable baton
- Magazine.

There are very large pockets on each side of the centre zip and under the support arm is a small pocket (for a utility knife or gloves etc) and a small torch holder. Two internal clip fasteners aid retention and also allow the vest to be worn open in hot weather.

This leaves the long baton ring, hip or thigh holster, Taser and saf-lock handcuff pouch (for those without rigid cuffs) on the belt. Very recently WAPol has stopped issuing leather Helwig belts which have been standard issue for the last 20+ years, in favour of a lighter weight material belt system.

It must be mentioned that WA has been able to provide all operational staff with training in and access to Tasers without the public debates and unworkable procedures happening in other states. There is no doubt that they have provided a much needed alternative tool in non-lethal confrontations and stopped a number of officers and baddies getting injured.

Like any change in a police force the introduction of the LBV brought its own set of rumours and complaints. The following pros and cons are based on informal discussions by officers within WAPol, not official policy or broadcast. Therefore the validity of some of the claims has not been verified and should not be seen as a criticism of WAPol. It should also be noted that the current LBV has some modifications based on an evaluation of a trial vest used in 2007.



Starting with the positives –

Little changes – the introduction of the LBV has not caused any real upset within WAPol and they have quickly been accepted (or rejected) by most. There has been no need for dramatic tactic changes or extensive training and there seems to be no public backlash.

Reducing back and hip problems – the LBV was seen initially as a method of reducing the number and severity of injuries experienced by officers as a result of carrying accoutrements around their waist.

More room – the large pockets make the LBV ideal for some tasks like RBTs and beats as books, prelim. straws etc can be easily carried. The pockets provide an ideal area to place exhibits found during searches, especially personal searches, without compromising officer safety.

Now the negatives. When assessing the negatives it can be easy to nit pick and make a molehill of minute complaints look like a mountain of dissent. When reading these cons, remember that some affect everyone and other are minor irritations to some individuals.

Increasing back problems – with the wider use of the LBV some officers are complaining about upper back and neck problems.

Retention – some officers believe that the location of some accoutrements (especially the downwards drawing baton) are less secure than when worn on the belt.



Although unlikely it is possible for the whole vest to be torn off an officers, however they will still retain their Taser and are likely to be justified in the use of their firearm if this occurred.

Fightability – the LBV provides a huge number of grab points for offenders and may increase the risk of officer incapacitation during physical confrontations. There are also more likely to get caught or snagged on items when running etc than a normal shirt or jacket.

Heat – WA is a hot place. As this is being written the south of WA is 40 degrees and in the north the temperature frequently sits over 50. Adding an extra layer may increase the effect of heat on officers. It should be noted that the current vest was modified to have more mesh panels and the internal clips due to this issue being raised with the trial vests.

Professional presence – the new vest can look overtly tactical and there were some concerns about how it would be accepted by the public. There doesn't seem to have been any issues in the south but many officers in the north west indicate that wearing a LBV may increase violence from certain groups in their community.

Fit, build and durability – the LBV are not made to measure and are uni-sex. It can be difficult to find a LBV that fits correctly despite the adjustability provided. Sizing tends to go by chest and shoulder width which can effect the other measurements. For example average height officers with broader shoulders need a larger size which makes length adjustment difficult. Many female officers find them extremely uncomfortable to wear. The high visibility vests become dirty very easily and are difficult to clean. A number of vests have been returned with broken buttons, zips and tabs after very little use.

High Visibility – there is some debate about whether the visibility provided by the LBV is sufficient for it to be considered protective and safe for road side operations.

Personal Experience

Firstly standard disclosure, I'm a Training Officer and generally wear the vest in that environment. However most of the following opinion is based on my experience during two very long weeks at Schoolies in Dunsborough last November. Additionally if I wasn't a trainer, I would not have obtained a LBV and prior to their issue was against their general introduction for a number of reasons.

I've never had many problems with wearing equipment on my belt but as car seats have become more fitted with larger side bolsters, there was always a few sore spots. I found the magazine pouch constantly pressed on a nerve in my thigh and the ASP liked to nestle in my kidney. There were no sore spots

after wearing the LBV and a thigh holster for a fortnight, although the baton is a little lower than necessary and was a little uncomfortable. Despite a long history of upper back problems the vest did not aggravate them at all.

I found it difficult to adjust the vest to a size I liked, especially when the weather turned a little and I had to go from shirt to jacket and back again. I still haven't reached a point where I'm happy with the fit. Likewise the need to carry both vests and to transfer everything from one to the other and back depending on duties is a huge pain in the bum, but you get over it.

The biggest problem I had was getting out of the car. To ensure that my seat belt was resting on my pelvis, I had to place it under the baton and the Taser. This meant that each time I got out of the car I took the seat belt with me. Frequently the thigh holster tangled with the cable on the radio or PA handpieces and I dragged them out as well.

Tactically the location and feel of the magazine pouch takes some getting used to. The pouch fitted to the belt is a hard plastic which gives a nice click when the press stud is broken and the flap moves away. The LBV pouch is soft material and tends to get in the way. It also takes a strange hand movement to remove the mag.

All things considered the experience of wearing these was positive and any issues I had were very minor.

The LBV is a reasonable accoutrement vest with some understandable compromises. However the decision to wear a LBV or not is a personal one and every officer would need to weigh up their own circumstances (health, duties, taste etc) before choosing one way or the other.

Sergeant David Hurdle has been a member of the Western Australia Police for over 20 years and is currently the District Training Officer for the South West District. He has a degree in Criminology and Criminal Justice with a major in Policing and is a member of the ANZ Society of Criminology. In 2000 he received the Statewest award for public sector employee of the year and two of his projects have won nation violence and crime prevention awards.



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eWITNESS CAMERA SYSTEM

In this day and age of technology it would appear that we are not far away from when Police have to wear a camera in the course of their duties. Fortunately there are a few companies out there setting the standard, with eWITNESS being one Australian company.

The eWITNESS system has a number of features of interest to Police. With digital images and recordings becoming common place in evidence, eWITNESS utilises a time and date watermark as well as a frame counter in its system. The frame counter actually "burns" an image into every video frame of a recording, making the video tamperproof, (like page numbers in your notebook). This makes the system very valuable in court, and indeed the eWITNESS system has created files that have already been admitted and allowed as evidence in Australian courts.

The company is in the process of testing "pre-event recording" whereby 30 to 60 seconds of video is recorded prior to the "record" button being pressed. Obviously this assists Police in showing an incident up to a minute prior to Police deciding to record the incident.

And although eWITNESS is creating new cameras and controllers, the company has ensured that any new equipment they bring onto the market is compatible with their old system. For instance if you purchased an eWITNESS system a few years ago and wanted to purchase their new controller, you would only have to buy the controller instead of a complete new system, thereby saving customers quite a substantial cost in upgrading their equipment.

The specifics of their systems are as follows:

Current Camera and Controller – The current camera is a ¼ inch Sony CCD chip and has 470Tv lines of resolution, shock,

water, dust and mud resistant, 61mm in length, 17mm in diameter, 1.0 lux, weighs 26 grams, 4.3mm lens and 78 degree view. The system also comes with a lapel mount, lightweight head-set and mount and helmet mount. The controller is 59 x 27 x 11 mm, has push buttons to control on/off/record, has a 360 degrees belt/shirt clip, has two microphones built in (sensitive for interviewing indoors and noise cancelling) with an easy on-the-go switch, lightweight and a coil wire for easy head-movement.

New Camera and Controller – The new camera is a 1/3 inch Sony CCD chip and has 550Tv lines of resolution, shock, water, dust and mud resistant, 50mm in length, 19mm in diameter, 0.5 lux (automatically switches to black and white and lights up in low lighting conditions), weighs 38grams and a wide angle lens (90 degree angle of view). This camera also comes as standard with a lightweight head-set and mount, lapel mount and helmet mount. The new controller is very much like the current one, with a few innovations. The on/off/record buttons will never be accidentally pressed with a new design, there are now three microphone settings (sensitive for interviewing indoors, noise cancelling and off) and a quick release plug for safety and taking helmets off.

Price – The eWitness System is priced at \$1,650 + GST. The package includes - 1 x CCD camera, 1 x controller, 1 x small DVR, 1 x DVR Police grade pouch, 1 x headset, 1 x helmet mount, 1 x lapel mount, 1 x high speed 4 Gigabyte SDHC card, 2 x standard batteries, 1 x battery charger, 1 x AV lead, 1 x USB 2.0 Lead, 1 x remote control and 1 x Australian Standard power plug.

eWITNESS is also in the process of arranging interest-free 6 and 12-month payment plans as well as special deals for Police.

www.ewitness.com.au





RESPONSE AUSTRALIA ONLINE FORUM

The Response Australia online Forum is provided to our readers to alleviate the suffering caused by having to wait for two months between issues of “RA”.

It can be joined by anyone, and any subject can be discussed at length. For current-serving members of Law Enforcement, or those with prior service, there is also a secure section for you to discuss more “sensitive” issues, and to network with members from many different jurisdictions, and not just within Australia and New Zealand. Verification occurs for anyone wishing to gain access to the secure areas.

So whether you’re a regular member of other online Forums, or have never looked at online Forums before, you are more than welcome to join our little group.

The difference between our online Forum and a lot of others, is that we will not permit backstabbing or undue criticism of our colleagues. The basis behind Response Australia is to *support* our Law Enforcement community, and that forms the basis of any discussion in the Forum.

But instead of having to wait two months between issues of the *Response Australia eMagazine*, you can keep up to date with reviews, comments, hints and tricks, and make friends for years to come.

So, check it out, and say “G’day.”

responseaustralia.freeforums.org

PHOTOGRAPHS WANTED

Response Australia is on the lookout for interesting photographs to include in future issues of *Response Australia eMagazine*. If you have any original images of Police, Customs, or other Law Enforcement members, vehicles, or “action shots”, then please send them our way. We all love a good sense of humour, so if you have any funny original images relevant to Australian and New Zealand Law Enforcement, we’d love to receive them too.

Please send all photographs to editor@responseaustralia.net with details of when the image was taken, by whom, and where.

If you require faces or other identifying marks to be removed or obscured, we will do that at your request.





ANTI-MONEY LAUNDERING AND COUNTER-TERRORISM FINANCING CONFERENCE 2009

MANAGING RISK: AUSTRALIAN AND INTERNATIONAL PERSPECTIVES

1-2 April 2009, Hilton Hotel Sydney

The conference will provide an excellent opportunity to hear the latest views on Anti-Money Laundering and Counter-Terrorism Financing from across the globe including regulatory, law enforcement, private sector and government perspectives.

Be a part of this flagship event showcasing international AML/CTF perspectives.

Participate in leading discussions on Money Laundering and Terrorism Financing risks.

The event provides unique opportunities for attendees to maintain and develop global relationships in Sydney.

This conference is co-hosted by the Australian Transaction Reports and Analysis Centre (AUSTRAC), Attorney-General's Department (AGD), Australian Institute of Criminology (AIC) and the Australian Bankers' Association (ABA).

This event will showcase the latest thinking and provide insights from:

- Industry
- Research Institutes
- Government
- Global Initiatives

on dealing with the risks of money laundering and terrorist financing in your industry, organisation or jurisdiction.

The conference theme is:

"Managing AML/CTF Risks - Australian and International Perspectives"

Networking Opportunities

A wonderful opportunity to network with speakers and delegates from a broad range of industries and other sectors affected by AML/CTF legislation including:

Banking and finance

Industry bodies

Gambling

Government

Money Service and other businesses

Education

Association of Certified
Anti-Money Laundering
Specialists*

ACAMS

* CAMS continuing education credits apply

Dinner

A dinner will be held at the Hilton Hotel,
Sydney on 1 April, 2009.

[REGISTER NOW TO BE PART OF THIS EXCITING EVENT](#)

Arab Bank Australia



R.A. NEWS

NSWPol Officer hired for UN role

ONE of NSWPol's top investigators has been hired by the UN to find the killers of Lebanese Prime Minister Rafiq Hariri.

Deputy Police Commissioner Nick Kaldas will take 12 months' unpaid leave from his position next March to act as Chief of Investigations with the UN Special Tribunal for Lebanon.

"It's daunting and a bit humbling really," Mr Kaldas said yesterday.

"(But) it has the potential to have an impact on the whole of the region."

The Lebanese PM died in a car bombing in February 2005.

Mr Kaldas became deputy commissioner this year and said he would return to it when his UN stint ended. The Arabic-speaking officer was head of the homicide and gangs squads and now the counter-terrorism command.

Stay safe Sir.



TASPol gets facial recognition software

The latest digital imaging technology has been obtained by Tasmania Police to track down and identify criminals.

Through a new digital system (PhotoTrac) which is currently operating in all Police districts, digital images of offenders are obtained and stored. The images can be then used for the compilation of photo boards or electronic witness identification.



The new system has the ability to assist and identification of offenders and people of interest from security camera surveillance images.

The camera footage relating to a criminal offence can be searched across the entire Tasmania offender images database. PhotoTrac system is also capable of linking to other police jurisdictions and national law enforcement agencies.



R.A. NEWS

Latest reports from the Australian Institute of Criminology

02 Dec - [Crime in the Australian fishing industry](#)

02 Dec - [Court outcomes for firearm offences in Australia](#)

02 Dec - [Homicide in Australia : 2006-07 National Homicide Monitoring Program annual report](#)

04 Dec - [Measuring police performance in domestic and family violence](#)

04 Dec - [Intimate-partner homicides](#)

04 Dec - [Child victims of homicide](#)

12 Jan - [2008 Australian Crime and Violence Prevention Awards](#)

28 Jan - [Mental disorders and incarceration history](#)

28 Jan - [Australian internet security at home](#)



Australian Government

Australian Institute of Criminology

**Below is a shot of the latest in the series of "trial vehicles".
This one is a Mitsubishi EVO Lancer in NSWPol livery.**





ARTICLES WANTED!

Want to contribute an article to *Response Australia eMagazine*? Response Australia is on the lookout for contributors to our publication. We support those personnel who wish to share their experiences, thoughts and insights. Our articles are read by current-serving members all over Australia and New Zealand as well as certain Government Ministers and Police Union staff.

Acceptable topics are:

Advanced Training for Law Enforcement and/or Military.
Equipment issues.

History: Lessons learned, or ignored?
Management, Leadership, Supervision.
Current events.

Articles supporting further training for our Law Enforcement.
Australian Law Enforcement related articles.
Equipment reviews.
Inside "The Job".

Anonymous / alias authors are permitted in Response Australia. For further information, visit our website at www.responseaustralia.net, or e-mail the editor at editor@responseaustralia.net



This issue's *Response Australia* quote.

A leader leads by example not by force.

Sun Tzu



A NTPol Highway Patrol vehicle at the Devil's Marbles near Tennant Creek.



NSWPol Hurstville Highway Patrol vehicles.

Thanks to Mid North Coast Police Vehicle Images for this shot.





A NTPol Nissan Patrol on a standard day in the NT “bush”.



A NTPol “bitumen station” patrol vehicle near Elliot, NT. The same vehicle is on the back page of this issue.





Another impressive shot from MNCPV Images. Two NSWPol BMW motorcycles overlooking Sydney Harbour.



A NTPol "bitumen station" patrol vehicle with fairly standard equipment, being an old and weary AR-15 rifle and a Mark 9 OC spray device.



Next Issue **April 2009**



Response Australia would like to thank the Mid North Coast Police Vehicles for the use of some of their images in this issue. More of their images can be found at www.midnorthcoastpolicevehicles.fotopic.net

Mid North Coast Police Vehicle Images



If you wish to make any comments on this issue, please send your thoughts to editor@responseaustralia.net or post on our online forum at responseaustralia.freeforums.org



RESPONSE AUSTRALIA



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