



SPEAR System Integration Report

Background

In 2008/09 Dorset Police introduced a self-defense system built around instinctive natural movements. A key factor in this is utilizing the body's instinctive startle flinch response to raise the arms to protect the head from danger.

Coach Tony Blauer has devised this System incorporating natural de-escalation postures, which allow for increased communication skills whilst leaving the arms in a position to capitalize on the defensive qualities of the startle flinch. SPEAR drills are based around these principles and encourage an increase in response / recognition time relating to an assault.

Our observation in training is that the ability of students to convert their flinch successfully increases significantly during scenarios when they don't know what's coming compared to basic practice of drills when the action of the subject is predetermined. The exact opposite is observable when using complex motor skills such as takedowns, wristlocks etc.

Realistic and relevant replication has enhanced the officers' recognition of pre-contact cues resulting in an increase in perception speed and decrease in reaction time. As a result they are innately converting their flinch faster and their arms are receiving blows that would otherwise have landed on the head.

Every officer receives 6-hours of training per annum based around the SPEAR System as a foundation. I have included below some data, which may be of assistance to you.

The data relates to the years 2007/08 - 2012/13.

2007/08 was the last year before SPEAR became the foundation of our DT program.

All figures in red relate to a comparison with 2007/08 figures.

The figures in the 'Over 5 years' column are a mean.

	2007/08	2008/09	2012/13	Over 5 Years
Injuries	131	103 (-21%)	69 (-47%)	81 (-38%)
To Head	56	37 (-34%)	26 (-54%)	33 (- 41%)
To Arm	11	17 (+55%)	18 (+64%)	16 (+45%)
Establishment	1518	1512 (-<1%)	1301 (-14%)	1426 (-6%)
Total Arrests	23,829	22,081 (-7%)	18,082 (-24%)	19,087 (-20%)



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Assault Police	117	82 (-30%)	160 (+37%)	129 (+10%)
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Financial Savings

Whilst we do not have exact figures for the associated financial savings we are able to provide an evidenced estimate.

The Health & Safety Executive (HSE), an independent regulator suggest that for every £1 lost due to an officers absence it costs the organisation between £8-36 to replace them.

The average drop in injuries we experienced over 5 years was 50. Based on the cost to replace an officer of £1100 per day our financial saving over 5 years was a minimum of £55,000 - £247,500 based on one days absence.

We know that many officers required more than one day's absence and it was the reduction of injuries of three or more days that proved to be a significant factor in achieving the support of our Command Team.

These results were achieved through an investment in SPEAR System training of approximately £5000. This figure is inclusive of course fees, travel, accommodation and all related administration.

Effect on reputational risk

Finally during this period the number of complaints against Police remained the same. Complaints relating to use of force however notably fell supporting the SPEAR System principle of effective de-escalation and early resolution. This minimised officers' recourse to higher levels of force, resultant subject injury and related complaints.

	2007/08	2008/09	2012/13	Over 5 Years
All Complaints	599	562 (-6%)	545 (-9%)	600 (0%)
Use of Force	111	90 (-19%)	62 (-44%)	79 (-29%)

Conclusion

After 21 years of policing and studying Defensive Tactics and over 30 years in martial arts it is my personal and professional opinion that the SPEAR System is not only reducing the agencies civil and criminal liability but more importantly making our officers safer by reducing the risk to them and the public they interact with.



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The whole system is designed to mitigate violence inside the reactionary gap. Whilst you cannot stop violence, through the increased use of best available research evidence to solve policing problems, you can mitigate head trauma.

This has a direct impact on organisational legitimacy, reputational risk and the ability of every department to operate efficiently.

If I can be of any further assistance please do not hesitate to contact me.

Kind regards

Danny

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