

Instructor - This is the Distraction video. The purpose of this video is to explain why a distraction works. Let's look down the sight of a firearm. So now we're looking down the sights of a firearm. You can see how the slightest movement takes the aim off of target. Now when aiming at a person, the same thing. Slightest movement takes that aim off of the target.

So let's see how we can create that slightest movement through a distraction. So, it's an instinct to protect your head. So if objects are thrown at your head you have a flinch reflex. So what we're gonna do is we're gonna show what that looks like whenever objects are thrown at the head.

Go! [Demonstration of objects being thrown at aggressor]

As you can see it doesn't take much distraction to take that aim off of the target.