

Instructor - This is the Swarm Maneuver. There are three points of control that we want to focus on in the swarm maneuver. It's the arms, the legs, and the head and the first one that we're gonna focus on is controlling the aggressor's arms. We're gonna demo what that looks like and talk about it. When he shows his firearm what you want to do is you have your distraction. In real life, what that could look like is a laptop, a phone, a coffee mug, really whatever you have around you you want to make sure that when you throw it you focus at his head okay? So when you guys see the firearm I want you guys to throw your distraction at his head and I want you two to attach onto his arms. You got any questions? Okay.

Aggressor - Where's Susan at?

Instructor - So here right now we have two different holds that we're looking at. The first hold here is she's hugging really tight above the elbow and she's holding him in real close. This hold here she has a hold of the wrist and the forearm, okay? And so this is the hold that we're looking for above the forearm and holding it real tight and close in to you. You're gonna have a lot more control while doing this. Her grabbin' the wrist and the forearm, the aggressor's gonna have more movement. He might be able to flail and move a little bit more and have more power.

So we're actually gonna see what that looks like. We're gonna have him try to move around and get away from their grip. So you saw in that movement where here she was really sturdy and she was really firm and she had a really good hold above the elbow and it took a lot of his power and strength away. Now on this side we saw him kind of move and break and the reason that that happened is because she's trying to control the wrist.

In the swarm when we're trying to control the arms we want to make sure that we're holding above the elbow. Go ahead. So now she's really attached on above the elbow and she's pulling him in real close, the arm and so now we're gonna see what that looks like with both have the correct hold above the elbow. Go ahead. All right relax. So you saw immediately the power that was taken away from the aggressor when both people grabbing the arms grabbed above the elbow.

Part two of the swarm maneuver is controlling the legs. So what we're gonna see is they're going to attach back onto his arms above the elbow and they're gonna take the aggressor down to the ground. And so how we do that is they're gonna drop straight to the ground and so what that does is that puts time and tension on the aggressor to try to hold them up for an extended period of time and so think of 100+ pounds on each arm and you're trying to hold up, okay?

And so he's eventually, you're gonna fatigue. And so what they want to do, what you want to do is make sure that you drop the legs and you guys are gonna go to the ground and while you're doing this make sure that you guys stay attached to the aggressor's arm through this whole process and then we're gonna see what controlling the legs will look like.

Aggressor - Where's Susan at!

Instructor - Attach on, go to the ground. So they've attached on the entire time as they were going to the ground, okay? So now we're gonna include the second part of this which is the legs okay? And so what you want to do is you want to come over, you want to just sit right, put your butt right on his heels, and just sit there. And another good position why we pick this one is if the aggressor's trying to actively get up you can deliver strikes from this position too to assist okay? And so go ahead and do that.

Okay, and so keep in mind we're missing one last control point which is the head but I want to show you guys what it looks like without us controlling the head. So on the count of three we're gonna have the aggressor try to stand up and see what that looks like. One, two, three. Okay, easy. All right, so you saw right there the aggressor was able to push the top of his body up off the ground and that's because we're missing the last piece, is controlling that head. And so what we want to do in this position is she really wants to place her hands over the top, just push down on the top of his head right? And she's gonna think that she's trying to push through the ground she's gonna apply a lot of force here to try to keep him down, okay?

So on the count of three we're gonna see what it looks like when we've controlled the arms, the legs, and the head okay? So one, two, three. Go ahead and try to get up. All right, easy.

So you saw, I mean you guys can relax. So you guys saw immediately the power that that took away once we controlled the head. This ends the Swarm Maneuver.