

THE DIRECTOR GENERAL'S BODYGUARD COURSE

(adapted from 1982-1995)
Method Lucien Ott
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Introduction

Bodyguard technique should never be a museum exhibit, it should grow and develop in relation to the environment in which it is employed. The technique of turning a vehicle through a forward 180 degree turn will differ considerably from the Nevada desert to the winter of Finland. I was asked by James Marchington to write these article for 'Combat & Militaria magazine, during the time he was the journal's editor. Since it's foundation in December 1957 the Association had only published in French and German , the works of our founder Lucien Ott, who styled his method 'Defense & Security'. In 1995, I made the decision to publish our method outside of our classrooms.

A major factor in that decision was the fact that former students of the IBA who had left the Association, or more usually had been expelled under a code of ethics violation; commenced or continued to teach our method in part or whole without the agreement of the IBA. Our intellectual property was being used without our agreement.

Mark Yates established his LEBAI after we terminated his membership following the various fictions of his eastern block adventures. Also in UK, we expelled Timothy Birks who whilst still a trainee member had established like Yates his own bodyguard training organisation in competition to the IBA and in contravention of his terms of membership. Jim King and Charles Mallice tried to establish themselves as an alternative IBA following the discovery of financial shennanigans in the running of our Military Bureau and their subsequent expulsion. A Finn living between Sweden and Estonia, Jorgen Osterman established his International Security & Intelligence Service, again to compete with the Association he was a member of. Osterman was followed by a Norwegian, Lars Petter Andressen, a Norwegian was expelled and was later to be found hawking himself around Europe as a bodyguard instructor. The same can be said of Ville Virmajoki and Leif Hermansson who having trained as IBA instructors decided their was greater profit for themselves outside the IBA, even if it meant deceiving the Association and their own students. In Ireland we expelled first the now late Martin Cooper, and later Noel Whelan and Dylan Scally for operating with the same lack of honesty in their dealing with the IBA and it's membership. Russia saw the expulsion of first Josif Linder and then Dima Fonareff for the financial exploitation of those wishing to be bodyguards and for the betrayal of the trust the IBA had placed in them.

To us they are simply dishonest and not worth of trust. Caveat Emptor - let those who in the future deal with them be ware. Expulsion does not only signal removal from the primary bodyguard community but also disassociation from the method of our founder. This has not stopped those outside the Association trying to teach elements of our unique system. So between, March 1995 and January 1996 these series of articles were published. They later appeared in series form in journals in Russia, Poland and Italy. They were published as a book 'Telochranitel' (bodyguard) in Russia.

Possession of this information will not provide you with the skills necessary to become a bodyguard. It will give you an insight into the bodyguard world and the skills necessary to be able to call yourself a bodyguard. I hope it will enthuse you sufficiently to take the IBA course and join our Association, Perhaps you will even consider coming to land or Great Britain to train with me personally.

I remain
yours



PART I – BACK TO BASICS

Looking back over history, there are two types of bodyguard – traditional and modern. Traditional bodyguarding required no great skill. The old type of bodyguard was simply a catcher – the mug who stood in the way of the stone, spear, arrow or, more recently, bullet. His job required plenty of brawn and little of brain. Sadly, both the big Hollywood bodyguard money spinners, ‘The Bodyguard’ and ‘In the Line of Fire’ reasserted this idiocy.

Two historical developments sounded the death-knell of traditional bodyguarding. First was the rise of Parliamentary democracies from the 18th century. This soon led to the formation of police forces. They in turn also became the protectors of leading political figures. This also created the conditions in which non-democratic groups would resort to assassination and acts of terror in an attempt to seize control – groups such as anarchists, communists, ultra nationalists and fascists.

The second important historical development was that of modern warfare, The American Civil War (1861-1865) was the first of ‘modern’ wars. This war saw the development of among others, submarines, scoped sniper rifles, tapping of telegraph lines, repeating rifles, modern stable high explosive engineering, and of course the first machine gun.

These developments led directly to modern weapons and explosives, which lent themselves to acts of assassination, sabotage and terror. As an aside, the first Irish Republican acts of terror using IEDs (Improvised Explosive Devices) in England occurred after the Civil War, many of the Irish Republicans receiving their military experience in the Federal and Confederate forces.

Obviously attacks on VIP’s using IEDs, sniper rifles and revolvers presented challenges to traditional bodyguarding – challenges that history shows they failed to meet. Think of the millions of lives that might have been saved if the assassination of Archduke Franz Ferdinand of Austria had been foiled in Sarajevo in 1914. And, if the reformist Czar Alexander II had not been killed by the bomb attacks in 1881, Russia might never have drifted into revolution.

Hitler’s use of assassination and terror began in 1934 with the assassination and terror began in 1934 with the assassination of Austrian Chancellor Engelbert Dollfus, and the subsequent annexation of Austria that led to WW2.

Major Lucien Ott

The man regarded as the father of modern bodyguarding was Major Lucien Ott, who in December 1957 founded the International Bodyguard Association. Lucien Ott was born in 1931, into a long tradition of elite military service. In 1947 he volunteered to join the newly formed Para commandos of the 2nd Demi-Brigade French SAS, and was posted to the war in Indochina (Laos, Vietnam and Cambodia).

During the famous siege of Dien Bien Phu, hearing the Legion was surrounded and under attack, he volunteered to parachute in during the battle. He was subsequently wounded and captured by the Vietminh. However, he escaped after six months, and fought alongside the Montagnards against the Vietminh.

In 1956, Lucien Ott was a member of French Military Intelligence, the Deuxieme Bureau. He was ordered to review the protection afforded to France’s military VIPs and military colonial governors, due to the succession of colonial conflicts sweeping the world.

In the early days of WW2, Sir Winston Churchill ordered the creation of the Special Operations Executive – In his words, to “set Europe ablaze” and to support partisans in nazi-occupied territories. The methods developed and taught by SOE were what we now describe as terrorism. Weapons and explosives delivered by SOE would, after the war, be used by nationalist guerrillas such as Hagganah, Irgun, EOKA and the Vietminh, Malayan People’s Army, to kill British, French and American personnel. These groups simply practised what SOE had taught them.

When Lucien Ott studies the methods employed by government bodyguards, he found that very little skill and tactics were used. Most bodyguards were just an escort with a pistol or revolver. Little or no planning went into prevention- or what we now call pro-active avoidance.

The US Secret Service of the Department of the Treasury had been set up as a counterfeit investigation department in 1865. But it wasn't until 1901, in the wake of the assassination of President McKinley, that President Teddy Roosevelt deployed them in dignitary protection. Years later, in the late 1940s, the Secret Service started to develop pedestrian escort drills – but, amazingly, these were based on Ivy League American football positions.

Lucien Ott established three principles to be observed in putting together effective bodyguard methods:

1. *An early special forces expression he constantly used was: “ Virgins can't teach you to ...”. In other words, you can't learn from someone without experience. If you haven't been into combat, you have no experience and understanding to pass on.*
2. *Formulate military style SOPs (Standard Operation Procedures) and IAs (Immediate Action Drills) for bodyguards. This echoes the standard military philosophy that Proper Planning Prevents Poor Performance.*
3. *“Always invite Murphy to the party”. In all your planning, introduce the 'X' factor. Plan for things to fail, and things to go wrong. Introduce contingencies that take account of Murphy's Law.*

Assessing the threat

A bodyguard takes responsibility for another person's self defence. Normally the words 'self defence' conjure up images of aggressive Asian athletics. Far from it. Self defence is coping with threat in your environment – the management of danger or threat.

An examination of anyone's environment will show four distinct areas of human activity: home, work, leisure, and the link between the three, travel. The general and specific threats that exist for your client in these four areas have to be examined.

The threat emanates from criminals whose motivation may range from politics to profit. The term 'terrorist' is greatly abused by the media. One moment he is a fiend because his politics are not the same as the editor's; next moment it's a case of 'one man's terrorist is another man's freedom fighter.'

Terrorism should never be defined by motive, only method. Ideas don't kill or maim, actions do. A person is a terrorist by what he does, not by what he thinks. It doesn't matter to the victim whether the author of his death or suffering was a mafia hit man, a starry eyed idealist or just an incompetent thief.

Criminals always target person or property, but they can be divided into two types. There are the professionals, who seek an opportunity for their crime. And there are the casuals, who seize the opportunity for crime.

The key word here is opportunity. Like all security professionals, bodyguards must look at situations through the eyes of the criminal – seeing the opportunities as the terrorist sees them. In this way the modern bodyguard can hopefully eliminate the opportunity altogether, or at least reduce it so that the opportunity carries sufficient danger to the terrorist to deter him from exploiting it.

Managing the threat

To manage the threat Lucien Ott established three priorities:

1. *Avoidance*
2. *Escape*
3. *Confrontation*

The terrorist always has the opportunity for advantage since he (or she) determines who, when and where to attack, and in what force. The first priority for the bodyguard must always be to avoid the situation. If, despite your efforts, an attack occurs, then your next priority is to remove the object of the attack – the 'principal' – by escaping. Only when there is no opportunity for escape does the bodyguard actually confront the situation.

Bodyguard skills

The priorities listed above are embodied in the six basic bodyguard skills:

1. Escort

This is walking in close proximity to the principal. As the threat increases, the number of bodyguards required in escort increases, and they assume a phalanx formation. The object of escort is observation through 360 degrees, and intervention when necessary.

2. Protective driving

Obviously the principal will not wish to walk everywhere. Protective driving has three phases: defensive, evasive and offensive. The defensive phase seeks to avoid potentially dangerous situations. The evasive phase enables the vehicle to escape from an ambush. Finally, the offensive stage is where the vehicle is used as a weapon.

3. Communication

Two terms dominate communications: 'en clair' (meaning clearly) and 'en code' (meaning securely). En clair enables the members of the team to communicate without misunderstandings through a variety of mediums.

However, the bodyguard team does not want the details of 'who', 'where' and 'when' to fall into unauthorised hands – enabling the planting of a bomb, a sniper or close quarter attack, an ambush.

Part of communications security is ECS (Electronic Counter Surveillance). This is the physical and electronic search for passive and active means of electronic surveillance (commonly known as 'bugs'). It includes the electronic counter measures needed to defeat electronic surveillance.

4. Improved Explosive Devices (IEDs)

Search and recognition enables the bodyguard to locate and identify threats posed by explosive and incendiary devices constructed from military or civilian components. Rather than do a 'Lethal Weapon' job with the nifty nail clippers, the bodyguard's responsibility is then to evacuate the area and contact the appropriate authorities.

5. Close Quarter Battle (CQB)

CQB is a generic term for combat in close proximity to the VIP. The methods used include firearms, chemical agents, edged and impact weapons, unarmed combat, and arrest and restraint techniques.

It is necessary to have an understanding of body language and verbal command – both yours and the potential attacker's.

6. Paramedicine

First aiders restore function. The various grades of paramedic do the same, but go a step further. Where a vital function of one of the body structures can't be restored by normal first aid techniques, then the paramedic can restore the function by 'invasive' techniques. These include incubation, tracheotomy, venous puncture and blood volume expansion.

Besides life support techniques for the VIP and other bodyguards, the management of ballistic injury is required to cope with the various effects of bullet and shrapnel wounds such as hemorrhage, as well as burns and fractures.

Courses to beware of

Some commercial bodyguard training courses are not what they seem. In place of teaching the six basic skills, the course turns into a 'Rambo Reserve' adventure training weekend.

Last year a recently retired Royal Navy regular answered an advert in his local paper: 'Bodyguards Wanted'. He fell for the ploy and contacted the telephone number given. He was told that work was available in Bulgaria, Russia, Ukraine and Romania. The catch was he had to complete a training/selection course at a cost of almost £800.

Common sense might have told him two things. First, that nobody advertises for bodyguards. Companies have drawers full of CVs from hopefuls. The ‘Corps-pissed’ syndrome means that companies run by ex servicemen usually pick people who wore the same colour beret as they did – regardless of skills or blood alcohol levels.

Secondly, there is no work in Eastern Europe for UK bodyguards. You don’t speak the language... locals can get firearm permits for covert carry and you can’t ... and employers can pay locals per month what you will need to work for a day. Still, some people believe in Santa Claus, the tooth fairy, and that the Kai-tai who picked you up in Bangkok’s Tiger Bar is really a woman!

A number of people attended this particular company’s ‘training/selection’ week at a former RAF base. The police are now in possession of the victims’ statements, which tell how the ‘instructors’ switched from being mercenaries to ex-Royal Marines to SAS, depending on the time of day and what camouflage they happened to be wearing at the time.

Suffice to say that the six BG skills weren’t taught... but people were abused, beasted, and finally put through what these amateurs thought was tactical questioning, without the guidance of the Joint Services Interrogation Centre.

The torture and ill-treatment put one man into hospital, and left others consulting their lawyers and GPs.

Resistance to interrogation techniques, and getting filled in by some misfits with a uniform fetish doesn’t constitute a bodyguard skill!

“Your VIP has been snatched by an armed man and he has gone into that building. Here is your gat and your respirator”. That’s another stunt pulled by pseudo BG instructors. Specialist intervention, whether it’s Hostage Rescue or CRW in 22 SAS-speak, is not a basic BG skill. If someone has gone to all the trouble of grabbing your principal, rather than blowing you both up or just shooting him on the spot, then he obviously wants him alive. Cordon the area and call in professionals. You are not one of ‘Hector’s Heroes’ – though you may have met one of the 20 000 who, pint in hand, will tell you: “I was on that balcony on that fateful day in May”. It must have been the biggest balcony in the world.

What is a skill?

A skill is the application of knowledge. In turn, knowledge is the comprehension of information.

Information alone does not constitute a skill, and neither does knowledge. Too many people believe that having an old bodyguard block syllabus ‘borrowed’ from 22 SAS or the Royal Military Police is the same thing as possessing a skill.

The same thing applies to reading a manual bought from the States. Knowledge does not constitute skill.

So where can you acquire skills? Obviously by training under instructors who possess the skills. That means they have trained as bodyguards, worked as bodyguards, and then trained to be bodyguard instructors – and periodically attend update training as instructors.

Police and military BG training

In addition to courses run by the International Bodyguard Association in some 40 countries, there are only two avenues for training in the UK – the police and the military.

Special Branch provides BGs for figures of political significance in the UK, and periodically they provide protection for people such as writers whose prose has got up the noses of immans and mullahs alike.

Department SO10 within the Metropolitan Police provides Witness Protection.

Department SO13 is responsible for Royal and Diplomatic protection. The last selection for SO13 netted 600 applications from within the Metropolitan Police. Interviews, PI and swimming tests, and aptitude and general knowledge exams whittled this down to half a dozen – most of whom went onto a six-year waiting list.

The aspiring police bodyguard undertakes an advanced driving course and a first aid course, and is then placed in a police bodyguard course of three weeks duration. It is 87hr 55mins in length, with 57 hours of practical training and the rest theoretical. They are then handed over to the 2-3 man BG cell in 22 SAS Special Projects for further training before assuming their duties in one of the 2-3 man support units that shadow Royal VIPs and their personal detectives.

The Bodyguard Training section in 22 SAS's Special Projects Wing was formed in the early 1960's. Training teams were despatched to Kenya, Malaya, Southern Arabia and South-East Asia during the period of its existence. The pioneers were Squadron sergeant majors such as Alex Spence and Ginge Rees, both of whom went on to be commissioned as Officers. By the mid-1970s the emphasis in Special Projects was on CRW work, and the BG element was reduced to a 2-3 man cell, retained to 'beast' Special Branch and Royal Protection bodyguards from the British Police on continuation training.

Bodyguard training was dropped from standard training for members of the regular SAS. It has never formed part of the training of the Territorial SAS, Parachute Regiment or Royal Marines, although some members of the Royal Marines Special Boat Squadron (as was) did complete the BG course with 22 SAS.

The Bodyguard mantle in the army passed to the Corps of Military Police in the late 1976s. Initially, training was undertaken in BAOR at Sennelager Camp, but in the 1980s it was moved to Longmoor Camp. Specialists like RSM Chick Harding pioneered the new approach.

The current course is nine weeks long, divided into three phases, with an over emphasis on physical fitness.

Most fall-outs and RTUs occur in the first three weeks. The final nine days are devoted to skills application in exercise scenarios. A separate Tactical Driving Course is run with what used to be the Royal Corps of Transport, and selection training is carried out at Regents Park.

The only other military training centre is the IBA's Bureau of Military Training, based out of the US Army Europe Headquarters in Germany. The BMT provides training for the Personnel Security Divisions controlled by the CIA, which protect US military VIPs in Europe.

Only members of the US military in Europe and personnel from regular NATO units are permitted to attend the courses on US bases in southern Germany,

What a bodyguard isn't

Commercial courses run by security companies are no real alternative to a structured training course. You cannot turn out a bodyguard in 7-14 days. The vast majority of commercial courses have 'instructors' who never have qualified as bodyguards on a bona-fide BG course, never mind as BG instructors – though they may have passed some sort of general military instruction course.

It takes a minimum of two years to train a bodyguard, with regular training courses and eventually on-the-job experience. Being former SAS, Paratrooper or Commando doesn't qualify you as a bodyguard unless you have completed a bona-fide BG course.

Experience as a body builder, security guard, night club bouncer, martial artist or practical shooting enthusiast doesn't make you a trained bodyguard.

Major Lucien Ott went to found President de Gaulle's BG teams during the OAS crisis. If you're familiar with the film 'Day of the Jackal', you'll recall the ambush scene at the beginning. Following this, de Gaulle requested his security advisors, General Montsabert and Monsieur Tinot, to call in Lucien Ott – who kept de Gaulle alive through the numerous assassinations attempts that were to follow.

Lucien Ott's methods are unique, and are kept alive by the organisation that he founded, the International Bodyguard Association.

In future Issues, exclusively in *Combat & Militaria*, we will examine the methods of the modern BG taught by Lucien Ott – building month by month into a valuable aide memoire to the basic bodyguard skills. (*Combat & Militaria March p41-47*)

PART II - PROTECTIVE ESCORT

Last month we looked at the basics of bodyguarding – what the bodyguard is, threat assessment and management, and the fundamental bodyguard skills of Escort, Protective Driving, Communications, Improvised Explosive Devices (IED), Close Quarter Battle (CQB) and Paramedicine. Now it's time to look in more detail at each of these skills in turn. This month:

Protective Escort

The bodyguard team is composed of three elements: an escort section, a vehicle section, and a security section. These three are mutually dependent on each other in providing an all-points protective detail.

I remember seeing an 'orbat' (order of battle) diagram prepared by a civilian bodyguard 'expert' and published in a security journal. The orbat was a maze of different sections, including a logistics and quarter master. Whilst it was probably accurate for a residential guard unit, it was totally inappropriate for 99 per cent of bodyguard teams.

Security Section

The security section is one of the most important elements in the team. They have three roles, broadly described as pre-visit, visit and post visit.

When the security section is in the pre-visit role they will attend a site which the principal will visit. They are often referred to as the SAP, or Security Advance Party. In addition to checking the backgrounds of those who will come into direct or indirect contact with the principal, they will make all arrangements for the arrival of the principal, the escort and vehicle sections.

Their foremost duty, however, is to search and secure all the rooms the VIP will be using to ensure no IEDs (Improvised Explosive Devices) or ESDs (Electronic Surveillance Devices) have been placed. They will also survey, select and secure the principal's route(s) to and from the rooms.

The security section have a counter-sniper and surveillance role during the VIP's visit, and a counter-surveillance role in the post-visit scenario.

Vehicle Section

The vehicle section maintain the principal's means of transport, and that of the escort section and security section. In addition to protective driving skills,, the section are responsible for the searching and securing of all vehicles against IEDs and ESDs (such as transponders).

Escort Section

The escort section has the responsibility of providing immediate protection for the VIP. This protection is provided when the principal is in a static location (home, office or leisure facility) through being in close proximity to and controlling access to the principal. When the principal is travelling, the escort section provide both a pedestrian escort and vehicle escort.

The object of escort is achieved through observation and intervention. Observation should cover the full 360 degrees around the VIP and escort. One of the greatest failings of many 'minders' who try to pass themselves off as bodyguards is that they fail to continually monitor their surroundings, and therefore have little warning of any attack.

Next time you have the opportunity to watch VIPs with their 'pseudo-bodyguards', note whether the rear area is being checked by the escort. Almost invariably it is not – everyone is looking in the direction they are walking.

If you are not looking, it follows that you will not see – and if you don't see a threat then you cannot respond to it.

Observation is not just about looking, it is about seeing. That means recognising the opportunities afforded to a would-be attacker, and about negating or reducing those opportunities.

The required response to a threat is intervention, which has three levels. The first priority is to AVOID the threat. If you cannot avoid it then you try to ESCAPE. Only when this is impossible should you take a third option and CONFRONT the threat, using your close-quarter battle (CQB) methods. Remember that force is the last resort, not the first resort.

Intervention is dominated by the principle that you defeat an attack by removing the object of that attack. It follows that those closest to the attack deal with the attacker, while those furthest from the attacker place themselves between the attacker and the principal, and where possible remove the principal to a place of safety – creating distance through the use of a vehicle, or cover by getting the principal into a solid refuge and securing it.

What size team?

Often in bodyguarding a client will make an approach with the words “I need a bodyguard” when what he really means is “I need protection.” The number of people in the bodyguard team is linked directly to the degree of risk, and it is for the team themselves to decide what size team is required.

Risk can be categorised as high risk and unknown risk. There is no such creature as low risk. As the level of risk rises so the number of people in escort increases. During the course of the day the principal moves through areas with varying degrees of risk. Any method of escort must be flexible enough to discard and pick up members of the escort section to reflect these fluctuations in threat.

One creature to be avoided at all costs is the single bodyguard/chauffeur – the individual who claims to be able to drive the VIP and protect him at the same time. If an individual genuinely needs protection, it is because threat exists. One man cannot escort and perform protective driving at the same time. The driver must stay with the vehicle, firstly to ensure that no IED/ESD is placed on the vehicle and secondly to ensure that in the city environment the vehicle isn't clamped or towed away. He cannot do this and escort the VIP at the same time.

Notwithstanding shifts and relief, the minimum personnel required is one person in each section of the bodyguard team.

US Secret Service

The US Secret Service developed the first escort formations and protocols just after WW2. The majority of personnel were Ivy Leaguers (privately educated), and had played American football – and they applied their football experience to escort. In American football, a player with possession of the ball tries to move forward towards the goal line, protected by fielders who intercept any opposing players who try to tackle the ball-carrier.

Thus the concept of concentric rings of security was born. For ball read VIP, for ball-carrier read Personal Security Officer (PSO), the VIP's personal bodyguard or senior agent; for fielders read bodyguards.

The concept was simple. The PSO's job was to evacuate or cover the principal, while the outer protective phalanx of bodyguards would move against the attacker. This method was pioneered by the Secret Service, and has been adopted over the years by most government agencies, including 22 SAS (from mid-1960's to mid-1970's). Royal Military Police Corps (subsequently), British Police of Special Branch and Royal & Diplomatic Protection Group, the now defunct General Support Branch of MI6.

Several assassinations later, it is recognised as a flawed system. Yet it is still taught in many public and private bodyguard schools.

Closed formations such as inverted triangles, diamonds and boxes have gone to the wall in favour of formations based on an open 'V' – closed at the back where maximum danger exists, but open to the front giving the illusion of access.

Concentric circles of security in this role have also been discredited. On a diagram the theory may appear sound, but the reality became clear when John Hinckley jr shot President Reagan. You are left with a clump of bodyguards to the right rear, and a couple of isolated individuals to the left and front.

The IBA method

The International Bodyguard Association uses a much revised system of escort. The PSO is replaced by a No 1, the team leader who is situated to the left and rear of the VIP. The rationale for this from a firearms and CQB point of view will be discussed in a future article in this Combat & Militaria series.

The next step up is a No 2, No 3 and so on, up to a No 6. The No 1 is the senior and most experienced member of the team. Just as in the military, if he goes down in a contact the next senior man takes over and assumes his responsibility. The more junior members of the team are placed to the front of the escort, and the more senior to the rear. This ensures that: 1) The seniors can keep an eye on the juniors; 2) The seniors, being more experienced and disciplined, will do a better job of covering the observation of the rear area; and 3) If communications fail, it is easier to pass instructions forward from the seniors.

In the escort each bodyguard has responsibilities for an arc of observation which always overlaps the arc(s) of the BGs on either side. Where the arcs overlap is considered a point of maximum risk, since it lies on the path between the bodyguards and is therefore the most likely avenue for an attack. This area should receive maximum observation.

Formal escort should underline the role of the bodyguard as a 'grey man', a man who does not stand out. That doesn't mean the bodyguard should be the 'invisible man'. His presence in escort is part of the deterrence to a potential attacker. It does mean that his presence doesn't overshadow the principal, but rather quietly enhances him.

Escort using one or two bodyguards (Solo or Deuce) is called upon escort, and used in non-high risk situations. Escorts with three or four BGs (Triangle and Square) are referred to as close escort (not the '??' protection, which sounds more like a tight-fitting condom).

Five and six bodyguards are used only when moving the VIP through crowds, the fifth or sixth man possibly being a security officer or police officer borrowed for the occasion.

If a low profile or awkward principal makes the use of orthodox escort formations difficult, then 'staggered' escorts may be used. A staggered escort is used when only one or two BGs are escorting the VIP, while other BGs stand off at a distance of 20-50 metres, shadowing the central escort and preparing to close on any situation that may develop.

The requirement to 'shed' and 'accumulate' bodyguards on the escort is central to the structure of the escort formation, dependent on location and threat. Escort formations have to be flexible and simple, rather than the redundant phalanxes which are still taught in many government and commercial BG schools.

Jim Shortt's Bodyguard Course
Protective Escort diagrams

Combat & Militaria, April , p49, 52-53, 55.

Part III - COMMUNICATIONS & ELECTRONIC COUNTER SURVEILLANCE

If you mention the word communications, you can bet some self-styled 'security expert' will start rabbiting on about 'walkie-talkies' and the merits of different systems.

There is a lot more to bodyguard communications than that. The International Bodyguard Association (IBA) syllabus identifies four types of communications: Speech, Sign, Document and Intuition. Each of these may embrace a variety of methods.

Speech communications will include face-to-face conversations, messages passed through a third party, use of copper wire or fibre-optic telephone cables, and carrier current intercoms, as well as radio transmissions.

Sign communications covers hand and body signals, and historically also includes semaphore and the mute alphabet. Documents cover a huge range from 'chitties', letters and photocopied documents, to morse telex, fax, computer files and E-mail.

Intuitive communication is what arises between members of a well trained team who have operated together for a while, and can perceive what has to be done without having to be told. Unlike the other three types, this form of communications is almost impossible to compromise through interception.

All methods of communication must fulfill two requirements. They must be clear, and they must be secure. Clear because you want your message to be understood, but securely because you don't want any unauthorized person to receive it. Any terrorist requires three vectors of information to plan his assassination, kidnapping or ambush - who (the person), where (the place), and when (the time).

The method used by your adversary are referred to as Electronic Surveillance. This is the use of electronic means to gather information – the who, where and when. Within the skill of communications, the bodyguard uses Electronic Counter Surveillance (ECS) to detect and prevent electronic surveillance by terrorists.

Having said that, the main perpetrators of electronic surveillance are governments and business rivals. In the biography 'Yamani' about the former Saudi Oil Minister, it was revealed that he had a permanent ECS specialist of his BG team.

What is ECS?

There are two main divisions of electronic surveillance – active and passive. Passive surveillance is where the subject of the surveillance provides the means of transmission. For example, where you use a transmitter – such as a mobile or hand portable phone (yes, even the supposedly 'safe' digital ones) or a transceiver (the correct term for a BG's radio). All the bad guys have to do is tune into the appropriate frequency using a suitable receiver that covers the band(s) of the electromagnetic spectrum that you are using, and they can listen to you.

Passive surveillance also covers the use of parabolic microphones and laser (coherent) beams or passive reflectors in gathering audio, and telephone devices which open the line by defeating the gravity switch or coil induction taps. Computers on a modem can be hacked into. Even a computer that is isolated from a telephone line can be monitored – all computers and word processors leak a weak radio signal which can be received on another computer through a radio receiver, making it possible to read the contents of your screen. Even something as simple as a tape recorder constitutes passive surveillance.

Active surveillance is when the bad guys provide the means of transmission. This can take many forms, such as:

- **Carrier current transmitters operating through ring mains**
- **Room transmitters, perhaps in a variety of disguises. Another type of transmitter can be placed in a typewriter, so that a computer can re-create any document that is being typed**
- **Telephone transmitters**
- **Non-coherent light beam transmitters**
- **Microwave and laser transmitters**
- **Fibre-optics line transmitters**
- **Television (audio-visual) transmitters**
- **Irradiated diaphragm transmitters**

The technology in both fields, active and passive, continues to expand and develop. ECS clearly involves the countering of both active and passive surveillance measures, but there is also a third division – Electronic Counter Measures or ECM. These include the use of vehicle-style laser detectors behind possible target windows, the use of ‘white’ transmitters to frequency flood microphones, and clean chambers for specialist consultations.

ECS Search

The best counter-measure against electronic surveillance is search. The search for Electronic Surveillance Devices (ESDs) is done in two phases: First the physical search, and then the electronic search. The physical search is done in tandem with the physical search for Improvised Explosive Devices (IEDs), and will be covered in a future article in this Combat & Militaria series.

The electronic search for ESDs has three phases: Confirmation, Location, and Neutralisation. Under normal circumstances, where the BG team would have access to an ECS specialist, the bodyguards’ electronic search would go only as far as the confirmation phase. Then, if they found evidence or had good reason to suspect that their principal was a target of electronic surveillance, they would call in the ECS specialist.

In certain isolated locations, with no access to such a specialist, the BG team would rely on their own Security Section.

It is important to remember that the search for ESDs should not be restricted to buildings, but should also include vehicles. In the United States, for example, WJS Electronics has for some time produced a vehicle transmitter (a transponder) called the TAM 50. Sometimes referred to as a ‘bumper bleeper’, this enables the target vehicle to be tracked and followed at a distance. Transponders have come a long way since the TAM 50 was developed, and other more sophisticated devices are now available.

Consequently, all vehicles in a BG convoy should be cleared, or you may find your routes compromised, and pre-designated ambush points selected by the opposition. The Vehicle Section of the BG team clears the vehicles electronically after the physical search.

Electronic Search

An electronic search is conducted in two areas: Room and telephone. ‘Room’ should not be taken literally – it could mean any space to be searched, such as a vehicle, vessel or aeroplane.

The first area of test will be the telephone line to see if a ‘parasitical transmitter’ is drawing power from the telephone line. This is tested with a voltmeter with the phone on-hook and again off-hook.

A common area of electronic search is identifying transmission. Two types of equipment are required. First, a source of an audible signal, such as a metronome or bleeper. A separately identifiable signal is placed on the telephone, and in each area to be cleared. Secondly, a broad band receiver. In practice, you may require several different types of receiver to cover the various bands across the electromagnetic spectrum that the opposition may choose to use. You will also need a tunable television receiver so that the VHF and UHF TV frequencies can be scanned.

At the other end of the scale, ‘carrier current’ transmission may vary depending on the transmitter, so simply having a ‘baby listener’ receiver will not guarantee you can receive carrier current transmission.

On detecting a transmission, you note the frequency and location on a plan of the area being searched. This completes the confirmation stage. Note that all scanning should be manual, and not automatic. Despite what the salesman say, automatic scanners are easily defeated. I have met more clowns than I care to remember who buy in a van load of impressive looking scanners and pass themselves off as ECS specialists.

The next phase of electronic search is location. This is first done with a piece of equipment called a Larsen which relies on acoustic feedback. Acoustic feedback is what occurs when you take a transmitting microphone too close to a speaker and it starts to howl. However if the transmitter is not functioning at the time, a Larsen will not detect it. This may be because the device has been remotely switched off (a favourite with the FBI) or because the opposition has bought cheap Chinese batteries and they have drained down (favourite with ... well, let’s just say they’re British!)

If the transmitters isn't transmitting, you need a device called the Broom or Non Linear Junction Detector (NLJD). The Broom was developed by the IBA's ECS instructor Charles Bovill. It detects electronic components whether or not they are transmitting at the time. The drawback is that it will also detect TV sets, electronic alarm clocks, microwave ovens and anything else that contains electronic components. The Broom must be used in conjunction with the Larsen.

Both these items can be used against telephone devices, but additionally we use a piece of telephone company kit called a Time Domain Reflectometer (TDR). This sends a signal down the telephone line and analyses all legitimate and illegitimate junctions. This is the basis of the CIA's clear phone indicator, which is used by US intelligence and diplomats to establish the status of a telephone they are using. They call a certain Washington number run by the National Security Agency, and a computer linked to a TDR does the rest.

As far as equipment goes, the vast majority of anti-electronic surveillance devices sold on the open market are little better than toys, with no practical application in this field.

Neutralisation

The final stage in ECS is Neutralisation. Here you have three options. You can remove the device(s); you can destroy it by 'cooking' with a high powered transmission on the same frequency (Note that this tends to cause permanent hearing damage similar to that found in members of the Royal Artillery); or you can compromise it (The device is there to gather information – so feed it false information).

Note that if you get positive readings in confirming the presence of a device, and follow through to the other two stages, you must repeat the process until you obtain a 'clear' reading, otherwise you may neutralise one device but leave others operational.

Communications Procedure

The best means to defeat electronic surveillance of any sort is to follow good communications procedure based on the international aviation phonetic alphabet (Alpha, Bravo, Charlie Delta etc). All persons and vehicles are given callsigns, all locations are coded, and even the time is distorted using a system such as the IBA's 'zulu' system of time compensation. This shields the vital information of Who, Where and When.

All transmissions by transceiver should follow a disciplined procedure:

- Establish contact
- Relay message
- Close

Use the term 'over' after each phase to indicate you have finished speaking and wish to hear from the other person, and use the term 'out' to conclude the transmission.

Brevity and precision are the key to good transmission by radio or telephone line. In a future article in this series, I will look at the types of transceivers available and which to choose. However, here are a few pointers.

Comms Equipment

Use earphones with cords. If this type falls out in a scuffle, it is still attached and you can re insert it. The sexy little cordless earpieces are excellent for 'det' or 'watchers' work, but not for bodyguards where physical confrontation can result in the device popping out onto the floor, only to get crushed while you fumble about in the dark and eventually insert someone's long-lost peanut into your aural canal.

Ensure you have a minimum of two batteries for every transceiver, and that you have plastic covers to isolate the + and – contacts on the spares. Remember that transmission uses three times the amount of battery power required for receiving. This is one of the times when it is better to receive than to give – keep messages brief and to the point. Transceivers are not for spreading malicious scandal; that's what the old boys' network is for. You should also have at least one spare antenna for every two transceivers.

In your vehicle, have a CB as a back-up to your main mobile transceiver. Ensure that all vehicle transceivers are wired directly to the vehicle battery with in-line fuses, rather than through the fuse box, fuse boxes are notorious for being bullet magnets when rounds are fired.

Royalty & Diplomatic Protection have recently installed Traffic Masters on their vehicles. These have a message paging display, and also display the route which is updated with motorways and junctions to avoid due to traffic jams and accidents.

Summary

In closing, I re emphasise that communications is about clarity (being understood) and security (information on a need to know basis only). The best way to achieve this is not through expensive encoded equipment and executive toys, but with good security procedure honed by an awareness of the opportunities that the enemy has for gathering information.

Get the message: To protect your client, you must guard the vital Who, Where and When at all times.

The Electromagnetic Spectrum

The electromagnetic spectrum is the whole range of electromagnetic waves – light, radio, etc – arranged according to their wavelength. Radio signals travel in waves, and the wavelength is the height from the crest of one wave to the trough. Wavelengths are usually measured in metres.

The frequency of a radio wave is the number of waves per second, and is measured in Hertz. One Hertz (1 Hz) is one vibration per second. A Kilohertz (KHz) is 1, 000 vibrations per second, and a Megahertz (MHz) 1, 000,000 per second.

The electromagnetic spectrum extends from 1 Hz to 10¹³ Hz (10,000,000,000,000 Hz). The area from 1 Hz to just beyond 10⁴ Hz is called room audio, and includes the frequencies of the human voice. Most baby monitors and intercoms that transmit through electric ring mains operate within this range.

Up to 30 KHz is VLF radio (Very Low Frequency), including navigational aids. From 30 KHz is LF (Low Frequency) radio, and MF (Medium Frequency) covers 300 KHz to 3 MHz. Within the MF band is AM and amateur (Ham) radio.

CB radio and other amateur bands are found in High Frequency (HF) from 3 to 30 MHz, together with military communications and mobile telephones.

Most bodyguards operate radios within the VHF and UHF bands. VHF (Very High Frequency) extends from 30 to 300 MHz, covering FM radio and VHF television, UHF (Ultra High Frequency) extends from 300 MHz to 3 GHz (a Gigahertz is one billion Hertz). This covers UHF television and radar.

Super High Frequency covers 3 to 30 GHz, and is used primarily by microwave communication and service radars. The range from 30 to 300 GHz is designated EHF (Extra High Frequency) and is still in the microwave area. Above this are infrared, ultra-violet, x-rays and gamma rays. The uses of these highest bands include thermal sights, guided weapon systems, optical sights, laser light, fibre-optic communications and radiation.

Sketch of spectrum

PART IV – Improvised Explosive Devices

Few nations are as switched on about Improvised Explosive Devices (IEDs) as the British. Over the years they have been constantly on the receiving end from groups such as the IRA. I find it amazing to think that Irish Republican groups first used IEDs in December 1867 (they were called ‘Infernal Machines’ by the authorities at the time).

The more recent campaign commenced in the summer of 1969. It was initially a community self-defence programme, but soon graduated to a terrorist campaign. However the use of IEDs by loyalist terror groups came first, and pre-dated the sectarian attacks of August 1969 by 3-4 months.

The first British troops were injured by explosives in July 1970, and since then many more have been killed and injured by terrorist IEDs. More often than not the method is the same – a UVIED (Under Vehicle IED), usually of limpet attachment, and using a standard TPU (Timing Power Unit) incorporating a mercury tilt switch.

Despite details of the terrorist devices being available for so long, military personnel and political figures continue to die and be maimed because they can’t be bothered to search their vehicles.

Unfortunately this same lethargy also affects bodyguard teams. I came across a team of former Rhodesian troopers working as a BG team on a yacht in Algiers harbour some years ago. I asked who were the divers, who conducted hull searches of the vessel, and they returned blank looks. It hasn’t occurred to them to carry out any search of the vessel’s underside at all.

This incident is yet another example of the spurious claims of ‘minders’ (bouncers playing bodyguard) and ‘CPOs’ (ex-soldiers feigning BG skills) to be all-round protectors of their clients.

It doesn’t matter how much of a hard man you think you are, or what amazing oriental gymnastics you undertook so you can call yourself Sifu, Sensei, Master, or whatever title you use to get kids to carry your bags. Explosives just a hundredth of your bodyweight can qualify you for a pantomime part as Captain Hook or Long John Silver.

If a terrorist fires a shot from a pistol or rifle at your VIP, you might be left without a client, but at least you can lie your way into another job. But if they succeed in getting a bomb even remotely near the VIP, guess who’s the hero standing just behind the target. Yes, it’s you – the bodyguard.

Types of explosives

Explosives are chemicals. There is a vast array of explosive chemicals that respond in different ways, and with different degrees of force, to external stimuli such as heat, impact and friction. You could arrange explosives in a kind of ascending order, by their ratio of weight to explosive force. However, simply doubling the weight of explosive does not double its effect.

Explosive chemicals are divided into two distinct categories: Low and High explosives. Low explosives were originally classified as propellants, and were defined as substances or mixtures whose rate of burning was such that they could be used for propelling projectiles.

Examples of low explosives are black powder (developed in 1250 AD), gun cotton and nitrocotton. Originally these were used only for artillery and musket charges and the like, until it was realised that low explosives achieve their best explosive force by being confined. In a confined space, they burn rapidly and create gases, building up pressure which is eventually released with explosive effect.

High explosives are entirely different. These were originally referred to as detonating explosives or disruptives, because on detonation they decompose rapidly, releasing a supersonic shockwave which travels through the explosive charge exciting the molecules and releasing super-hot gases. The resulting explosion is of a much higher magnitude than a low explosive.

Generally speaking, the higher an explosive is, the safer it is to handle – it needs a greater detonation to cause it to explode.

Detonators

To produce an explosion requires a firing chain comparable to lighting a fire. You can't take a match to a piece of coal and expect it to burn. You need a chain of easily combustible paper to light kindling, which ignites pieces of wood, which set the coal alight.

Likewise a chain is used to detonate high explosives. The initiator is called a blasting cap or detonator, and it contains a small quantity of initiating explosive such as mercury fulminate, lead azide, lead picrate, lead styphnate or DDNP (diazo dinitro phenol).

Sometimes the detonators are two stage, with a more sensitive explosive such as PETN (pentine erylhrila? tetranitrate) first, followed by some TNT or RDX as a booster. The amount of explosive used in a detonator is normally no larger than a pea.

There are two types of detonator – flash and electric. The flash detonator is operated by either chemical or mechanical means. The chemical type is a line which contains a chemical that burns or detonates. A fuze is a mechanical means of initiating a flash detonator, such as you find in the fuze of a hand grenade, or the operation of a pistol – a spring drives a pin forward to strike a cap.

The electric detonator contains a bridge wire through the explosive, linking a positive to a negative wire. Electrical power is required to heat the bridge wire and cause the detonator to explode. Terrorists generally use electric detonators for IEDs, whereas the military tend to prefer flash detonators.

Terrorist bomb circuitry

The circuitry of a terrorist device can be characterised as either simple, in series or in parallel. Simple circuit devices contain the explosive charge, an electric detonator (often two, as the terrorist fears one might fail), a battery or other source of electrical power, and a switch which is closed to detonate the device.

In the past many terrorists killed themselves by inadvertently completing the circuit with jewelry (rings, wristwatches, etc) they were wearing while carrying the device, so a second switch is often inserted in series into the circuit as a safety device.

When terrorists saw their devices were being carried out of target premises to explode harmlessly in the street, they would often add another switch in parallel as an anti handling device.

The dedicated or improvised electrical switches that can be used in the circuitry of a terrorist bomb are as variable and diverse as the odds of winning the lottery. It makes no sense to examine the variations in detail. The job of the bodyguard is not to defuse the device by playing Mel Gibson with the nailclippers, but to keep the VIP out of the way of any device by search and discovery.

The bodyguard's role

On suspecting or discovering a device you should:

- Confirm that there is a suspected IED
- Clear the area or buildings of all people
- Cordon off the area at an appropriate distance
- Contact the police for ATO attendance
- Control the situation until the police arrive

But how do you search without causing any device to explode? I would be a rich man if I had £1 for each time I've had to listen to 'explosive experts' boast about how they could construct an IED and plant it so that a BG couldn't discover it till it blew his head off.

But that's not the point. We search to prevent the VIP coming into the vicinity of an IED. If the assassin kills a bodyguard searching for an IED, he simply makes his job more difficult. The VIP goes into hiding, the police are involved, the number of bodyguards is increased, and everyone is on the alert – and to what purpose? The assassin has achieved nothing.

As bodyguards we can step past the myriad ways of closing an electrical circuit, and concentrate on just five initiating actions:

- Pull
- Pressure
- Pressure release
- Tension release
- Delay, eg timer, heat, barometric changes

Assessing the threat

Next we should examine the areas of IED threat. The type of IED threat will depend on the competence and capability of the terrorist. At the bottom of the scale is arson, using chemicals such as petrol. Then come incendiaries and blast incendiaries. The former are used against property, and the latter as an anti-personnel device.

‘Drop’ devices are IEDs that are placed at a specific venue such as home, office or place of visit, often contained in something to disguise their purpose – a bag, briefcase or gift wrapping, for instance. Drop devices are best defeated through effective access control.

Next are mail bombs, delivered as letters or parcels. All mail and courier deliveries should be scanned before being passed to the principal. Office X-Ray equipment is about the best on the market. The rules for mail bombs are simple:

- **Size.** Is it bulky and unusual, excessively heavy or lopsided?
- **Shape.** Unusual, rigid wrapping, protruding wires or metal foil.
- **Sender.** No return address, or return address that doesn’t tally with postmark, foreign mail, air mail or special delivery.
- **Selective.** Targeted to an individual by title rather than personal name, with markings such as ‘personal’ or ‘confidential’.
- **Spelling.** Are common words misspelled, perhaps because they are unfamiliar to a foreigner, and is the address hand written or poorly typed?
- **Stamps.** It may carry excessive postage as the sender guessed the amount, not wishing to go to the Post Office for fear of recognition.
- **Seal.** Excessive securing material, tape or string.
- **Stain.** Oil or grease stains or discolorations.
- **Smell.** Unusual smell of almonds, marzipan or ammonia.

Vehicle IEDs

Vehicle IEDs fall into two categories: devices placed in, on or near a target vehicle; and those placed in a vehicle along a chosen route to travel.

Then there are mines, placed along a route or dug under it, perhaps utilising bridges, tunnels, drainage, cable or sewer pipes, or directional mines such as fougasses, claymors or culvert charges.

Finally grenades, either hand-thrown, rifle projected, rocket propelled, or fired from a mortar. All of these are dedicated military ordnance, but have been copied by terrorists and used.

IED Countermeasures

Arson: Access control, firefighting procedures with correct types of extinguishers deployed; external mailbox with auto-halon extinguisher; windows laminated against petrol bomb attack.

Incendiaries and blast incendiaries; Search and access control.

Drop devices: Search and access control

Vehicle devices: Search and access control

En-route devices: Route selection and advance survey.

Grenades and mortars: Route selection and speed.

Room search

Perhaps one of the biggest problems I have encountered in the concept of searching has been the NI syndrome. Despite all the bull generated by squaddles to the contrary, they are not taught to search. They are taught to call in a search team from the RAOC or Royal Engineers, who undertake the clearance based on avoiding the mistakes of yesteryear. Even the primary weapon in combating terrorism is often ignored, ie ‘think like a terrorist’ rather than ‘do what it says in the manual’.

A manual provides guidance and structure based on previous experience. It does not prepare you for the possible, only the probable. That means you are confident and competent in managing the terrorist Mk21 device – but about the fall victim to the Mk 22 that is about to be deployed for the first time, against you!

There are two approaches to room search pioneered by the IBA. One derives from the United States Secret Service method, and the other from European SOPs.

Before you search either a room or a vehicle you will require search equipment. This will require search equipment. This will include portable lightweight ladders, illumination provided by search lamps and torches of a high candlepower and with flashproof bulbs, and a variety of sizes of search mirror.

A tool kit is also needed, comprising equipment for levering up nailed and fastened fittings, and undoing all known bolts, screws and fastenings – and replacing them again.

All tools should be insulated and non-magnetic. Sealing wax and coloured silicone are used to mark screw and bolt fittings in a cleared area. You will also need chalk, markers and crayons, sticky and cordon type, silly string to locate any trip-wires, a pulley kit, hook and line to give you some distance on items, plus electrical circuit testers.

Go to any reputable security supply shop and you will find search kits in aluminium boxes with a neat sticker saying ‘IED search Kit’ for around £2,000. Alternatively you can hit your local Argos and DIY store, and produce the same thing for about £100. That’s an expensive sticker!

Armed with your search kit you can proceed – but not on your own. A competent search of an average room requires 2-4 persons from the BG team’s security section.

US Method

The US method is as follows:

1. Enter target room. Stop, look, listen, smell.
2. Divide room into segments by height: a) Floor to hip. b) Hip to chin. c) Chin to ceiling. d) Any false ceiling.
3. Split each segment in half, with two groups moving along the walls from a common point (eg the door) and meeting at another common point. Then clear the central areas, ensuring that any item that overlaps is searched by both groups.

European Method

The European method is similar, but items are tackled in a different order, as follows:

1. Ceiling
2. Walls
3. Floor
4. Furnishings
5. Fittings
6. Utilities (water, gas, electricity, etc)

The physical search is not only for IEDs but also ESDs (Electronic Surveillance Devices). Electronic search for ESDs was covered under Comms and ECS in the last issue of *Combat & Militaria*.

Once cleared, the area must be secured, preferably by physical presence rather than locks and monitoring. Remember also to clear cronies and window ledges and, if accessible, rooms on either side, above and below.

Dog search is no guarantee that there are no explosives present, since terrorists may use vacuum sealed devices, or wrap them in cling film to prevent the tell tale odours being picked up by a specialist search dog.

The same is true for the variety of commercial sniffers available. These need ambient air samples to detect an abnormal increase in levels of nitrates, ammonia and other chemicals present in the air. This has been termed the 'tart in the spacesuit' school of search. You can't stand in the middle of a room with all the windows open and expect a positive result, unless you're buried under a ton of ANFO.

Up-market agencies such as the US Secret Service equip their technical branch specialists with fluoroscopes and X-ray equipment to check everything from the Louis 14th chaiselongue to the Italian porcelain bidet in the presidential suite, but these are no substitute for a proper physical search.

Remember this: Equipment enhances physical search – it does not replace it.

Vehicle search

Vehicles such as aircraft will require the presence of a specialist airframe technician or engineer to guide you through. Vehicles such as boats will require the addition of a qualified diver or two to carry out a hull search intermittently.

Once searched, vehicles should never be left unattended. This is where the security chauffeur or driver/bodyguard without an escort bodyguard is revealed for the scam it is. You can't be in two places at once. If the VIP needs protection, it's because there is a threat. You are not a mystic, and cannot honestly divine the threat – sniper, bomb, knifeman, pistol or poison. So do you guard the VIP or the vehicle? Either way you can lose your VIP, and maybe your life.

IBA vehicle search

The search is divided into an external search and an internal one. The vehicle has, we hope, been housed in a secure area overnight, under lock and monitored. Everything that is removable from the vehicle – radio/tape, headrests, mats, manuals, maps,, tissues, toolkits, spare wheels, first aid kit, etc – is removed and locked away the night before in secure storage. It will take 5-10 minutes to replace them after the search, but they could add an hour to the search if they are left in place.

Sunshades are left down at 45 degrees so they can be inspected on both sides. So too are all arm rests, and all compartments such as the glove box are left open and empty. The front wheels are left turned to one side, allowing access to both sides of the wheels. Finally the battery cut off is employed before the vehicle is left on a cleaned and brushed surface. This means that anything left by someone planting a device – pieces of tape, electric wire, tools, torch, etc – will be obvious.

Search by two-man team from vehicle section

External

1. Approach the vehicle
2. Bodywork (look through glass, and check inlet to fuel tank)
3. Underside (check exhaust, wheel arches, drive shaft and under engine)

Internal

1. Saloon (Start on front passenger side, and work through to driver's side, then rear seats. Check under dashboard, and clear interior)

2. Engine (Battery, wiring, carburettor, pulleys, fan, air conditioning, power steering etc, manifold and front lights)
3. Trunk (and rear lights)

Hinged structures such as lids and doors should be opened gradually by two persons, one opening and one moving around it to look until hinges are seen clear. Cavities (eg doors) should be checked with endoscopes and sniffers.

All vehicles in a convoy are checked, not just the VIP vehicle (an IED on the escort vehicle cuts the protection by a third on a four-man team). Checks are also made for signs of sabotage, as your access control may have precluded getting an IED on site, but sabotage could reduce the escort by knocking out the escort vehicle, or cause the VIP not to use his armoured vehicle.

The vehicle's mechanical, electrical and chemical systems are now checked. The entire search takes about one hour for two persons.

Finally, remember that a search regime operated by the vehicle and security sections of the BG team is primarily a deterrent, as it alerts the terrorist (on surveillance) that the thorough search by bodyguards precludes the opportunity of the VIP being brought into the presence of the IED.

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PART V - PROTECTIVE DRIVING

Perhaps one of the most telling comments on the state of bodyguard driver training was made to me by Jim King, a former US Government bodyguard who now serves as the IBA national organiser for North America. During the height of the Red Brigade campaign in Italy, Jim was sent there as a team leader, but before setting out he and his team were sent on a 'counter-terrorist driving course'.

“As with the majority of driving, the greatest threat came not from the terrorists but from the lunatic majority that inhabit the highways, making roadcraft a hazardous pursuit by their thoughtless and selfish actions,” said Jim.

“The real clincher was that we were taught to perform maneuvers worthy of Hollywood, in flat pancake Cadilacs on large tarmac surfaces such as racetracks and old airfields, with never a kerbstone in sight. For this Uncle Sam parted with many thousands of taxpayers' dollars.

“Leaving some very satisfied stunt drivers, retired race track drivers and rally champs to savour their loot, we headed for an environment of narrow, twisting cobblestone streets and hairpin turns to be negotiated in smaller type European saloons.”

Training teams abound that will take the corporate driver through three or four days of 'Rockford Flicks', but rarely is the driver taught correct responses to threat situations as they relate to the VIP and BG vehicles. First of all, let's get the terminology correct. It is called 'Protective Driving' – not 'tactical', 'defensive', 'defensive', 'offensive' or 'anti-terrorist' driving. The BG teams vehicle section are tasked to drive in a manner which protects the principal.

However, Protective Driving has three major phases:

- Defensive Driving (AVOID the threat)
- Evasive Driving (ESCAPE from the threat)
- Offensive Driving (CONFRONT the threat)

Note the same priorities that we established in the Pedestrian Escort article.

Before examining the techniques of Protective Driving, we should first turn our attention to vehicle selection.

A recurrent theme in bodyguard selection is the BG's attitude to equipment. When selecting clothing weapons or vehicles, is the BG choosing a 'toy' or a 'tool'? As the saying goes, it's tools for professionals and toys for little boys. Equipment should always be selected for its function and performance, rather than looks or current fashion.

Stay away from all four-wheel-drive vehicles. They have a high centre of gravity and roll too easily when attempting most of the evasive techniques required. Lowering the chassis is expensive, and defeats the rationale of having 4WD in the first place. Likewise avoid the current embassy fads for 'space cruisers' and the like. They too are unstable in performing the required maneuvers.

The vehicle of choice are saloons such as Jaguars/ Daimlers, Lincoln town cars, and 7 or 5 series BMWs. Later model Mercedes 4-door saloons with driver's side handbrake (rather than forward handbrake) are also acceptable.

Vehicle modifications

The trick here is to take a luxury vehicle and avoid turning it into a replica of the flight deck of the Starship Enterprise. There are vanloads of useless gadgets out there to avoid. However, here is a list of some items that can enhance protection for the occupants:

- Extra sets of keys for the driver, car commander and base
- Two spare tyres and jacks
- Under-bonnet fire extinguisher and spare extinguisher
- Paramedic kit
- Intrusion alarm system
- VHF/UHF transceiver and CB transceiver as back-up
- Mobile telephone

- Roll bar covert insert
- Reinforced ram bumpers
- Steel belted radials with run-flat inserts and Kevlar sealant
- Explo-safe fuel tank
- Kill switch for all rear lightning
- Public address system and external microphones
- Two 12-volt heavy duty batteries with shielding and cut-off switches
- Reinforced radiator
- Tracking system
- Magnetic polarity sensors and indicators
- Cross-bolted exhaust
- Anti-syphon insert in conduct to fuel tank
- Disc brakes on all wheels
- Extra rear view mirror for car commander
- Enlarged side mirrors
- Dual foot controls (driving instructor style over-drive)
- Heavy duty shocks and stainless steel brake lines

One option you might be surprised is absent is armouring. But at a time when the Russian Mafia have made RPG-7s, 16s, 18s, 22s and 26s the knockdown bargain of the month, this is an interesting point to muse on.

There is something to be said for the new 'shoot through' ballistic glass and for glass laminates applique. But you may feel inclined to stand over the armouring company as they convert your vehicle. More than one surprised client has discovered yellowing wads of newspaper between the sheets of cut steel or ceramic kevlar.

You could, of course, opt for a reputable armouring company, but no doubt your boss with his millions will be looking for a bargain basement deal.

IBA vehicles have a minimum armouring of an explo-safe fuel tank, puncture proof tyres, a hard armour boot plate shielding the rear seat, and a soft armour cover for the driver's seat.

Protective Driving, like all BG skills, is dominated by pro-active avoidance. This is defined as a systematic and comprehensive process of preparedness, planning and organisation, designated to keep the client away from threat.

In line with this, we present the five fatal errors to be avoided:

- **Complacency** – The client refuses to concede he could be a target of terrorist action. That sort of thing only happens to other people.
- **Failure to react** – When an attack or ambush occurs, the driver fails to react. Doing nothing is the best way to aid the terrorist. Doing anything will disrupt their plan.
- **No exit** – The driver fails to position the vehicle when stationary towards a point of exit.
- **Locationless** – The driver is ignorant of the terrain parallel to his routes. Under the same heading, the driver fails to locate the controls of his vehicle, eg fails to move from drive to reverse without difficulty.
- **Absence of skills** – The driver is a chauffeur rather than a vehicle section bodyguard. He knows the cat runs to escape traffic jams, but would freeze and produce an instant warm brown cushion in a threat situation.

Jim King related a case in Europe where the VIP's chauffeur was not a BG, but proudly wore a lapel pin that had been awarded for 15 years of accident free driving. One day, backing out of the drive, terrorists blocked them in with a vehicle. A terrorist with a firearm then stood behind the VIPs vehicle and prepared to strafe the rear passenger area.

Aha, you say. The quick thinking driver slammed the vehicle into reverse and crushed the terrorist. Not a hope. He might have damaged his 'baby' – the apple of his eye that he spent every spare moment polishing. The client was shot to death while the chauffeur ducked for safety.

Defensive driving

As we saw earlier, the first element in Protective Driving is Defensive Driving – avoiding the problem. This will start with a route survey. This is the selection of primary and alternative routes of travel for the principal, and the measures taken to secure the routes for safe travel.

The down side of route planning are choke points. Examples of choke points are one-way systems, bridges and tunnels, and of course the point of enbus or, in US-speak mount (ie where and when the VIP enters the vehicle) and debus or ‘dismount’ (where and when the VIP leaves the vehicle)

A choke point is an area that cannot be avoided. The secret of good enbussing and debussing is for the formation enclosing the VIP to move rapidly between building and vehicle. The escort provides a screen against sniper or random marksmanship.

This is a critical point of transition, when the VIP leaves the speed of the vehicle for the solidity of the building. Many government systems place a man at the vehicle door, who opens it for the VIP. Cue sniper – you’ve just telegraphed the VIP’s appearance.

Prior to departure, all vehicles being used (VIP and BG cars) should be searched for IEDs and ESDs according to the protocols presented in the last issue of *Combat & Militaria*. Once cleared in this manner, the vehicles are then tested for performance, and their electrical, mechanical and chemical systems are checked.

Defensive Driving comes into its own in convoy operations, or motorcade as our American cousins would have it. There are six major convoy drills to cope with:

- **Merging traffic**
- **Lane changes**
- **Right-and left-hand turns**
- **Approaching and crossing traffic signals**
- **Roundabouts**
- **Exit positions**

Primarily these are operations where the driver of the front vehicle (usually the VIP car) remembers he is in convoy, signals his intentions well in advance, and positions the vehicles to allow the BG vehicle(s) to shield the VIP vehicle.

Evasive Driving

Evasive driving has two main branches:

1. Actions on ambush and
2. Counter pursuit or tactical high speed driving.

The actions on ambush are treated under the categories of single vehicle and convoy. The following is a series of questions that the BG driver asks himself on ambush. They establish the priority on each occasion for the simplest and therefore safest technique:

a. **Actions on ambush: Single vehicle** Road blocked to front

1. Can I drive through? Yes/No
2. If no, then have I enough length and width of road for a U-turn (forward 180)? One of the greatest hazards to any turn at speed are kerbstones. If the wheel contacts one in making a turn, then either the vehicle rolls over or the wheel snaps off and folds under. Hence not just length but width of road is important – a condition not usually presented on skid pans.

There are two types of U-turn. The handbrake turn is effected by turning the steering wheel rapidly in the direction you want, and arresting the turning circle circumference by applying the handbrake momentarily.

The bootlegger is a tight turn into which you accelerate. For years the 'experts' have tried to represent the two techniques as one and the same.

3. If a U-turn is impossible then you must ask yourself if it is possible to stop (otherwise you are into offensive driving). If you have ABS, fine. Otherwise, pump the footbrake aggressively 5-6 times.
4. If you have stopped, can you reverse? You may have to reverse some distance.
5. Hopefully you are now reversing. If there is sufficient length and width of road, you can attempt the K turn or the forward 180 technique, the J-turn.

The major point to appreciate with ambushes is that they are primarily used by kidnappers who wish to stop the vehicle. If they have the 'Who', 'Where' and 'When' to stage the ambush, they could just as easily use a side of the road vehicle bomb to take out the whole convoy.

b. Action on Ambush: Convoy

Road blocked to front

Actions on ambush for convoys build on the solo drills of forward and reverse 180s. We will examine by way of example a two vehicle convoy (VIP in the front position and BG vehicle in the rear position).

1. As always the first question is 'Can we drive through?' – as the team formed by the IBA's founder, Major Lucien Ott, did when the OAS tried to ambush President de Gaulle's convoy – a scene made famous at the start of the film 'Day of the Jackal'.

If you can't drive through, conventional techniques would demand a method called 'Drill Two', with both vehicles attempting reverse 180s after the BG vehicle has overtaken the VIP vehicle.

As with solo drills, our objectives will not be to perform vehicle ballet worthy of the Saab demonstration team, but to opt for the simplest and safest manoeuvre available.

2. If we can't drive through, has the VIP vehicle sufficient distance to stop? If yes, then the BG vehicle should overtake and the VIP vehicle should attempt to reverse (before the local Mr Bean drives up the VIP vehicle's rear, blocking the exit). The VIP vehicle should attempt a reverse 180 (K or J turn) as soon as possible, depending on the length and width of road (usually depending on where the mums have double parked around the school while collecting their kids).

The BG vehicle driver, having got out of the VIP vehicle's way, now decides: Has he got sufficient length and width of road for a forward 180 (U or handbrake tur) and follow the VIP?

This is an IBA method called K8 or J8. There is usually insufficient room for a 'Drill Two'. However the BGs may simply overtake the VIP vehicle and block the road, debussing to lay down fire against the attackers. This is referred to as 'Pass and Block'.

However, if the VIP driver finds himself suddenly blocked to the front, he should turn the vehicle with the driver's side towards the attack. The BG vehicle either stops or, if possible, performs a forward 180, and the BGs debus moving to lay down fire over the VIP vehicle while the No 1 from that vehicle pulls the VIP out and transfers him to the BG vehicle and speeds away.

Counter-pursuit

The second element of evasive driving is counter pursuit or tactical high speed driving. The best way to learn this is to take up rally cross since it is all about staying on the road and negotiating corners at speed. There are three types of corner: constant radius, increasing and decreasing radii. Then you have to negotiate corners of these types in series as you are pursued after succeeding in your actions on ambush or have picked up a tail attempting a drive past shooting.

Offensive driving

If you have failed to avoid (Defensive) and failed to escape (Evasive) the threat, then you must confront the threat. This is the basis of Offensive Driving.

Again there are two modes – static and mobile. In static, the road has been blocked in front and at the rear. You can't drive through, and forward or reverse 180s will achieve nothing. You are going to have to ram. A single vehicle block is rammed by using a bulldozing effect against the vehicle preferably hitting the opposite end to the engine and pushing through the area above the axle. A double vehicle block is dealt with using the same technique, by driving between the two vehicles.

Mobile offensive techniques are used when you have to lose pursuers. If a vehicle such as a car follows, then ensure that the vehicle passes on the BG (passenger) side, so the BG can lay down fire. This method also reduces the attackers' firing ports (windows) from two down to just the one behind the driver.

As the rear of the attackers' vehicle passes the BG, he signals the VIP driver to ram sideways the rear of the attackers' car, just behind the rear wheel. This throws the bad guys' car across yours and leaves them facing the way they came – if they are lucky. A similar technique is used against motorcycle attacks.

Bottom line**The bottom line to protective driving are:**

1. Use effective techniques rather than refugee stunt moves, and
2. Practice, practice and practice again. 'It'll be alright on the night' isn't just a TV show. It's usually how people get to meet Mr Murphy.

Combat & Militaria, July

PART VI – PARAMEDICINE

As with all bodyguard skills, the name of the game in paramedicine is establishing your priorities. But first of all, let's establish exactly what we mean by paramedicine, and how it differs from first aid.

Bodyguard paramedicine is not glorified first aid. The BG's paramedicine skills are honed for his particular work environment. When someone is injured or becomes suddenly ill, one or more of the body's vital structures may mis-function, or cease to function at all.

In these circumstances, a first aider tries to restore function – for example by giving artificial respiration when the casualty has stopped breathing.

A paramedic does exactly the same thing. However, when restoring function is not possible, he or she can go one step further and replace function, using what is known in the medical world as 'invasive technique'.

Invasive techniques include, for example, inserting an artificial airway or tube, such as tracheal intubation, inserting a cannula into a blood vessel, or giving the patient an injection.

During WWI doctors in combat areas were overwhelmed by the sheer number of casualties and often delegated simple procedures to medical assistants they had trained. This practice received a boost in the Korean War. When 22 SAS first participated in cross training with US Special Forces in Fort Bragg in 1960, they were enthused by the standards and scope of US paramedics.

A paramedic then, is basically a trained person who is given the responsibility to perform procedures which would normally be carried out by a qualified medical doctor. A paramedic functions on behalf of a doctor if no doctor is available. He or she is not a replacement for, or equivalent to a doctor.

Legal Standing

Paramedics or Emergency Medical Technicians have legal standing in the United States. Laws differ from state to state, and training is regulated by law through local institutions of further education. In the US there tend to be three grades: Basic, EMT, EMT and Advanced EMT.

There is no legal basis for paramedics in the UK. In fact, in many European countries paramedicine is strictly forbidden by law – partly due to a closed shop approach by doctors, and partly to protect the public from over enthusiastic Walter Millys.

In the UK, a qualified doctor certifies the competence of a paramedic he has tested and audited. Charities such as Paramedics and Paramedic UK have no statutory responsibility to train and register paramedics.

These two organisations are reputable rivals in a sea of voluntary unregulated services that sometimes seem to have more in common with vultures than 'Casualty'. Both these organisations provide voluntary training and registration schemes, and provide insurance indemnity schemes. However, be aware that this certification and indemnity does not shield you from prosecution if you use your 'skills'.

Paramedic priorities

What are the priorities of BG paramedicine? Veterans of the police, military or Red Cross may remember the old mnemonics such as 'BBS' and 'ITV'. The armed forces have used the 'Four Bs' (Breathing, Bleeding, Breaks and Burns), and more recently 'ABC2'. The IBA uses its own aid to memory, dividing the priorities into three distinct categories.

ODD ABCDEF

ODD stands for Observation, Danger and Diagnosis.

Observation: Before you move to the casualty, or touch the casualty, observe what has happened and why.

Danger: Is the cause of the situation (sniper, explosives, small arms fire, etc) still present? Before moving to assist, ensure you are not the next casualty.

Diagnosis: Is there more than one casualty? If so, are there sufficient knowledgeable personnel to place at least one person with each casualty? If not, then you are going to have to decide on your priorities. To do this you must make a diagnosis, by observing each casualty and placing them into one of three categories:

1. Will survive if immediate assistance is given
2. Will survive, does not require immediate assistance
3. Unlikely to survive even with assistance

Obviously those in category 1 are treated first. Anyone who has had military first aid training will remember the instructor's ambush in a training scenario, with as screaming, yelling 'casualty' demanding immediate help, while the silent 'unconscious casualty' is overlooked. "If he can scream, he can breathe," goes the pat line always dished up by the CMI. And it's true – that's one rule of care you can't step around.

The following categories of diagnosis then follow:

Life support:

- Airway
- Breathing
- Circulation

Trauma management

- Drop in blood volume
- Effects of burns
- Fractures

ABC are concerned with the support. Life support occurs naturally – you wouldn't be reading this article if you had no life support. This boils down to oxygen (O). Every cell in your body needs oxygen, but the greatest demand comes from the brain. In life support the most important part of the brain is the brain stem, or medulla oblongata. Three vital centres are controlled by the medulla oblongata, via the nervous system. These are the heart, the lungs, and the larynx – a key structure in the airway.

To understand life support, we must trace the route of oxygen from the air in the environment to the brain.

Air enters the body through the nose and mouth and travels through the upper airway – the nasal pharynx, oral pharynx and common pharynx. At this point we come to a fork in the route. The rear tube the oesophagus, is concerned with food. The forward tube is called the trachea and is capped by the larynx. This is the route air takes to reach the lungs.

In the lungs, oxygen is absorbed into the blood, where it is carried by red blood cells. The oxygenated blood is pumped around the body by the heart, and oxygen is offloaded where it is needed. This is how oxygen gets to the brain.

If the brain doesn't get oxygen – because of a problem along the airway, or in the lungs, or because the heart fails to pump oxygenated blood to the brain – then the three centres in the medulla oblongata close down, effectively closing down the whole body. When this happens you have about four minutes to get things going again before irreversible brain damage occurs. Irreversible is a relative term, but essentially we are talking about the patient becoming a vegetable. The exact time taken for damage to occur will depend on air temperature – the cells will deteriorate faster in the Sahara than in Norway, for instance.

Jump Start

The process of restarting or resuscitating the body is referred to as CPR (Cardio-Pulmonary-Cerebral Resuscitation). The phase was coined by anaesthesiologists and recognises the function of the brain in life support – a point absent in the first aider's simplistic CPR.

President Nixon's life was saved by a competent bodyguard not in some gun battle outside a prestigious hotel but in a restaurant when some food 'went down the wrong way'. The choking president grabbed his throat in the classic 'Heimlich sign'. The bodyguard moved behind the president, encircled him with his arms below the ribs

and compressed the president in an aggressive bear-hug. The food blocking the airway was dislodged popgun-style, and air could reach the lungs.

The BG had performed the 'Heimlich manoeuvre'. If you ever have to do the same, here's a small tip. Keep your head down and turn it sideways. This stops you getting a nose worthy of a fairground boxer when the VIP's head comes back involuntarily.

If a person is unconscious but breathing, he should be placed in the three-quarters prone position or 'recovery position'. This is a face-down posture to ensure the bulk of the tongue falls forward, preventing it blocking the pharynx or common airway. It also ensures blood and vomit drain out onto the ground.

Airways

Unblocking the airway is the first protocol you will use in dealing with an unconscious casualty who has stopped breathing.

Vomit and blood can be drained out using gravity and the fingers. A paediatric mucus extractor is used by some bodyguards for this purpose – it is a small plastic container with two plastic tubes, which is used by midwives to clear the airways of new-born babies.

However the most likely cause of obstruction in the airway is the casualty's own tongue. In a casualty who is breathing, as we mentioned earlier, placing the casualty in the 'recovery position' is one way of obtaining a clear airway, but the trained paramedic has other options:

1. The Guerdal Airway. This is a plastic airway which hooks over the bulk of the tongue to ensure air gets past it. It comes in oral (by mouth) and nasal (by nose) versions. In an unconscious casualty, however, blood or vomit can still get down past the end of the airway. This can be prevented manually by downward pressure on the cartilage of the throat, but a more efficient method is:
2. A laryngeal mask or oesophageal obturator. This blocks off the oesophagus whilst delivering air to the larynx. More efficient is :
3. The endotracheal tube. This is inserted either nasally or orally. It is used in managing an unconscious casualty, and extends from nose or mouth down through the larynx.

If the casualty is ballistically injured in the face or jaw, or if it is not viable to establish an airway through nose or mouth because of burns, then you may have to pierce the trachea from the outside. Two techniques are available:

4. A crico-thyrotomy (piercing the cricothyroid muscle in the cartilage of the larynx) or tracheotomy (piercing lower down through the trachea).

The second protocol is ventilating the casualty, which is the B for breathing in our ABC. Allowing air through the airway is not enough if the casualty's lungs are not functioning.

A very useful piece of equipment here is a cushioned mask to cover and seal nose and mouth, through which we can ventilate the casualty in preference to the usual mouth to-mouth and mouth to-nose. A more efficient method (and more hygienic) is using a ventilation bag. This is a rugby ball shaped air bladder which can be attached to the mask (on the end of the endotracheal or crico-thyrotomy tube) and compressed to inflate the lungs.

Circulation

The C of our ABC is for circulation. Once the blood has been oxygenated in the lungs, it has to be circulated or pumped around the body, and in particular to the brain. The heart is the organ responsible for pumping the blood around the body. It pumps blood first to the lungs for oxygenation and then around the rest of the body.

If the heart doesn't function, then the blood goes nowhere. When the heart stops, the blood can be circulated by repeatedly compressing the heart between the 'chest-bone' (sternum) and 'backbone' (spinal column). This is

called 'closed cardiac massage' or CCM (It's called closed because surgeons can perform 'open' cardiac massage if the chest is open and the heart is exposed).

In CCM you need at least six compressions to move the blood once around the body. The recommended procedure is 10 compressions to 1-2 lung ventilations.

Trauma management

Having completed life support through ABC, we move on to the next section, Trauma Management, the priorities of which are represented by DEF.

D is for Drop in blood volume, and draws our attention to the next major reason for a casualty's death after life support. 'Hypovolaemic shock' is the primary cause of death of people who sustain ballistic injury (injuries caused by bombs and bullets). 'Hypo' means a lowering of, 'Vol' means volume, and 'Aemic' refers to the blood.

There are two priorities: First, to stop the bleeding (haemostatic skills), and second, to increase the blood volume, usually through intravenous infusion.

The most effective means of stopping haemorrhage is to use direct pressure. For over 150 years the most efficient tool has been the Gagee dressing (cotton wool contained within lint). This is the basis of all military field dressings of yesteryear. The dressing presents a barrier against which the blood can coagulate and eventually scab over.

The old method of tourniquet should not be used, as it cuts off the circulation in a limb and can lead to amputation. The only possible exception to this is where a traumatic amputation has occurred, and the tourniquet becomes the only possible way to stop the bleeding.

If blood vessels such as arteries and veins have been severed, then these should in the first resort be clamped with either Kelly's or Spencer-Wells artery forceps. In the absence of artery forceps, then even a Leatherman Tool clamped on will suffice. Another method of haemostasis is to apply a ligature using nylon suture material or thread. The absolute last resort is cautery using a small portable gas-operated soldering iron.

Once the blood has stopped flowing, if large amounts of blood have been lost then an intravenous infusion must be administered. This is done by inserting an IV cannula in a vein, and setting up IV fluids such as Hartman's solution (lactated Ringer's). Better still, IV fluids such as Gelofusine or Haemocel can be used if available.

To prevent Hypovolaemic shock, anti-shock trousers can be used, preventing pooling of vital fluids in the lower body. These don't really auto-transfuse blood from lower to the upper body as has been claimed (no more than a maximum of 500ml). Instead, they operate on the same principle as an aviator's G-suit, and prevent shock rather than adjusting it.

Burns

In most first aid manuals, the next priority is usually the management of fractures (broken bones). Not so within the IBA. Bodyguards work for the most part within a civilian environment, with easy access to a paramedic or ambulance service. With fractures it is far better to do absolutely nothing to the injured person, and wait for the ambulance with their specialist splints and scoop stretchers for spinal injury.

On the other hand, anyone with burns is in serious trouble unless you intervene. Bleeding, burns and broken bones usually result from the explosion of an IED (Improvised Explosive Device). So the E of DEF gives us the Effects of burns. For this we need to remember the fire triangle taught as a primer when learning about fighting fires. Every fire needs three elements present for combustion: 1. A source of fuel; 2. A source of heat, and 3. Oxygen.

In burns management we attack fire triangle first by attacking the fuel – the victim is the fuel. If on fire and standing upright, the body provides more fuel in the same way that a match burns faster if it's held vertically.

First, get the victim flat on the ground – this is done in tandem with cutting off the oxygen to the flames with wrapping the casualty in either a dedicated burns blanket or anything non-flammable that comes in hand, such as a carpet, coats and curtains.

Just because the flames are out, the effects of burns are not neutralised. We still have heat. The fat in the casualty's body has been heated, and will be cooking the muscle (meat). This is no different from taking the Sunday joint out of the oven – the meat is still hot and cooking inside.

If at this point grandma turns u with butter or other oils such as burns cream, all that will happen is that you will baste the victim and make the burns worse. Cold running water is the best weapon the medic has to remove the heat from the casualty's body. Do not try to remove the skin, which is a barrier to infection. The more skin that is lost the greater the chance of infection, which after shock and fluid loss is the next greatest killer in burns trauma.

It may be necessary to set up an IV infusion if 25 per cent or more of the body's surface area has been affected. How do you calculate? The area of your palm represents approximately 1 per cent.

Fractures

The final priority for us is fractures, and as we said earlier the best course of action is usually to do nothing – unless of course the casualty is in danger, requiring you to, for instance, pull him from a vehicle that has caught fire.

All these protocols should be practised so they can be applied in difficult and often low-light scenarios. When was the last time a doctor tried inserting an IV cannula into a casualty in the back of a BMW speeding away from a thwarted ambush, or tried CPR in the cramped conditions of a moving vehicle?

Paramedic kit

A paramedic kit should be assembled, but its contents must be limited by the skill of the user. I have come across many BG medic packs loaded with equipment lifted from emergency rooms and BMHs by some first aid fantasist without the appropriate training and certification. The use of most of the equipment contained in those packs would constitute a serious and grossly illegal assault, which could result in a jail sentence.

Medical doctors hold their certification and license from the medical school they graduated from. They must be registered – in the UK with the General Medical Council – and then receive postgraduate education through the various Royal Colleges (Royal College of Surgeons, etc). They are restricted by their education and certification, and are liable to prosecution if they step beyond that, even for the best of reasons.

The position is similar for nurses. When I qualified in 1978 with the General Nursing Council I was a SRN. This has been changed to RGN and then RN (Registered Nurse) under the newer UKCC. Both doctors and nurses are regulated by an act of parliament. In the UK, saying you are a Registered Paramedic (which I am) does not mean you are State registered, or have any authority under the specific legislation.

I do not mean to demean the quality of any first aider or paramedic, but I would warn bodyguards, and specifically team leaders, to be wary of the bodyguard 'playing doctor'. I remember some years ago when as a Home Office lecturer I used to lecture on the National Police Firearms Courses at Lippets Hill on the subject of management of ballistic injury. I asked one police officer, who was over-keen to be the paramedic, "What do you want to be, a police officer or ambulance attendant? You can't be both."

Bodyguards are in the same position. We are first and foremost bodyguards. We must have paramedic skills, but these, like our IED and ECS skills, are to bridge chaos and stability until someone more qualified takes over.

In closing, I'll relate a story from an actual BG assignment. The client, an elderly and obese individual, took handfuls of prescribed medication doled out by his two personal physicians who travelled the world with him. Suspicious of the volume of medication, I noted the names of the various tablets, pills and potions and their various doses and frequency. I consulted the medical reference books, and with suspicions aroused further, consulted a doctor friend.

The client was being fed unnecessary drugs to keep him ill – to keep the two doctors in work! A discreet word with his family, and the two doctors joined the ranks of the unemployed. The threat isn't always bombs and bullets.

Combat & Militaria August

PART VII - CLOSE QUARTER BATTLE WITHOUT FIREARMS

In this series we will tackle CQB skills in two parts. This month: CQB without firearms. Next month: CQB Skill-at-arms

Before we get into the detail of CQB, let's remind ourselves of the priorities in bodyguarding. First priority is to avoid the presence of threat. If you fail to do this, then next priority is to escape or remove the VIP from the presence of threat. Only when this too fails, and you have no alternative, do you confront the threat.

It is at this last stage of confrontation that the bodyguard requires the skills of CQB or 'close quarter battle'. In other words, CQB is the bodyguards last resort.

As with most terms bandied about by the corps of 'experts' who infest the world of training, CQB is a term that is much abused and little understood. And like many of the bodyguard skills, it is a term borrowed from classic military skills. It would perhaps be better described as 'combat at short distance'.

The bodyguard's CQB is very different to CQB as practiced by the military, and it's as well to clear up the differences before we go any further.

Military CQB commences with the rifle. If this fails, the traditional back-up is the pistol (a number of Paras and Commandos looted 1911 Colts and HP35 Brownings from captured Argentine stocks after the battle of Goose Green). Out of ammunition, or with no other alternative, the soldier falls back on edged weapons starting with the bayonet.

A step down from the bayonet in edged weapons is the entrenching tool used as a cleaver. Down again from this is the utility knife. If for one reason or another the soldier finds himself unarmed, he turns to unarmed combat the object of which is to get armed as quickly as possible.

From this we can see that military CQB has three distinct divisions: firearms, edged weapons, unarmed combat.

Police and law enforcement agencies, on the other hand, use what we describe as Defensive Management. This is diametrically opposed to military CQB. It is carried out in a totally different environment, with altogether different threats and a less clearly defined enemy.

Defensive Management

The objective of Defensive Management is primarily compliance – to obtain the compliance of a person or persons who present an actual or possible threat to you or others. An important consideration for the BG is his position in criminal and civil law – something I will deal with in a future article.

Compliance starts with a physical, identifiable presence. The reasonable majority of people respond positively (ie compliantly) to the arrival of law enforcement personnel. These who don't comply may have to receive instruction or verbal command (the Americans refer to this stage as 'communication') to encourage them to comply.

The next stage requires judgement and decision by the law enforcement officer. It is referred to as 'A& R' or 'arrest and restraint'. The act of arrest is a mildly physical one. The word 'arrest' comes from the French word 'arreteur' meaning to stop. British law requires the arresting officer to symbolically hold or touch the arrested person to denote they have been arrested.

Most arrests require no further physical control because the arrestee is compliant. But an arresting officer will not know this for certain, and will allow for two other possible scenarios: 1. The arrestee resists arrest, but without presenting a threat to the arresting officer (eg he runs away), or 2. The arrestee attacks the arresting officer, putting him or her under threat of receiving injury as a result.

This can be summarised as follows:

- a) Compliance
- b) Non-violent non-compliance – requires restraint
- c) Violent non-compliance – requires self-defence

Going back to the military CQB we looked at earlier, there is an important difference to note. The soldier starts with the most deadly force behind him, and works down the scale only when he has no other option. In contrast, the law enforcement officer starts at the bottom end of the scale, using only the minimum degree of force necessary to obtain compliance.

This difference was highlighted by the Law Enforcement Training Agency nearly 20 years ago, but sadly it hasn't registered with the vast majority of police PHs and defensive tactics gurus, who mix the techniques of self-defence and restraint without giving their trainees any clear guidelines.

This results in officers over-reacting and using self defence techniques in what ought to be a restraint situation, and getting prosecuted for brutality or under reacting and using restraint techniques in what is a self-defence situation, and ending up on a hospital bed or a mortuary slab.

Physical control

Physical control has four central and complementary elements. These are:

- Striking
- Throwing
- Locking
- Constriction

Striking is using your body as a point of impact, in contact with an assailant. Naturally you must select the weapon (part of your body) for its durability, and the target (on your assailant's body) for its vulnerability. In other words, don't try to smash your opponent's kneecap with your nose, unless you are a rhinoceros.

Throwing is not about flowery Judo or Aikido throws, or their Chinese, Thai, Korean or Filipino equivalent. Throwing is about using something other than your body as the point of impact. In other words, you project your assailant into a hard place. Striking and throwing are entirely about impact, and are used when under threat – making them the basis for unarmed combat or self-defence.

When we are not under threat, we will use methods of locking and constriction for physical control of an individual. Locking is restraining a person by applying torsion and/or over extension to one of the joints of the body. Constriction is restraint through direct or indirect application of pressure.

So if some monster is trying to carve you up with a knife, it is inappropriate to say the least to try and put an arm-lock on that individual. He is trying hard to kill you, and you are trying to apply a textbook restraint.

Restraint is only applied in situations of non-violent noncompliance, ie when you are not under threat. In Defence Management the step up from this is the use of impact weapons or batons. Impact weapons are used where the assailant is either too big or strong, more than one, or armed.

Health Warning

Here I should take time out to issue a health warning or two. Warning number one: Beware of the combat guru. This part usually has a background (real or devised) in martial arts, and tries to extend his interest into the world of the military, police, or self-defence training. He may try to lure you with claims such as 'the official military system', 'the world's best self defence system', or 'as taught to elite units'.

As for being the world's best, that is simply his own highly biased opinion. What is taught to the military and elite units is contained in the official manuals of those units. At 22 SAS there used to be an after-hours 'Close Combat Club' run by an A Squadron NCO. Different martial arts teachers would be invited in to show their wares. An invitation did not indicate agreement or acceptance of what was taught, but several of those teachers later advertised themselves as SAS close combat instructors. The British Army is still caught in a timewarp, teaching an outmoded restraint system – it abandoned 'unarmed combat' in the mid-70s after bad press in Northern Ireland, and nothing has replaced it, despite adverts placed by martial arts teachers which imply different. If someone claims their system is used by the British Army, then contact Physical & Adventurous Training at the Ministry of Defence. I think you will find no such claim is genuine, and the same is true for the other services.

Warning number two: Beware of the professional martial arts teacher, especially those who claim to teach Jiu – Jitsu or its other Asian equivalents. Traditional Japanese Ju-Jutsu is very effective, as it is usually a simple unarmed combat system, but systems advertised in Europe and the USA as Jiu-Jitsu are often refugees from the world of Judo, Aikido and Karate, with an Irish stew approach to martial arts.

Martial arts are big business. Many teachers make good livelihoods by flourishing ridiculous claims to get you into their studios to buy suits, licences, books, videos, belts, gradings, mat fees and the rest. Many of them perform stunts worthy of the fairground on passive, admiring students – stunts they wouldn't attempt on the psychopathic street gorilla that they claim they will teach you to conquer.

My father started traditional Japanese Ju Jutsu in 1928, and started me at it in 1959. Since that time I have seen various fads come and go: Judo in the 1950s, Karate in the 60s, Kung Fu in the 70s, Ninjutsu in the 80s. In the late 1970s, armed with ten years of Karate, I started studying Savate in France. I stepped into the ring at a place called Viroflay – where I found my high and fast Karate kicks bounced off my Savate opponent. 45 Seconds into the first round I was knocked out cold. I spend the next six years learning to hit to hurt, and went back to boxing.

Vital elements

What most martial artists fail to realise is that these three things are necessary if you are going to succeed in combat. In order of priority are:

1. Motivation
2. Stability
3. Method

The most important element in combat is not what you do, but the will to do it – motivation. Stability is the way you stand and move. Self-defence is about impact. You don't hit people with your 'ki' or 'chi'; you hit them with yourself – primarily your bodyweight.

The key to this lies in the equation for kinetic energy: $E = \frac{1}{2} \text{Mass} \times \text{Velocity}$. When you strike someone, you should be hitting them with a combination of weight (mass) and speed (velocity), so the best way to hit is from a low, stable stance like that of a boxer.

The lowest priority is what you do – the method – yet many of the combat gurus wrongly place method as the first priority of combat. What is important in method is to keep it simple. Whatever you do should be limited to two or three moves at maximum, rather than a catalogue of well-practiced gymnastics.

Instead of compiling 18 or 19 methods of dealing with one type of attack, find the most effective method of dealing with 18 or 19 types of attack. Too many martial arts teachers take their lead from the cinema. Hollywood is an illusion of competence. It's very skillful illusion, but an illusion nevertheless.

We often say that the first weapon of the bodyguard is the brain. It's a weapon that is much under-used. Nowhere is the lack of brain power more evident than in coping with attacks from weapons.

Some years ago I was asked to assist a martial arts teacher in making a training film. In reality he didn't want help, as he had a finished product to market, and just wanted contacts. To my face this character was always friendly, but I was always aware of the daggers that went in behind my back. So I decided to teach him a little lesson.

He liked to demonstrate defences against weapons – the usual crap about taking knives, broken bottles, iron bars and pistols off training dummies who would let him because he was 'the master'.

I took my .357 magnum revolver, loaded it with blanks and, when he moved to take the weapon I pulled the trigger. As I suspected, despite years of teaching weapon defences and pistol disarming he had never been near a real firearm. Recorded for posterity on video is 'the master' propelling himself away from the revolver while attempting to place his head under his armpit.

As the founder of the IBA once said, "Virgins can't teach you to fuck," – but it doesn't stop them trying!

In Defensive Management, the use of firearms or deadly force is the last resort, and illustrates a total decline in the situation. Military and law enforcement combat priorities are diametrically opposed, but the BG borrows from them both. There is no scale for bodyguards, as their combat environment is sometimes a law enforcement

one, and at other times resembles the world of the military due to the intensity of the threat. Bodyguard CQB encompasses firearms from carbines, through sub-machine guns, through shotguns to pistol and revolver. Below this we have the use of edged weapons, and finally unarmed combat and methods of restraint.

Knives and batons

Knives such as the Cold Steel Tanto are used to deal with a mob situation. Never draw your firearm in a mob – it will be taken off you and used against you. Likewise impact weapons are of very little use. In a mob, you have to cut your way out.

The impact weapons of the BG are either leather-covered saps, spring billys, or telescopic batons such as the ASP carried by the US Secret Service (and currently being trialled by various UK police forces). The targets of the impact weapon are the bony areas such as joints.

Batons should never be used to apply locks or for restraint. It is not their function – although some ‘teachers’ devise whole systems around playing with a baton in this manner, ignoring the central application of the baton as an impact weapon and extension from self-defence.

The use of firearms in CQB will be dealt with in the next issue. Here I will concentrate on those aspects relating to unarmed combat and the use of edged and impact weapons.

For years, police manuals and most self-defence books showed methods for disarming knifeman, and police officers continued to get stabbed and die. Eventually people stopped listening to the PTIs teaching this crud and asked survivors of knife attacks.

As a result they came up with CUT:

C = Create distance

U = Utilise cover

T = Transmit for assistance

The result a lot less stabbed police officers.

On the subject of knives, there is a particular breed of animal known as the ‘knife master’. This clown teaches classes in knife fighting, without ever having been in a knife fight. He collects knives, rabbits out opinions and doctrines. The real knife masters live in the third world, where they carry a utility knife or machete which is their single tool. Using the knife to built shelters, butcher meat and harvest food means that they use it as a tool. They are relaxed and comfortable with it because of familiarity. They don’t set up knife fighting schools or call themselves ‘masters’.

To become a tool rather than a toy, a weapon must be used or practiced with. Too often the westerner lacks the discipline to train repetitively because he or she wants to be entertained by what they are doing – for them it is a form of leisure, rather than an aid to survival.

Whether armed or unarmed, the body is used in the same manner. Here are some major pointers:

Body position

A low crouch is best as it enables you to shield vulnerable areas such as face, throat, epigastrium and testicles. Aggression is easier to use in a crouch. The body is far more stable in movement, and strikes are more effective as you can throw the whole bodyweight behind them.

Fight, fright, flight

In threat situations your response is boosted by adrenalin, a hormone produced by a gland above the kidneys. The adrenalin rush produces three phenomena: fight, fright and flight. Fight occurs when you commit to combat and adrenalin boosts that response. Flight occurs when you decide to run. Adrenalin boosts this response too – you can run fast and leap high walls. Fright – or freezing – occurs when you neither fight nor run, and adrenalin can boost this response too.

Flight requires an upright, extended position – the opposite of the CQB crouch described. Unfortunately for martial artists, most schools teach an upright position for fighting – an obvious contradiction in body logic.

Kicking

The problem with kicking is that you have to take one leg off the ground to do it. Keep kicks low, learn to kick off the front leg like a boxer's jab, and target the shins and areas above the knees and the groin (even in females).

Hand and arm strikes

Never punch or you can break your fist. If Mike Tyson can break his hand punching then you can. Tyson knows a lot more about punching than you do. You'll need both hands to work and clear your weapon, so don't take chances. Palm-strike, elbow-strike, or use the inside of your arm in a type of 'missed' roundhouse – but don't punch.

Constriction

If your opponent's hair is long enough, get a good grip on it just above the ear on the far side of the head. Pull it sharply down and watch him spin. The head controls the body. Control the head and you control the body.

Equally useful is a strong grip on the larynx or, in dealing with a crowd, a grip on lips, cheeks, ears or nose. Practicing your grip on walnuts or tennis balls should help you leave a lasting impression on those who upset you.

Applied CQB

As far as applied CQB goes, methods of weapon retention should be practised, but again keep the techniques simple and aggressive. At contact distances of 6 metres and less, during escort and anti-ambush drills it is invariably faster to close on an assailant than it is to draw your firearm.

Actions on ambush

When unarmed:

1. Always carry something in your hand to throw in an attacker's face to distract him and buy you time.
2. Remember that you, the BG, are not the object of the attack. The principal is. This gives you an advantage, as you will not have to counter the attacker's bodyweight.
3. When tackling an assailant with what looks like a firearm, if the weapon is higher than your chest then drive his arms up; If its below the level of your chest then drive it down towards the floor.
4. The best way to defeat an ambush is to remove the object of the ambush, but only when it's safe to do so.

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PART VIII – CLOSE QUARTER BATTLE WITH FIREARMS

If you read last month's article, you will recall that I defined CQB or Close Quarter Combat as combat at short distance. We divided CQB into unarmed combat, through the use of impact and edge weapons to the use of firearms. It is unfortunate that the term bodyguard is so often linked with the term 'firearms', as if they are inseparable. In the United Kingdom, and many other countries, only specified government bodyguards may carry firearms (Military Police CP teams, Royal & Diplomatic Protection and to a lessening extent Special Branch).

Even the bodyguards of visiting heads of state (USA and Israel included) get mountains of grief when they wish to bring their weapons to the United Kingdom. The situation is easier in the Republic of Ireland which does not permit its citizens handgun permits such as we have in the UK. The truth is if you are a corporate (private) bodyguard in the UK you cannot carry a firearm, even if you have permission to possess a firearm.

That does not stop some ageing rambo discreetly showing you his personal gat resplendent in shoulder holster whilst he works. A) He is breaking the law by carrying either a real or replica weapon in a public place, and B) You should report this to the police as by not doing this you become a party to the crime he is committing.

However in the United States and certain parts of Europe, (and elsewhere on the planet) bodyguards can be granted formal permits to carry their weapons. Since January 1993, British people could take up employment anywhere within the European Community, in the same way they could in UK. This means that a British bodyguard can work in Germany, Italy, Spain or Belgium, and carry firearm provided he complies with the local legal requirements.

The use of firearms is but one part of one of the six basic bodyguard skills (Protective Escort, Protective Driving, Communications and Electronic Counter Surveillance, Paramedicine, Improvised Explosive Devices search and Close-Quarter-Battle). Firearms therefore do not dominate Bodyguard Skills. Remember the first weapon of the BG is his/her brain.

Before we consider the type of firearm and its carriage, we should look at the method of using the firearm. Firearms in bodyguarding must be considered under five complimentary headings:

1. Scoped rifle in counter-sniper operations (security situation)
2. High velocity semi-auto carbine to engage targets at distance (escort/vehicle section)
3. Low-velocity semi-auto carbine (eg s/a MP5A3 in 9x19 mm) (escort/vehicle section)
4. Shotgun, pump action 12 gauge (escort/vehicle section)
5. Handgun, 9mm pistol and revolver .357 magnum (all sections)

A sniper threat against the VIP at distances in excess of 50 metres is best engaged by a BG counter sniper element working in groups of two men situated strategically at points of maximum threat. The counter sniper element is usually drawn from the BG team's Security Section. It is virtually impossible for BGs with handguns to effectively engage such a threat. The role of the Counter sniper element will be dealt with in a separate issue of C&M.

Less effectively, snipers and other forms of ambush can be engaged using scoped high velocity carbines fired in the semi-automatic mode. These weapons would be transported in the VIP and BG vehicles, with ready access. The type of weapon available range from the Russian AKS74, AKSU (5.45 mm) and AKMS (7.62mm).

Weapons that can be either carried or placed in the vehicles are sub-machine guns in semi-automatic mode which we call low velocity carbines. Examples are MP5A2 carbines at various British airports. The various perennial 'experts' were dragged out of seclusion to support the press that 'machine guns' shouldn't be allowed and that the police should only carry pistols or revolvers, for reasons of public safety.

The truth is in fact the reverse; if a police officer was lining up on the terrorist next to me from a distance of 30 metres and closing, I would prefer he had his MP5A2 or A3 on aim rather than a handgun. Both fire the same calibre, but the MP5 has less chance of hitting something other than the target.

The shotgun is a devastating close quarter weapon, depending on the type of ammunition used. At one end of the scale is birdshot, which might scare and bloody your opponent but leave him free to kill the principal and perhaps also the bodyguards. At the other end of the scale is the rifled slug – a solid lump of lead with which you can miss. The middle ground using flechettes and buck shot (9x9mm balls) is a better option for clearing – saving the rifled slug to create new manifold ports in the vehicle engines of would-be kidnappers.

The handgun is the personal weapon of the armed bodyguard. When I travel I always take a minimum of two weapons, a 9mm pistol and .357 magnum revolver. The pistol with its higher magazine capability is my on duty weapon and the revolver my off duty weapon – and the weapon I use if St. Murphy (patron saint of bodyguards), decides to bugger up my duty weapon.

Before you pick up the weapon you must be confident and competent with a firearm. Many gurus teach a student the tenets of safe weapon handling, then how to holster and unholster a weapon, and then how to shoot. Most self-inflicted firearms injuries occur holstering and unholstering a weapon, so surely it is more sensible to teach this at a later stage when, the student has acquired safe handling through practical experience.

The primary points in the safe handling of weapons are as follows:

- a) A loaded weapon only becomes dangerous through contact with exterior entities such as human beings.
- b) Unless you have proven otherwise, all weapons are to be regarded as loaded and therefore dangerous.
- c) BEFORE you pick up the weapon, select the area and direction in which you are going to point it. Ensure that it is not an area behind which a person might be, and that there is an absorbent barrier such as sand or packed earth.
- d) BEFORE you pick up the weapon, ensure you are aware of its method of operation.
- e) Pre-select the route you will take to move the weapon from its resting place to where you will point it, and ensure it doesn't 'sweep' across people.
- f) In picking up the weapon, keep your finger straight, pointing in the direction that the barrel points. **DO NOT PUT YOUR FINGER IN THE TRIGGER GUARD OR ON THE TRIGGER.**
- g) Point your weapon towards the pre-selected safe area.
 - i. With a pistol remove the magazine (an empty magazine however does not indicate an empty weapon).
 - ii. Pull back the slide, preferably locking it to the rear with the slide locking lever, and inspect the chamber, ensuring there is no ammunition in it, even spent cases.
 - iii. With a revolver, open the weapon by moving the cylinder out of the frame and check that the chambers are empty. A weapon is made safe by removing the round from between the barrel and the firing pin, regardless of the weapon you are using. All bodyguards, should know how to make a weapon safe regardless of whether they carry a weapon or not.

Loaded weapons carelessly handled will kill. The other major cause of death by firearms is the 'expert'. These are two dangerous types of expert to be avoided at all costs: the Gun Guru and the Steely eyed "When I".

Gun Gurus

This creature develops an unnatural attraction towards firearms. He is often known to sleep with them, fondle them and be consumed with an unbridled passion for them. Reads a lot of journals and therefore has lots of opinions. No one pays him any attention in the street so in his local gun club he makes up for being a sad git by being an 'expert' on the use of firearms in 'combat situations' and often uses terms such as 'tactical use of the handgun'.

This creature gets a five star virgin award in the term "Virgins can't teach you to fuck." He totally ignores the fact that his firearms permit is issued for sporting purposes only. Known to dress in camouflage or para-military clothing. On the basis he is a club firearms instructor or have an NRA range conducting officers certificate, he believes he can teach anyone from bodyguards to anti-terrorist teams.

The Steely eyed "When I" has served or is serving in the armed forces, usually a hard man unit such as Para reg, the booties, shakey-boat service or junior Jedi-knights. He never stops telling you where he has been or what he has done.

The truth is that neither the civilian Gun Guru or the When-I are capable of teaching bodyguard firearms skills because they do not understand the priorities.

Obviously, our priorities must be to keep our VIP as far away from firearms as possible through avoidance. If they are produced we seek to escape, and only when we have no other choice do we confront. A combat situation whether battlefield or civilian street, causes the bodyguard to go to 'auto pilot'. No thinking just pure reaction. If you have trained well and consistently you will react well and consistently. Train diversely or badly or not at all and that is how you react. You will remember from the last issue that I said there were three priorities for combat, in order of priority:

1. MOTIVATION (The will to fight)
2. STABILITY (in stance not movement)
3. METHOD (the skill)

The CQB Crouch is the position the International Bodyguard Association teaches for the use of carbine, shotgun and handgun; the methods of handling the weapons are parallel. We don't have three different stances of handling as do police and military because the key to functioning under stress is to simplify and minimise what has to be done rather than maximise.

If we have a weapon with magazines such as a carbine or pistol then we will have engraved the serial no of the weapon they belong to with the suffix /A or /B or /C, etc. Each magazine will be loaded from a separate ammunition source. "A from say CBC, B from Winchester and C from Norma, etc. There's nothing worse than getting all your ammunition from one source, 'Murphy's 9mm specials', and finding that you are the 1 in 2 million whose faulty percussion caps escaped quality control. On the range you survive, but in a gun-battle it will bury you.

We also 'cocktail' revolver ammunition in a jetloader with 2-3 types of ammunition interspersed so that if one fails the next one shouldn't. The second to last round of each magazine is usually tracer, with the first magazine into the pistol containing an odd number of rounds and the subsequent magazines even.

When we shoot we double tap (two rounds fired in rapid succession). Whilst shooting on a police range I found the police firearms unit firing three shots instead of two. Maybe something to learn I mused, and queried the tactic. Body armour, I was told. The armed villain may be wearing body armour. "We double tap the chest and then an extra to the head in case he is wearing body armour." "Why waist a second round in the chest if you suspect body armour", I asked. "Why not one in the chest and the second in the head?". A 'back to the drawing board' look came upon the young man's face until an instructor stepped up and said: "We shoot three because we do – it's in the book." Ops Research, where are you when we need you?

Stance

Most shooting stances are upright but they fall into the following categories:

1. Olympic style
The classic marksman's side on one handed stance originates from the use of the pistol from horseback. In days of yore the only persons with pistols were officers. All officers (Cavalry, Infantry and Artillery) rode horses (except Major Sharpe because being common he is not really an officer), and the only effective way to shoot accurately on horseback if you are right handed is with your right hand to your right side. The cross draw with lanyard is also sensible on horseback, but how many gun battles is a bodyguard going to fight from horseback?
2. Isoceles style
This is the classic full front shooting position in either the FBI crouch or the upright Raymond Salsa style (Salsa was one of President de Gaulle's BGs). The British Army and the British Police, along with most of the Police forces of Europe use it. In it you provide an excellent target and will find difficulty moving.
3. Weaver stance
This and the derivative called the modified Weaver is a three-quarter side-on upright stance, excellent for paper popping and moving rapidly provided the paper doesn't shoot back.
4. Stressfire
This is the bastard produce of blending Isoceles with Weaver. One leg forward, one leg back like the Weaver, but then the top half of the body is full forward with both arms extended out in FBI style. But again it is an upright stance.

5. Boxer stance

This is the mis-named position developed for 22 SAS and 'Det', and adopted by US Special Forces as 'Rail' stance. Despite being called a Boxer stance it is still upright, though side on. The weapon is held at waist height and punched forward and up.

Most target shooters adopt an upright stance because it is easier and more relaxed to stand it. Secondly the ranges they shoot in will invariably have the targets elevated 3 feet (1 metre) off the ground. However most human targets stand on the ground and crouch during a gun battle.

Combat and incident film footage show time and time again people either run (flight), fall down (fright) and crouch (fight) during gun battles. The classic film footage is that of the death of the IRA leader Sean Tracy on 14 October 1920 in Talbot Street, Dublin. Tracy was ambushed by two British undercover officers Christian and Price. A series of photographs and Pathe News record the whole event.

Tracy drew his handgun and shot Christian and Price, who both subsequently died. Tracy was shot by another agent from behind. In this, as with many other examples of combat footage, everyone crouches. This is a natural reaction, so shouldn't you train people to shoot from a crouch as the IBA do, rather than an upright stance which they will abandon as soon as the shooting starts?

Regardless of weapon the easier method of shooting is from the CQB crouch, and using the old archer's method of an imaginary line from the centre of your back foot along the ground to the target and up the centre of the target. Your weapon should come up the target, the bull (in case of carbine or shotgun) or your firing arm should come into contact with your cheek, and you should double tap the target.

Early rounds fired in panic will impact the ground or hit the legs of the target, whereas cross drawing or even dropping onto the target will result in missing the target and perhaps hitting an innocent. Loading, unloading, reloading and clearing jams are done at the kneel.

Easy access to the weapon is not always afforded by holsters, and often attache cases are a better option. If you wear a holster, wear it between belt buckle and hip, not rear of the hip where the sport shooters put it. Ever tried to retain a pistol that is behind your back while grappling with 1-2 people?

A few years ago, a very fast and accurate sports shooter we shall call 'Jeremy' took an SAS veteran to the shooting range trying to impress upon him the quality and style of 'practical shooting'. Jeremy demonstrated a drill where he leapt from the car and very accurately took out the offensive targets. 'Bravo' said Jeremy's girlfriend. Let's see what the SAS can do.

The SAS veteran hadn't handled a pistol for a few years, or fired one for even longer. When the signal went, he didn't bother to waste time neatly exiting the car. He just emptied the magazines through the windscreens at the 'bad guys'. All right, he wasn't as accurate as Jeremy, but he did it sooner and with the same practical effect. "Anyone got a Hoover?"

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PART IX - JUST THE JOB

In this final article in Jim Shortt's Bodyguard Course, we look at the perennial problem of how to find a job, and what rates of pay to expect.

I've met you countless of times before. You're out of work, or just bored with the job you're doing. Maybe you were in the forces and now, three years down the line, you miss the excitement – and conveniently forget the drudgery and boredom that went with it.

You convinced the wife/girlfriend that if you could only do a bodyguard course, then offers of work would keep the phone ringing, and make that snide little shit at the bank treat you with the respect a valued customer deserves.

You managed to cough up the money for the one week course – the equivalent of a month's wages after tax. Now you have a nice computer generated diploma and a course assessment with lots of ticks in the 'average' column, a couple of 'goods' and maybe a 'very good', so you reckon you got your money's worth.

But now you've discovered that the diploma and course assessment are not the passport to an exotic life-style that you thought they would be. In fact, you've spent so much time on the phone chasing work that you even got an honourable mention in British Telecom's annual report.

You are now seriously out of pocket, and still haven't found a job. You phoned round the security companies – Control Risks, Saladin, DSL, Winguard, and then countless other small-time operators and rent-a-guard companies in Yellow Pages, all claiming to provide bodyguards, executive protection, VIP protection, CP and the like. The response was less than enthusiastic. The more responsible companies asked you for your CV (a good way to get intelligence on what is out there). Others said you'd have to shell out again for one of their in-house courses.

What training do you need?

The standard of people claiming to be BGs in the UK is dismally low. As I've said consistently during this series, you cannot produce a trained bodyguard at the end of 1-2 weeks training. A respectable starter needs 100 hours training under his or her belt, plus some practical experience.

Time after time the hopeful BG will bang his or her head against the Corps-pissed recruitment attitude of the individuals who run security companies – people who put more stock in what a person wore on their head than what's inside them.

As I underlined in my previous article, it helps to make your CV stand out if you have more than one string to your bow – being a medic or IED search specialist, or having a permit for your personal gat. However you will still have to contact the company regularly to ensure they remember you still exist.

You can advertise your presence in the personal columns of various journals (like C&M), in the hope that someone needing a BG will pick it up. I'd advise you to ignore the adverts which claim to be recruiting BGs for a contract, however, The type of company that will land a BG contract isn't likely to advertise for personnel. A few phone calls will get all the people they want.

When you encounter adverts for BGs it's usually because A) they are trying to recruit people for their own BG training course, or B) they are really advertising the fact they provide BGs, and the ad is really aimed at people who need BGs – hoping to give the impression that they are successful and have work already.

If you are seeking work as a bodyguard, you should realise that all BG work comes from contacts. If no-one knows you exist, they can't beat a path to your door. Imagine a plumber training, then sitting at home waiting for the world to call him – without even advertising his presence! Yet many BGs do exactly that. They sit at home and complain they have no work, but they don't seek it.

I get a good many people phoning me and asking "If I take the IBA course, can you guarantee me work at the end of it?" Of course I can't. I'd have to be barking mad to promise work to someone I've never met, purely because he's prepared to pay for a course. If someone does offer you a carrot like that, they are not being honest

– yet many companies will make such promises even though they've never met you, don't know how you work, or even whether you are a blind amputee with shit for brains.

Too many people, too few jobs

The unfortunate truth is that there are too many people chasing too few jobs in the bodyguard market. This means that employers can virtually pay what they want. Often they will down-rate the job description from being a bodyguard job to 'residence security', so they can continue to charge the client £35 - £90 per hour, and pay the BG £5 an hour – and demand he sorts out his own tax and insurance as well.

The correct minimum rate for a BG is £10 - £20 per hour, depending on risk and location. If you're negotiating the contract yourself, with no middleman to rake part of the fruit of your labours, then you can increase this to £25+ an hour.

In the US, some of our IBA members demand it and get \$120 an hour on short term contracts. Others in Russia think themselves lucky if they see \$100 at the end of a very risky day.

Never agree to work for a daily rate, or your kind Middle Eastern employer will have you working the best part of 23hrs 59mins every day, just to get his money's worth out of you.

Getting a job

The bottom line is that, if you want work, you must make a determined and prolonged effort to seek it, starting by analysing who might want your services and where they might be found. You must make an approach by phone and letter, indicating your skills and your track record in BG work (showing time committed to regular training and work experience).

This must be done in a professional manner – not 'gizza job mate' in your usual spidery scrawl on a lined page torn from a notebook. If you don't take yourself seriously, how can you expect a potential employer to? Failing to seek work correctly leaves you feeling bitter and twisted, and blaming everyone except the real culprit – you.

There are good a many people who think the world owes them a living. Mummy used to iron their shirts and clean up after them, so she obviously loved them – but the world doesn't care if they come or go. Having the chance to work requires a certain amount of luck, but you have it in your power to put yourself in the right place at the right time.

Are you employable?

In the last BG article in C&M, I wrote about planning and preparation as a way of demonstration your commitment to the profession. I won't repeat what I said then, but I advise you to go back and read it again.

There is a large number of people who call themselves bodyguards, who are really totally unemployable. Perhaps they weren't always that way, but their lack of self-discipline and wide-boy approach to?

will reel off the calibre and make : other come out with 'it's a goo or a pistol'. Then I tell them their attitude determines what it is. It can be a toy in the hands of a boy, or a tool in the hands of a professional.

This is not just true of bodyguard equipment. It's equally true of bodyguard skills. Everyone joins a profession for the wrong reasons, often with a romantic image polished by Hollywood and television. This illusion is soon dismissed by learning the skills of the profession. A professional derives his job satisfaction from performing these skills well – so he stays in the profession for the right reasons.

Bodyguard Skills

One mark of a professional is in the training skills. Certain skills, like protective escort, the defensive elements of protective driving, IED search and communications/ECS you will practice by working. But the skills you will need for emergencies – the evasive and offensive elements of

protective driving, CQB and paramedicine – are not normally needed in day-to-day BG work.

That's why the true professional will take time out to practice his protocols and priorities. BG skills are not simply information or knowledge. A skill is achieved through repetitive and efficient application. A bodyguard skill is a well-balanced marriage of technique and tactics. If you want to respond to sudden threat in a coordinated and consistent manner, then you have to train consistently and repetitively, not by hopping around various training outfits like some Australian doing the grand world tour. A person who has stopped learning is someone who has stopped living.

Why do you want to be a BG?

I teach bodyguard courses in 30 of the 42 countries of the IBA every year. I cover an area from China to the USA, from Russia to New Zealand. In the course of all this, I meet a lot of bodyguards. Regardless of their nationality, they are very similar as a breed. But before I start teaching a course I always ask: "Why do you want to become a bodyguard?"

Most of them have the right answer: they have the right motivation.

On BG teams I ask the individuals: "What do you bring to this team? What do you contribute?" If they can't answer, they don't have a clear understanding of what they're doing, and perhaps shouldn't be doing the job at all.

Over this series of articles in C&M, you have been able to look briefly at what it is to be a bodyguard, at the six bodyguard skills, at the equipment needed, and to a small extent the work itself. Few nations legislate to control standards of BG training; those that have – like Belgium – have ended up getting it wrong. In the UK you don't have to have trained as a BG to work as a BG. So training is voluntary, but more and more of those without training are being excluded from BG jobs.

The obvious key to getting the job is getting the training. But caveat emptor – let the buyer beware. Training is in vogue, and training companies are springing up and offering the 'instant bodyguard' – just add water and mix.

Remember that training isn't something you can do in a day or in a week. Beware of training companies that try to impress you by hiring in a well-known name, or hire a military or police facility – local and central government are trying to maximise their resources by offering facilities to the private sector, and using the same facilities as this, that or the other unit doesn't mean the training is up to standard.

The value of training lies solely in the simplicity of the technique, commonsense tactics, and a professional and mature approach. The end product is an employable professional. There are no short cuts, but then there are people employed in bodyguarding who are not professional. This is invariably because the client doesn't know our world, and is easily impressed with tales of derring do which appeal to the little boy in him, rather than coldly assessing the problem and recognising the solution in the form of a professional bodyguard.

A few weeks ago the IBA's Bureau of Military Training ran a BG course for elements of US Army Special Forces, US Navy Seals Teams 2,3 and 5, and the CIA controlled PSDs. Not long before this I had a stand-up argument with a former Navy Seal who maintained that being a Seal alone made him a bodyguard.

"Have you completed a BG course?" I asked

"I'm a Seal, I don't have to," came the reply.

"I think I'll tell everyone I am a Seal," I said

"You can't do that," he retorted.

"Why?"

"Because you haven't done the course."

"Exactly!"

With the developing situation in the Balkans, 22 SAS have started bodyguard training for their members after a break of nearly 18 years, to the understandable chargin of the Royal Military Police who took over the role in 1977. Being all-singing all-dancing is a recipe for re-inventing the wheel – and that is retrogressive.

Happy hunting on the job front !