

## **Dennis Haggard - "Rolling Resume" (Use of Force)**

### **Relevant Work History (Chronological)**

#### **November 2013 – Present**

**Company:** Self Employed **Location:** Thousand Oaks / Newbury Park Ca. and surrounding area **Position:** Coach (Use of Force Training / Conditioning)

#### **May 2012 – 2013**

**Company:** Walter Johnson and Associates **Location:** Moorpark Ca. **Position:** Private Investigator / Surveillance

#### **December 2011 – May 2012 (Included for continuity - Additional experience / observations related to ETOH consumption / influence)**

**Company:** La Cucina Di Venti **Location:** Newbury Park Ca. **Position:** Bartender

#### **February 2008 – 2010**

**Company:** 690 Martial Arts and Fitness **Location:** Moorpark Ca., Thousand Oaks Ca. **Position:** Owner / Coach

#### **September 1996 – February 2008**

**Company:** California Highway Patrol **Location:** Newhall (1997 -2000), Ventura (2000-2005), Moorpark, (2005 – 2008) **Position:** Officer

#### **1993 – 1996**

**Company:** Pruner Health Services / Careline California / Medtrans (company changing ownership) **Location:** Las Virgines and Malibu (North Los Angeles County) and various stations throughout Ventura County. **Position:** EMT (Emergency Medical Technician) / EMT-D (Defibrillator certified)

### **Military Experience / Specialized Training**

#### **August 1986 – December 1991**

United States Army

Location: Ft. Riley Kansas (1987 – 1988), Camp Page South Korea (1988 – 1989), Ft. Carson Colorado (1989 – 1991)

Position: AH-1 (Cobra) Helicopter Mechanic

#### **Specialized Training**

- AH-1 (Cobra) Helicopter Maintenance
- Nuclear, Chemical, Biological weapons decontamination team- Korea
- Crew served weapon (M60 machine gun)- Korea

## **Law Enforcement Experience / Specialized Training**

### **Specialized Assignments**

- Physical Methods of Arrest Instructor- Newhall, Ventura, Moorpark
- FOTS (Force Options Training Simulator) Instructor- Newhall, Ventura, Moorpark
- Gang Intelligence Liaison (to allied agencies gang units)- Moorpark
- Member California Gang Investigators Association- Moorpark
- Drug Recognition Evaluator (DRE)- Moorpark
- DRE Coordinator- Moorpark
- Field Training Officer- Ventura, Moorpark
- CPR Instructor- Newhall
- Assistant VIN (Vehicle Identification Number) Officer- Ventura
- Officer In Charge- Newhall, Moorpark
- Assistant Evidence Officer- Moorpark
- Assigned to Coordinate with allied agencies and area offices Amgen's Tour of California bicycle race as it moved through our area of responsibility- Moorpark

### **Specialized Training and Experience**

- California Highway Patrol Academy- 1996-1997 (Sacramento California)
- Techniques of Accident Investigation- Newhall 1998
- DIAP / EPIC Annual Highway Drug Interdiction Conference- San Antonio Texas, 1998 (28 hours of courses + networking with interdiction officers from around US)
- Desert Snow Advanced Highway Drug Interdiction- Phase 1, Phase 2, Phase 3, and Phase 4, Laughlin Nevada, (56 hours of courses)
- CPR Instructor Training- Newhall 1999
- DIAP / EPIC Annual Highway Drug Interdiction Conference- San Diego California, 1999 (28 hours of courses + networking with interdiction officers from around US)
- Radar Certification Training- Newhall 1999
- Advanced Drug Training- Ventura
- Auto Theft Investigator Course- Ventura 2002 (40 hours)
- Drug Recognition Evaluator Course- Ventura 2004
- K-9 Agitator Training (Gold Coast K-9)- Ventura (8 hours)
- Active Shooter Training (VSCO SWAT)- Ventura
- Cal-Gang database certification- Moorpark
- Numerous arrests for "under the influence" (controlled substances / alcohol) and personal possession of various controlled substances and paraphernalia. Highway drug interdiction seizure (1997 CHP Newhall) of approximately 65 pounds of methamphetamine with hydriodic acid and pharmaceutical grade ephedrine. Assisted in highway drug interdiction of approximately 50 pounds of cocaine (CHP Newhall)
- Courtroom Experience: I have testified on a variety of misdemeanor and felony cases for the District Attorney and City Attorney's Offices in Los Angeles and Ventura Counties. I have testified in both Municipal Courts and Superior Courts as well as at a parole hearing and several civil depositions.

## **Emergency Medical Services (EMS) Experience / Specialized Training**

### **Specialized Training**

- Emergency Medical Technician – UCLA 1993 (ongoing continuing education until prohibited by on duty accident and recovery in November 2005, while employed by the CHP. Certification expired when I could not maintain the continuing education through 2006).
- Wilderness EMT Training (search and rescue, navigation, special considerations, pre hospital field care in wilderness environment)- UCLA 1996
- CPR Instructor (Newhall CHP)
- CPR / AED

### **Specialized Assignments**

- The majority of the time between 1993 and 1996 I was assigned as a defibrillator certified EMT assisting a Paramedic partner (defibrillator- Lifepack 10 not AED so I was required to interpret heart rhythms as well). Our company was the primary pre-hospital medical authority at the time in Ventura County. As such, I have experience administering emergency medical care to patients who were victims of trauma, drug overdose, illness, and various medical conditions, etc. Such care was delivered under a variety of conditions in a pre-hospital setting. Additional experience gained during my employment with CHP (maintained EMT certification throughout). Total time as certified EMT approximately 15 years including ongoing experience in a variety of emergency situations.

### **Formal Education / Certifications**

- Thousand Oaks High School- Graduated 1986
- RMAX International Circular Strength Training – Coach
- RMAX International TACFIT – Field Instructor
- CPR / AED
- USA Boxing Coach (level 1)
- NRA Basic Pistol Instructor
- NRA Range Safety Officer
- Armiger Police Training Institute (taught by Kenneth Murray, Director of Training) – 5 Day Reality Based Training Instructor School (40 hours) September 15 -19, 2014
- General Dynamics Ordinance and Tactical Systems - Law Enforcement 3 Day Simulations FX® Scenario Instructor and Safety Certification Course (24 hours) October 6-8, 2014 (I have maintained a current certification through General Dynamics Ordinance and Tactical Systems through ongoing safety certifications at the required intervals since this initial class)

## **Additional Relevant Training And Experience**

### **Firearms**

International Tactical Training Seminars Inc. (Scott Reitz, Head Instructor) –

- Defensive Handgun II (16 hours) June 21-22, 2014
- Defensive Handgun III (16 hours) October 18-19, 2014
- Advanced Handgun (16 hours) December 13-14, 2014
- 5 Day Ultimate Tactical Course (40 hours) May 27-31, 2015
- Master's Class (Handgun) (16 hours) December 19-20, 2015
- Problem Solving Tactics 1 (Handgun) (16 hours) May 14-15, 2016
- Active Shooter / Critical Response (Handgun) (16 hours) August 20-21, 2016

### **Martial Arts / Combatives**

Actively training in various martial arts, combatives, and related conditioning since 1985

Martial arts in which a black belt rank or higher was achieved:

- Tae Kwon Do – 1<sup>st</sup> degree, Korea
- Shaolin Kung Fu- 1<sup>st</sup> degree, California (awarded by David and Sharon Soard of Boulder / Denver, Colorado)
- To Shin Do- 2<sup>nd</sup> degree, California (awarded in Ohio by Stephen Hayes)
- Co Founder- NTC, California with Brandon Jones
- USA Boxing Coach certification (level 1)

Seminar Classes / Private Training Sessions (beyond ongoing training)

- Basic Combatives & Atra Manus - (Callidus Collective Cadre, Head Combatives Instructor) Phil (16 + hours) December 11-12, 2020
- Private Instruction (“IMA” ground force / unified body movement combative application) - Tim Cartmell (2 hours) February 9, 2021
- Private Instruction (IMA – “Sun?” style Baquaxiang) – Tim Cartmell (2 hours) June 17, 2021
- Private Instruction (IMA – Sun style Baquaxiang – Tim Cartmell (2 hours), December 16, 2021
- Private Instruction (IMA – Sun Style Baquaxiang – Tim Cartmell (2 hours) May 19, 2022
- Private Instruction (IMA – Sun Style Baquaxiang / Xingyiquan – Tim Cartmell (2 hours) June 23, 2022
- Private Instruction (IMA – Sun Style Baquaxiang / Xingyiquan – Tim Cartmell (2 hours) April 6, 2023
- Ongoing learning (practice w/ local training partners) member of Shinobi Science training community - Dennis Mahoney and Derek Thompson (Member Shinobi Science

begin February 2021). Occasional private instruction (2 hour blocks) taken with Derek Thompson in addition to weekly group classes.

Additional training in Kenpo while stationed in Colorado Springs, though Black Belt rank was not achieved in that system before I moved from the area and was unable to continue.

### **Performance Conditioning / Health and Fitness**

RMAX International Circular Strength Training Certifications since February 2007

RMAX International TACFIT Certification (Field Instructor level certification)

(These certifications are now expired)

### **Additional Development of Awareness / Observational Skills**

Basic Tracking (Earth Skills – James Lowery)

Plant Uses (Earth Skills – James Lowery)

### **Continuing Education / Relevant Study**

The Continuing Education / Relevant Study section is broken into categories by subject with sub-categories of type (Primarily: Book, Research Paper, Audio Visual, and Online Article / Blog Entry). Please note that there is a lot of crossover and many of these entries could fit into more than one category. This list is updated regularly. If an inoperative link is found or you believe an item fits more appropriately in another category, please contact us (usually a quick Google search of the title and author will get you to the source if you do not want to wait for our reply to read the entry yourself). This is intended as a resource for those who wish to study further and I like to attempt to keep it as user friendly and up to date as possible - Dennis

#### **Categories**

- Use of Force (Strategic Theory)
- Use of Force (Psychology / Neurology / Expertise - Expert Performance)
- Use of Force (Legal: Criminal / Civil)
- Use of Force (Forensics / Ballistics)
- Use of Force (Situational Awareness / Communication: Verbal + Non-Verbal / Attention Management)
- Use of Force (Technical Instruction / Training Methodology)
- Criminal Interdiction / Search and Seizure / Drug - Alcohol Influence
- Conditioning / Performance / Attribute Development / Nutrition
- Medical / Anatomy

## Use of Force (Strategic Theory)

### Books

- Science, Strategy and War, The strategic theory of John Boyd- Frans P.B. Osinga (Accompanying this study was the full set of slides used by Boyd in his presentations including Patterns of Conflict, Discourse and Conceptual Spiral, Organic Design Command and Control... etc... These were used in conjunction with study of Osinga's book to dramatically increase my depth of understanding of this material as were video's found online of Boyd actually giving presentations including Patterns of Conflict Links to pages: <https://www.youtube.com/channel/UCzBkYYwAE2pOzBRYFyBcf9g> / and <https://www.youtube.com/channel/UCZH7vcBU8YZdtFG4mLo3Jcg> )
- The Art Of Warfare – Sun-Tzu (translated by Roger Ames, the first English translation incorporating the Yin-Ch'ueh-Shan texts)
- Sun Tzu and the Art of Modern Warfare – Mark R. McNeilly
- MCDP 1 Warfighting (US Marine Corps Maneuver Warfare Manual, Department of the Navy, Version with forward written 20 June, 1997)
- Maurice's Strategikon, Handbook of Byzantine Military Strategy – Translated by George T. Dennis
- The Book of 5 Rings – Miyamoto Musashi (Translation and commentary by Bradford Brown, Yuko Kashiwagi, William Barrett, Eisuke Sasagawa – 1982)
- The Book of 5 Rings - Miyamoto Musashi (Translation by D.E. Tarver)
- On War – Carl Von Clausewitz
- Team of Teams: New Rules of Engagement for a Complex World – Stanley McChrystal with Tatum Collins, David Silverman, and Chris Fussell
- Sentinal – Patrick McNamra
- The Hustler - Maija Soderholm
- A New Conception of War: John Boyd, the U.S. Marines, and Maneuver Warfare - Ian T. Brown
- Deciphering Sun Tzu: How to Read The Art of War - Derek M C Yuen
- A Treatise on Efficacy Between Western and Chinese Thinking - Francois Jullien (Translation by Janet Lloyd)
- The John Boyd Roundtable: Debating Science, Strategy, and War – Mark Safranski (editor), Daniel H. Abbott, Shane Deichman, Adam Elkus, “Lexington Green”, Frank Hoffman, Dr. Frans Osinga, Dr. Chet Richards, Thomas Wade

### Papers

- Chaos Theory, The Essentials for Military Applications – Glenn E. James, Major, U.S. Air Force
- Evolution and the Theory of Games: In Situations Characterized by Conflicts of Interest, the Best Strategy to Adopt Depends on What Others are Doing – J. Maynard Smith

### Audio Visual

- Ballistic Radio Interview of Claude Werner re: Boyd's OODA loop (43:57) (<http://content.blubrry.com/ballisticradio/BALLISTICRADIO020716.mp3>) :

#### Online Articles / Blog Entries

- Let's Get Closer: Remembering the Relevance of Close Combat (Army Magazine 2004 / Johns Hopkins Applied Physics Laboratory – National Security Analysis Staff) – LTC(R) R. R. Leonhard Ph.D
- Got a Second? Boyd's OODA Cycle in the Close Quarter Battle Environment – Ken J. Good (Progressive Combat Solutions)
- Putting Orient Back in OODA (<https://tacticalprofessor.wordpress.com/2015/04/13/putting-orient-back-into-ooda/>) – Claude Werner

#### **Use of Force (Psychology / Neurology / Expertise - Expert Performance)**

#### Books

- The Cambridge Handbook of Expertise and Expert Performance - Edited by: K Anders Ericsson, Neil Charness, Paul J Feltovich, Robert R Hoffman
- Peak: Secrets from the New Science of Expertise - Anders Ericsson, Robert Pool
- Sources of Power, How People Make Decisions – Gary Klein
- Predictably Irrational, The Hidden Forces That Shape Our Decisions- Dan Ariely
- The Gift of Fear- Gavin DeBecker
- Mindset – Carol S. Dweck
- Lateral Thinking – Edward de Bono
- Choke: What the Secrets of the Brain Reveal About Getting it Right When You Have To – Sian Beilock
- Flow: The Psychology of Optimal Experience – Mihaly Csikszentmihalyi
- Neural Based Training: Book One: Retrospectives – Marcus Wynne, Peter Morgan, Kristian Lambine
- The Dark Side of Man – Michael P Ghiglieri
- On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace- Lt. Colonel David Grossman PHD, and Loren Christiansen
- On Killing: The Psychological Cost of Learning to Kill in War and Society- Lt. Colonel David Grossman PHD
- Warrior Mindset- Dr. Michael Asken, Lt. Colonel Dave Grossman, Loren Christensen
- Sharpening the Warrior's Edge, The Psychology and Science of Training – Bruce K. Siddle
- Meditations on Violence: A Comparison of Martial Arts Training and Real World Violence - Rory Miller
- Deep Survival – Laurence Gonzales
- Without Conscience: The Disturbing World of the Psychopaths Among Us – Bert D. Hare

- Mindfulness – Ellen J Langer
- The Survivor Personality – Al Siebert
- Blink, The Power of Thinking Without Thinking – Malcolm Gladwell
- No Second Place Winner – William H. “Bill” Jordan
- The Champion’s Mind, How Great Athletes think, Train, and Thrive – Jim Afremow
- Mastery – George Leonard
- Mastery – Robert Greene
- How the Body Knows It’s Mind – Sian Beilock
- Spark: The Revolutionary New Science of Exercise and the Brain – John J Ratey, Eric Hagerman
- Hardiness: Turning Stressful Circumstances Into Resilient Growth (Springer briefs in psychology) - Salvatore R Maddi
- Grit: The Power of Passion and Perseverance - Angela Duckworth
- Willpower: Rediscovering the Greatest Human Strength - Roy Baumeister, John Tierney
- Antifragile: Things That Gain From Disorder - Nassim Nicholas Taleb
- Unbeatable Mind (3<sup>rd</sup> Edition) - Mark Divine
- The Talent Code - Daniel Coyle
- Talent is Overrated - Geoff Colvin
- Atomic Habits – James Clear
- Nerve - Taylor Clark
- The 7 Habits of Highly Successful People – Stephen R Covey
- A Guide to Zen, Lessons from a Modern Master (mental training to become more flexible in thinking / discard mental models more rapidly / increase Orientation) – Katsuki Sekida
- Zen Mind, Beginners Mind, Informal talks on Zen meditation and practice – Shunryu Suzuki
- Thinking Body, Dancing Mind - Chungliang Al Huang, Jerry Lynch
- Everyday Survival, Why Smart People Do Stupid Things – Laurence Gonzales
- Archimedes’ Bathtub, the Art and Logic of Breakthrough Thinking – David Perkins
- In the Gravest Extreme – Masaad Ayoob
- Gun Digest Book of Combat Handgunnery, 6th Edition – Masaad Ayoob
- FM 21-76, Survival
- How to Survive (TEOTWAWKI), Tactics, Techniques and Technologies for Uncertain Times – James Wesley, Rawles
- How to Stay Alive in the Woods – Bradford Angier
- Wilderness Survival Handbook – Michael Pewtherer
- 7 Pillars of Wisdom (A Triumph) - T. E. Lawrence
- Delta Force - Charlie A Beckwith and Donald Knox
- Emergence: The Connected Lives of Ants, Brains, Cities, and Software – Steven Johnson
- Will: The Autobiography of G. Gordon Liddy - G. Gordon Liddy
- The Men, The Mission, and Me, Lessons From a Former Delta Force Commander – Pete Blaber
- Brotherhood of Warriors – Aaron Cohen
- Inside Delta Force – Eric L. Haney

- Churchill's Ministry of Ungentlemanly Warfare: The Mavericks Who Plotted Hitler's Defeat - Giles Milton
- SOE's Secret Weapons Centre Station 12 - Des Turner

### Papers

- Force Science News Transmission #50 (How are 5%ers Created? By "Effortful Study" New Report Says) – Force Science Institute citing Dr. Bill Lewinski, Director of Force Science Research Center at Minnesota State University Mankato and referencing "The Expert Mind" by Philip E. Ross
- Expert Performance and Deliberate Practice (an updated excerpt from Ericsson (2000)) – K.A. Ericsson
- Seeing the Invisible: Perceptual - Cognitive Aspects of Expertise (in M. Rabinowitz [ed.] *Cognitive Science Foundations of Instruction* [pp 203-226] [1992] ) - G.A. Klein, R.R. Hoffman
- The Common Denominator of Success – Albert E N Gray
- The Relative Effectiveness of Various Instructional Approaches in Developing Anticipation Skill (Journal of Experimental Psychology: Applied, 2005, Vol. 11, No. 2, 98-110)- Nicholas J Smeeton, A Mark Williams, Nicola J Hodges, Paul Ward
- Integration of the Cognitive and the Psychodynamic Unconscious - Seymour Epstein
- Why People 'Freeze' in an Emergency: Temporal and Cognitive Constraints on Survival Responses – John Leach
- Restraint in the Use of Deadly Force, a Preliminary Study (FBI Law Enforcement Bulletin June 2012) – Anthony J. Pinizzotto, Edward F. Davis, Shannon B. Bohrer, Benjamin J. Infanti
- Violent Encounters: A Study of Felonious Assaults on Our Nations Law Enforcement Officers (US DOJ FBI) – Anthony J. Pinizzotti, Edward F. Davis, Charles E. Miller
- The Modern Warrior, a Study in Survival (FBI Law Enforcement Bulletin October 2003 pg 21-27) – Richard H. Norcross
- Uniform Crime Report, Law Enforcement Officers Killed and Assaulted 2015, Selected Summaries of Officers Assaulted and Injured and Firearms or Knives/ Other Cutting Instruments – US DOJ released Fall 2016
- Uniform Crime Report, Law Enforcement Officers Killed and Assaulted 2015, Summaries of Officers Feloniously Killed – US DOJ released Fall 2016
- US DOJ FBI A Study of Active Shooter Incidents in the United States Between 2000 and 2013
- One Shot Drops: Surviving the Myth (FBI Law Enforcement Bulletin, October 2004, Volume 73, Number 10) – Anthony J. Pinizzotto, Harry A. Kern, Edward F. Davis
- Empirical Basis and Forensic Application of Affective and Predatory Violence – J. Reid Meloy
- A Comparative Analysis of North American Adolescent and Adult Mass Murderers – J. Reid Meloy, Anthony G. Hempel, B. Thomas Gray, Kris Mohandie, Andrew Shiva, Thomas C. Richards
- Would Banning Firearms Reduce Murder and Suicide: A Review of International and Some Domestic Evidence – Don B. Kates, Gary Mauser

- Police Use of Force – Mark Curtis Wittie (Sam Houston State University)
- The Effectiveness of Use of Force Simulation Training Final Report – Craig Bennell, Ph.D. , Natalie J. Jones, B.A. (Honors) Dept. of Psychology Carleton University
- Errors in Shooting Judgment And Performance By Law Enforcement Personnel During A Stressful Training Scenario – James L. Meyerhoff, George A. Saviolakis, and Bob Burge, Dept. of Applied Neurobiology, Div. Neuroscience, Walter Reed Army Institute of Research / William Norris, Terry Wollert, and Valerie Atkins, Federal Law Enforcement Training Center (FLETC) / Charles D. Spielberger, Dept. of Psychology, University of South Florida
- Reasonableness and Reaction Time – J. Pete Blair, Joycelyn Pollock, Don Montague, Terry Nichols, John Curnutt, David Burns (Also applies to Legal: Criminal / Civil section)
- Use of Force Policies and Training: A Reasoned Approach – Thomas D. Petrowski J.D. (from FBI Law Enforcement Bulletin, October 2002 Volume 71 Number 10) (Also applies to Legal: Criminal / Civil section)
- An Ideal Use of Force Model for Law Enforcement: An Assessment of the Austin Police Department – Rolando A. Delgado (Texas State University, Dept. of Political Science, Public Administration Program) (Also applies to Legal: Criminal / Civil section)
- Analyzing Perceptions and Misperceptions of Police Officers in Lethal Force Virtual Simulator Scenarios – Darrell L. Ross Ph.D, Randall L. Murphy, Michael H. Hazlett, Ph.D
- Force Science News #49 (Early Findings in New Study Confirm: More Training Brings Better Response and Memory in High Intensity Encounters) – Force Science Institute citing Dr. Bill Lewinski
- (AELE Lethal and Less Lethal Force Workshop) Perceptual and Memory Distortions During Officer Involved Shootings (2008 Update) - Alexis Artwohl
- Perceptual Distortions in Deadly Situations (Body Worn Video Steering Group, online article [relevant to Graham vs Connor case law], Jan 13, 2015, <http://www.bwvsg.com/news/perceptual-distortion-deadly-situations/> ) (Also applies to Legal: Criminal / Civil section)
- The Effects of Grip Strength and Firearms Discharge – Donald Rodd Ph.D, Michelle Woodburn MPSA, Gregory Wilson P.E.D.
- New Tests: Even inexperienced shooters can be fast, accurate when shooting cops (study summary) – conducted by – Bill Lewinski Ph.D, Ron Avery, Ed Janke, Dennis Kocken, Bob Willis, Randy Revling, Erik Walters
- Intuition: A fundamental bridging construct in the behavioral sciences – Gerard P. Hodgkinson, Janice Langan-Fox, Eugene Sandler-Smith
- The Risk of Being Shot At: Stress, Cortisol Secretion, and Their Impact on Memory and Perceived Learning During Reality-Based Practice for Armed Officers – John Taverniers, Tom Smeets, Joris Van Ruysseveldt, Jef Syroit, Jasper von Grumbkow
- Psychological Hardiness Predicts Success in US Army Special Forces Candidates – Paul T Bartone, Robert R Roland, James J Picano, Thomas J Williams
- Optimizing US Navy SEAL Selection- Lisa J Mills, Janet D Held
- Mindfulness in Action: Discovering how Navy SEALs Build Capacity for Mindfulness in High-Reliability Organizations (2016) -Amy Fraher, Layla Branicki, and Keith Grant

- Commentary on *Mindfulness in Action: Discovering how Navy SEALs Build Capacity for Mindfulness in High-Reliability Organizations (HROS)*- Timothy J Vogus, Kathleen M Sutcliffe
- Mindfulness and Individual Error Orientation in High Reliability Organizations - Ellen Choi (Supervisor - Alison Konrad)
- Mindfulness for Intercultural Interaction v2, a Compilation of Quotations - (Compiled by) Helen Spencer-Oatey
- Clarifying the Construct of Mindfulness in the Context of Emotion Regulation and the Process of Change in Therapy - Adele M Hayes, Greg Feldman
- Information Processing Changes During Extended Stress – Wayne C Harris, P A Hancock, Scot C Harris
- Police Handgun Qualification: Practical Measure or Aimless Activity? – Gregory B Morrison, Bryan J Vila
- Choking Under Pressure in Competition and Psychological Intervention Approaches (National Strength & Conditioning Association Journal Volume 25) – Jin Wang PhD, Douglas Callahan PhD, Bernie Goldfine PhD
- Sports Experience Changes the Neural Processing of Action Language – Sian L. Beilock, Ian M. Lyons, Andrew Mattarella-Micke, Howard C. Nausbaum, Steven L. Small
- A Measure of Situation Apprehension, Outcome Prediction, and Performance in One Microworld – Persson, M., Regas, G.
- Improving Acute Stress Responses: The Power of Reappraisal – Jeremy P Jamieson, Wendy Berry Mendes, Matthew K Nock
- fMRI BOLD Signal Changes in Elite Swimmers While Viewing Videos of Personal Failure – Henry Davis IV, Mario Liotti, Elton T Ngan, Todd S Woodward, Jared X Van Snellenberg, Sari M Van Anders, Aynsley Smith, Helen S Mayberg
- (Psychology) What is the Stimulus That Gives Rise to a Specific Response (<http://www.brianmac.co.uk/articles/scni26a4.htm> originally from: VILE, A. (2005) What is the stimulus that gives rise to a specific response? Brian Mackenzie's Successful Coaching, (ISSN 1745-7513/ 26 / October), p. 5-6) – Adam Vile
- (Psychology) Mental Models, Noticing Distinctions (<http://www.brianmac.co.uk/articles/scni14a7.htm> originally appeared: VILE, A. (2004) Mental Models - Noticing distinctions. Brian Mackenzie's Successful Coaching, (ISSN 1745-7513/ 14 / July-August), p. 8-10 – Adam Vile
- Relaxation (<http://www.brianmac.co.uk/relaxation.htm#hypnosis> originally: MACKENZIE, B. (2000) Relaxation [WWW] Available from: <http://www.brianmac.co.uk/relaxation.htm> [Accessed 5/2/2015] - B. Mackenzie
- Relaxation Techniques (<http://www.brianmac.co.uk/relax.htm> adapted from: BROOK, N. (1993) How to prepare athletes to maintain control in high level competition. Athletics Coach, 30 (3), p. 10-19 – N. Brook
- The Impact of Cybernetics Ideas on Psychology - Anatol Rapoport
- Characteristics and Consequences of Adult Learning Methods and Strategies – Carol M. Trivette, Carl J. Dunst, Deborah W. Hamby, Chainey E. O'Herin
- Left Brain vs Right Brain, It's a Myth, Research Finds (article on livescience.com)- Christopher Wanjek

- The Real Neuroscience of Creativity (Scientific American website) – Scott Barry Kaufman
- The Creative ‘Flow’: How to Enter That Mysterious State of Oneness – Scott Barry Kaufman
- Capturing Creativity (Brain, A Journal of Neurology – Oxfordjournals.org) – Timothy D. Griffiths
- The Creativity Crisis – Po Bronson, Ashley Merryman
- A Journey Into Chaos: Creativity and the Unconscious (PMC US National Library of Medicine National Institutes of Health Journal - Mens Sana Monogr. 2011 Jan-Dec; 9(1): 42–53. doi: 10.4103/0973-1229.77424 ) - Nancy C. Andreasen
- The Mind of Expert Motor Performance is Cool and Focused – John Milton, Ana Solodkin, Peter Hlustik, Steven L Small
- Enhancing Performance Under Stress: Stress Inoculation Training For Battlefield Airman – Sean Robson, Thomas Manacapilli
- Stress Training and the New Military Environment – R Delahajj, A W K Gaillard, J M L M Soeters
- Military Application of Performance-Enhancement Psychology – Nathaniel Zinsser, Larry D Perkins, Pierre D Gervais, Gregory A Burbelo
- Waiting Game: What Tennis Teaches Us (online article, Financial Times: <https://www.ft.com/content/4551e9ee-b9fd-11e1-937b-00144feabdc0> ) - Frank Partnoy
- *1990 Eleanor Clarke Slagle Lecture* Resilience and Human Adaptability: Who Rises Above Adversity? – Susan B Fine
- Personal Resilience as a Strategy for Surviving and Thriving in the Face of Workplace Adversity: A Literature Review – Debra Jackson, Angela Firtko, Michael Edenborough (Journal of Advanced Nursing 60(1), 1-9, doi: 10.1111/j.1365-2648.2007.04412.x
- The Significance of Self-Control - Angela Duckworth
- How Breath Control Can Change Your Life: A systematic Review On Psycho-Physiological Correlates of Slow Breathing - Andrea Zaccaro, Andrea Piarulli, Marco Laurino, Erika Garbella, Danilo Menicucci, Bruno Neri, Angelo Gemignani
- A Mixed Method Investigation of Past Trainees’ Perceptions of a Critical Incident Situational Awareness Training Program – Aminda J O’Hare, Amanda Beer (Journal of Police and Criminal Psychology)

#### Audio Visual

- All By Ourselves: Chet Richards (Keynote Speaker) LKCE Munich November 16-17, 2015 (Video – approximately 1 hour)
- Combat Mindset: A Personal Story From Travis Haley (<https://www.youtube.com/watch?v=GLIju19Mys> 11:40 )
- Mindfulness Over Matter (Video of lecture: [https://www.youtube.com/watch?feature=player\\_embedded&v=NuPr0bLEI\\_g](https://www.youtube.com/watch?feature=player_embedded&v=NuPr0bLEI_g) 22 min 20 sec) – Ellen Langer
- The Neuroscience of Courage and Fear (Neurohacker Collective podcast, November 23, 2017. Approx. 1hr 17min. <https://neurohacker.com/the-neuroscience-of-courage-and-fear>) - Interview of Dr. Andrew Huberman by Daniel Schmachtenberger

- A Burglar's Guide to the City: On Architecture and Crime - Presentation by the Berkman Klein Center for Internet and Society / Interview and Q&A with Geoff Manaugh. (Approx. 59.46 <https://www.youtube.com/watch?v=iSltqxfWkk&t=1s> )

#### Online Articles / Blog Entries

- The Expert Mind – Philip E Ross (Scientific American 2006)
- The Effort Effect (in Stanford Alumni Magazine) – Marina Krakovski
- Obsolescence: The Police Firearms Training Dilemma – Thomas J. Aveni MSFP (Police Policy Studies Council)
- Motivating Players Through Anchoring (article: <http://www.thesportinmind.com/articles/motivating-players-through-anchoring/>) – Ray Power
- Breaking Down the Block! (Athletes) (Gymnastics / Figure Skaters) – Alison Arnold
- Killing For Their Country: A New Look At “Killology” – Robert Engen
- The Dave Grossman Debate – an analysis of ideas exchanged between Lt. Col. David Grossman and Tom Aveni between Aug 8 – 11 , 2001, accessed from the Police Policy Studies Council <http://www.theppsc.org/Grossman/Main-R.htm>
- S.L.A Marshall's Men Against Fire: New Evidence Regarding Fire Ratios – John Whiteclay Chambers II (Parameters, Autumn 2003) Accessed from Police Policy Studies Council [http://www.theppsc.org/Grossman/SLA\\_Marshall/Bad-Firing-Data.htm](http://www.theppsc.org/Grossman/SLA_Marshall/Bad-Firing-Data.htm)
- Training Accidents – David Griffith (referenced online at - <http://www.policemag.com/channel/careers-training/articles/2013/04/training-accidents.aspx>)
- Thoughts on Force on Force Training (1) – Ken J. Good (Progressive Combat Solutions) w/ Addendum excerpts from Force Under Pressure, How Cops Live and Why They Die by Lawrence N Blum Ph.D.
- Thoughts on Force on Force Training (2) – Ken J. Good (Progressive Combat Solutions)
- Who is Training Whom – Ken J. Good (Progressive Combat Solutions)
- Experience, Intuition, and Techniques in Context of Conflict – Ken J. Good (Progressive Combat Solutions)
- Intuition on the Street: Harnessing the Power of the 6th Sense – Jim Glennon (PoliceOne.com, <http://www.policeone.com/health-fitness/articles/1639260/> )
- Intuition on the Street Part 2: Rationalizing the Irrational – Jim Glennon (PoliceOne.com, <http://www.policeone.com/columnists/jim-glennon/articles/1647830/> )
- Weapons and Carry Methods for Foreign Travel (<http://www.activeresponsetraining.net/weapons-and-carry-methods-for-foreign-travel>) – Greg Ellifritz
- Using a Fire Extinguisher as a Weapon (<http://www.activeresponsetraining.net/using-a-fire-extinguisher-as-a-weapon>) – Greg Ellifritz
- Enough Gun? (<http://www.activeresponsetraining.net/enough-gun>) – Greg Ellifritz
- Weapon Mounted Lights and a Dirty Little Secret (<http://www.activeresponsetraining.net/weapon-mounted-lights-and-a-dirty-little-police-secret>) – Greg Ellifritz

- “Combatives” Which Cage Do You Fight In? – Ken J. Good (Progressive Combat Solutions)
- The 2013 LEOKA Report: Studying the Cop Killers (<http://www.activeresponsetraining.net/the-2013-leoka-report-studying-the-cop-killers>) – Greg Ellifritz
- 10 Lessons Learned From the New FBI Study on Active Shooters (<http://www.activeresponsetraining.net/10-lessons-learned-from-the-new-fbi-study-on-active-shooters>) – Greg Ellifritz
- Training vs Experience (<http://www.activeresponsetraining.net/training-vs-experience>) – Greg Ellifritz
- Can Mindset Trump Skill? (<http://www.iacombatives.com/2015/01/20/can-mindset-trump-skill/>) – Cecil Burch
- Former Cop Shares Lessons on Deadly Force (Law Officer, Monday June 29, 2015: [http://www.lawofficer.com/articles/2015/06/former-cop-shares-lessons-on-deadly-force.html?utm\\_content=bufferca344&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer](http://www.lawofficer.com/articles/2015/06/former-cop-shares-lessons-on-deadly-force.html?utm_content=bufferca344&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer)) – Martha Irvine
- Maniacs, Mortals, and Murder (online article: <http://www.progressivecombat.com/?p=4500>) – Ken J Good
- Lessons From Real Life, the Potato Chip Assault (<http://www.gunnuts.net/2016/04/08/lessons-from-real-life-the-potato-chip-assault/>) – “Tim”
- The Right Approach to Concealed Carry (<http://www.gunnuts.net/2016/02/25/the-right-approach-to-concealed-carry/>) – “Tim”
- Basic Knife Skills for Concealed Carry With Greg Ellifritz (<http://www.gunnuts.net/2016/02/18/basic-knife-skills-for-concealed-carry/>) – “Tim”
- Vulnerability and Hostile Behavior (<http://www.gunnuts.net/2016/02/04/vulnerability-and-hostile-behavior/>) – “Tim”
- Should You Carry OC Spray (<http://www.gunnuts.net/2016/01/28/should-you-carry-oc-spray/>) – “Tim”
- Interview With a Burglar (<http://www.gunnuts.net/2015/12/31/interview-with-a-burglar/>) – “Tim”
- Lethal Force is a Last Resort (<http://www.gunnuts.net/2015/12/24/lethal-force-is-a-last-resort/>) – Tim
- Concealed Carry (review & good info + surveillance video footage) Vehicle Environment Skills by FPF Training (<http://www.gunnuts.net/2015/12/10/concealed-carry-vehicle-environment-skills-by-fpf-training/>) – Tim
- The Time to Fight (<http://www.gunnuts.net/2015/12/03/the-time-to-fight/>) – Tim
- Listen to Your Instincts (<http://www.gunnuts.net/2015/11/12/listen-to-your-instincts/>) – Tim
- The Importance of Confidence (<http://www.gunnuts.net/2015/10/22/the-importance-of-confidence/>) – Tim
- Trigger Control Myths and Misconceptions (<http://www.gunnuts.net/2015/10/01/trigger-control-myths-and-misconceptions/>) – Tim
- The Grudge (<http://www.gunnuts.net/2015/08/27/the-grudge/>) – Tim

- Welcome to the Jungle (<http://www.gunnuts.net/2015/08/20/welcome-to-the-jungle/>) – Tim
- Hard Lines (<http://www.gunnuts.net/2015/07/30/hard-lines/>) – Tim
- Death Sentences (<http://www.gunnuts.net/2015/06/03/death-sentences/>) – Tim
- An Ounce of Prevention (<http://www.gunnuts.net/2015/05/21/an-ounce-of-prevention/>) – Tim
- The Unthinkable in Texas (<http://www.gunnuts.net/2015/05/05/the-unthinkable-in-texas/>) – Tim
- Opportunism Understood (<http://www.gunnuts.net/2014/09/04/opportunism-understood/>) – Tim
- The Mind of a Violent Criminal (<http://www.gunnuts.net/2014/10/15/the-mind-of-a-violent-criminal/>) – Tim
- Criminal Case Study, Bad Guys Do Not Hesitate (<http://www.gunnuts.net/2013/12/13/criminal-case-study-bad-guys-do-not-hesitate/>) – Tim
- Criminal Case Study, Bad Guys Have Experience (<http://www.gunnuts.net/2013/12/05/criminal-case-study-bad-guys-have-experience/>) – Tim
- Criminal Case Study, Bad Guys Have a Plan (<http://www.gunnuts.net/2013/11/27/criminal-case-study-bad-guys-have-a-plan/>) – Tim
- (Review) Unthinkable Part 1 (<http://www.gunnuts.net/2015/04/16/unthinkable-part-1/>) – Tim
- (Review) Unthinkable Part 2 (<http://www.gunnuts.net/2015/04/23/unthinkable-part-2/>) – Tim
- Ignore the Gunstore Doctors, Take the Ride (<http://www.gunnuts.net/2015/04/01/ignore-the-gunstore-doctors-take-the-ride/>) – Tim
- (Review) Experiential Learning Laboratory with Craig “Southnarc” Douglas (<http://www.gunnuts.net/2015/03/19/experiential-learning-laboratory-with-craig-southnarc-douglas-the-stuff-you-dont-learn-in-gun-school/>) – Tim
- (Review) Weapon Retention / Disarms with Paul Sharp (<http://www.gunnuts.net/2015/03/05/weapon-retentiondisarms-with-paul-sharp/>) – Tim
- Outnumbered, Outgunned, and Completely Victorious (<http://www.gunnuts.net/2015/02/18/outnumbered-outgunned-and-completely-victorious/>) – Tim
- I Didn’t Want to Do That (<http://www.gunnuts.net/2015/01/28/i-didnt-want-to-do-that/>) – Tim
- The Cost of Stupidity (<http://www.gunnuts.net/2015/01/07/the-cost-of-stupidity/>) – Tim
- Do Not Expect a Ticker Tape Parade (<http://www.gunnuts.net/2014/12/17/do-not-expect-a-ticker-tape-parade/>) – Tim
- The Danger of Fists (<http://www.gunnuts.net/2013/07/22/the-danger-of-fists/>) – Tim
- One of the Real Causes of Violent Crime (<http://www.gunnuts.net/2014/11/06/one-of-the-real-causes-of-violent-crime/>) – Tim
- The Mind of a Violent Criminal (<http://www.gunnuts.net/2014/10/15/the-mind-of-a-violent-criminal/>) – Tim

- The Consequences of Cooperation (<http://www.gunnuts.net/2014/11/13/the-consequences-of-cooperation/>) – Tim
- 911 Isn't a Self-Defense Strategy (<http://www.gunnuts.net/2014/09/25/911-isnt-a-self-defense-strategy/>) – Tim
- Treat Home Invaders Like...Well...Invaders ([www.gunnuts.net/2014/09/18/treat-home-invaders-like-well-invaders/](http://www.gunnuts.net/2014/09/18/treat-home-invaders-like-well-invaders/)) – Tim
- The Problem With “Holding” Bad Guys (<http://www.gunnuts.net/2014/06/26/the-problems-with-holding-bad-guys/>) – Tim
- Lessons From Las Vegas (<http://www.gunnuts.net/2014/06/12/lessons-from-las-vegas/>) – Tim
- The Importance of Improvisation (<http://www.gunnuts.net/2014/04/24/the-importance-of-improvisation/>) – Tim
- Platitudes Aren't Plans (<http://www.gunnuts.net/2014/03/27/platitudes-arent-plans/>) – Tim
- Lethal Response to an Unarmed Attack (<http://www.gunnuts.net/2014/02/28/lethal-response-to-an-unarmed-attack/>) – Tim
- Interacting With Icebergs (<http://www.gunnuts.net/2014/02/27/interacting-with-icebergs/>) – Tim
- Lessons From the Real World, Chicago Gas Station Shooting (<http://www.gunnuts.net/2014/02/20/lessons-from-the-real-world-chicago-gas-station-shooting/>) – Tim
- Excellence vs Competence (<http://www.gunnuts.net/2013/10/03/excellence-vs-competence/>) – Tim
- Competence vs Excellence Round 2 (<http://www.gunnuts.net/2013/10/10/competence-vs-excellence-round-2/>) - Tim
- You Are On Your Own (<http://www.gunnuts.net/2014/01/30/youre-on-your-own/>) – Tim
- Stupidity is a Luxury (<http://www.gunnuts.net/2013/11/21/stupidity-is-a-luxury/>) – Tim
- The Capacity Question Part 1 (<http://www.gunnuts.net/2013/10/17/the-capacity-question-part-1/>) – Tim
- The Capacity Question Part 2 (<http://www.gunnuts.net/2013/10/24/the-capacity-question-part-2/>) – Tim
- The Capacity Question Part 3 (<http://www.gunnuts.net/2013/10/31/the-capacity-question-part-3/>) – Tim
- What Are the Odds (<http://www.gunnuts.net/2013/09/12/what-are-the-odds/>) – Tim
- Understanding the Criminal Mind (linked podcast interview with William Aprill noted elsewhere in this list) (<http://www.gunnuts.net/2013/08/16/understanding-the-criminal-mind/>) – Tim
- Following Up on Fists (<http://www.gunnuts.net/2013/08/01/following-up-on-fists/>) – Tim
- Think Defensively (<http://www.gunnuts.net/2013/07/18/thinking-defensively/>) – Tim
- What is at Stake in a Home Invasion (<http://www.gunnuts.net/2013/06/25/whats-at-stake-in-a-home-invasion/>) – Tim
- Mindset: As Explained by Jared Reston (<http://www.gunnuts.net/2013/04/18/mindset-as-explained-by-jared-reston/>) – Tim

- Tactical vs Competition: There is no Controversy (<http://www.gunnuts.net/2013/04/11/tactical-vs-competition-theres-no-controversy/#more-11619>) – Tim
- Who Needs More Than 10 Rounds (<http://www.gunnuts.net/2013/01/31/lets-talk-terminal-ballistics-1-the-basics/>) – Tim
- Contingency Plans (<https://tacticalprofessor.wordpress.com/2016/08/22/contingency-plans/>) – Claude Werner
- Planning for the Worst Case? (<https://tacticalprofessor.wordpress.com/2015/03/30/planning-for-the-worst-case/>) – Claude Werner
- The Cost of Killing (<https://tacticalprofessor.wordpress.com/2016/07/24/the-cost-of-killing/>) – Claude Werner
- Mindset and Decision Making (<https://tacticalprofessor.wordpress.com/2016/07/14/mindset-and-decision-making/>) – Claude Werner
- Decisions Determine Outcomes (<https://tacticalprofessor.wordpress.com/2016/02/20/decisions-determine-outcomes/>) – Claude Werner
- Thinking Ahead (<https://tacticalprofessor.wordpress.com/2016/02/07/thinking-ahead/>) – Claude Werner
- On Neural - Based Shooting (Accentus-Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/on-neural-based-shooting/>) - Marcus Wynne
- On Civilian Training Considerations ( Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/on-civilian-training-considerations/>) - Marcus Wynne
- A Kinder, Gentler, More Politically Correct Technique for Shoot / No Shoot (Accentus-Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/a-kinder-gentler-more-politically-correct-technique-for-shootno-shoot/>) - Marcus Wynne
- The ABC's of Shoot-No Shoot, or How to Get Better by Doing It Wrong (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/the-abcs-of-shoot-no-shoot-or-how-to-get-better-by-doing-it-wrong/>) = Marcus Wynne
- Another Neural- Based Shooting Exercise (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/another-neural-based-shooting-exercise/>) - Marcus Wynne
- Numbers Regarding Neural-Based Firearms (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/numbers-regarding-neural-based-firearms/>) - Marcus Wynne
- Neural-Based Training for Situational Awareness (First Printed in SWAT Magazine) (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/neural-based-training-for-situational-awareness-first-printed-in-swat-magazine/>) - Marcus Wynne
- On Mental Training and Performance Enhancement Pt. 7, or Deconstructing Jerry Miculek (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive->

neuroscience/on-mental-training-and-performance-enhancement-pt-7-or-deconstructing-jerry-miculek/ ) - Marcus Wynne

- How to Use the Research to Actually Train Better, Faster, and Cheaper (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/how-to-use-the-research-to-actually-train-better-faster-and-cheaper/> ) - Marcus Wynne
- On Mindset, Pt. 4 (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/on-mindset-pt-4/> ) - Marcus Wynne
- The Evolution of Mindset Training, Pt 2: More Random History (Accentus-Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/the-evolution-of-mindset-training-part-2-more-random-history/> ) - Marcus Wynne
- The Evolution of Mindset Training Pt. : Some Random History (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/from-marcus-wynne-posts-tagged-neural-based-training-and-you-thought-wolverine-was-just-a-comic-leave-a-comment-images-heres-some-links-from-the-cutting-edge-of/> ) - Marcus Wynne
- Neural Based Training, Situational Awareness, and Personal Resilience (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/neural-based-training-situational-awareness-and-personal-resilience/> ) - Marcus Wynne
- Neural Based Training (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/neural-based-training-2/> ) - Marcus Wynne
- Situational Awareness Training (With Update from NASA) (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/situational-awareness-training-with-update-from-nasa-2/> ) - Marcus Wynne
- Neural-Based Training: Training peripheral Target Discrimination for Shooters (Accentus Ludus Web Log: <https://accentusludus.com/blog/cognitive-neuroscience/neural-based-training-training-peripheral-target-discrimination-for-shooters/> ) - Marcus Wynne
- The Wisdom of the Receptors: Neuropeptides, the Emotions, and Bodymind - Candace B Pert *This article was adapted from a talk delivered at "Survival and Consciousness", a symposium sponsored by the Institute for Noetic Sciences, in Washington DC, October 26-27, 1985. It was published in Advances Vol 8, No 8 Summer, 1988, p8-16.*
- What is Resilience and Why is it Important to Bounce Back (With Quotes) (3-1-2019 <https://positivepsychology.com/what-is-resilience/> )- Courtney Ackerman
- Hardiness and Grit, Why are Some People Successful in Achieving Their Goals in Life? (4-20-2017 <https://www.psychologytoday.com/us/blog/moments-matter/201704/hardiness-and-grit> ) - Richard B Joelson
- Self-Control, Conscientiousness, Grit, Emotion Regulation, Willpower - the Importance of Training (7-8-2011, updated 7-16-2011 <http://goodmedicine.org.uk/stressedtozest/2011/07/self-control-conscientiousness-grit-emotion-regulation-willpower-importance-t>) - James Hawkins
- Many Benefits of High Self-Control (<http://goodmedicine.org.uk/files/self-control%20-%20many%20benefits.pdf>) - James Hawkins
- Self-Control, Conscientiousness, Grit, Emotion Regulation, Willpower- How Do You Measure It? (6-27-2011, Updated 4-9-2015 <http://goodmedicine.org.uk/stressedtozest/2011/06/self-control-conscientiousness-grit-emotion-regulation-willpower-how-do-you-m>) - James Hawkins

- Building Willpower, It is Like Strengthening and Nourishing a Muscle (7-9-2011, updated 9-23-2018 <http://goodmedicine.org.uk/stressedtozest/2011/07/building-willpower-its-strengthening-and-nourishing-muscle>) - James Hawkins
- Building Willpower-the 8 Pillars (7-10-2011, updated 8-11-2018 <http://goodmedicine.org.uk/stressedtozest/2011/07/building-willpower-eight-pillars>) - James Hawkins
- Embodied Cognition: Posture and Feelings (2-21-2011, updated 11-16-2017 <http://goodmedicine.org.uk/stressedtozest/2011/02/embodied-cognition-posture-feelings>) - James Hawkins
- Embodied Cognition: Muscle and Willpower (2-22-2011 updated 3-17-2012 <http://goodmedicine.org.uk/stressedtozest/2011/02/embodied-cognition-muscle-willpower>) - James Hawkins
- Embodied Cognition: What to Do (2-23-2011 updated 3-17-2012 <http://goodmedicine.org.uk/stressedtozest/2011/02/embodied-cognition-what-do>) - James Hawkins

### **Use of Force (Legal: Civil / Criminal)**

#### Papers

- Assessing Lethal Force Liability Decisions and Human Factors Research – Darrell L. Ross, PhD

#### Audio Visual

- (Video 27 min 44 sec of lecture) “Cute” Lawyer Tricks – Massad Ayoob

#### Online Articles / Blog Entries

- Preclusion: The Legal Concept You Must Understand (<http://www.activeresponsetraining.net/preclusion-the-legal-concept-you-must-understand>) – Greg Ellifritz
- The Problem With Remaining Silent (Legal UOF Article): – Marty Hayes
- Self Defense Realities: Justified vs Excessive Force (online article by attorney: [http://www.personaldefenseworld.com/2015/11/self-defense-realities-justified-vs-excessive-force/?utm\\_content=bufferebbfl&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer#justified-vs-excessive-force-4](http://www.personaldefenseworld.com/2015/11/self-defense-realities-justified-vs-excessive-force/?utm_content=bufferebbfl&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer#justified-vs-excessive-force-4)) – Lance J LoRusso
- No it Was Not Improper for Ferguson Grand Jury to Consider Self-Defense (<http://legalinsurrection.com/2014/11/no-it-was-not-improper-for-ferguson-grand-jury-to-consider-self-defense/>) – Andrew Branca
- The Case for Civil Immunity in Legitimate Acts of Self-Defense (<http://www.gunnuts.net/2014/05/08/the-case-for-civil-immunity-in-legitimate-acts-of-self-defense/>) – Tim
- The Facts About Stand Your Ground Laws (<http://www.gunnuts.net/2014/04/25/the-facts-about-stand-your-ground-laws/>) – Tim

## **Use of Force (Forensics / Ballistics)**

### Books

- Forensic Analysis of the April 11, 1986, FBI Firefight- W. French Anderson, M.D.
- Gunshot Wounds: Practical Aspects of Firearms, Ballistics, and Forensic Techniques, Second Edition – Vincent J.M. DiMaio
- History of Knuckle Dusters: The Ultimate Close Quarters Weapon - David Grant

### Papers

- LE WB Briefing 6-13 (1 June 2013) on Wound Ballistic Terminal Performance Facts – Gary K. Roberts, D.D.S
- US DOJ FBI Handgun Wounding Factor and Effectiveness (July 14 1989) – Special Agent Urey W. Patrick

### Online Articles / Blog Entries

- Let's Talk Terminal Ballistics: Bullets Do Strange Things (<http://www.gunnuts.net/2014/01/03/lets-talk-terminal-ballistics-bullets-do-strange-things/>) – Tim
- Let's Talk Terminal Ballistics: Headshots (<http://www.gunnuts.net/2013/05/30/lets-talk-terminal-ballistics-headshots/>) – Tim
- Let's Talk Terminal Ballistics: The Confusion of Anecdotal Data (<http://www.gunnuts.net/2013/02/21/lets-talk-terminal-ballistics-the-confusion-of-anecdotal-data/>) – Tim
- Let's Talk Terminal Ballistics 1: The Basics (<http://www.gunnuts.net/2013/01/31/lets-talk-terminal-ballistics-1-the-basics/>) – Tim
- Let's Talk Terminal Ballistics 2: It's Physics and Anatomy, Not Magic (<http://www.gunnuts.net/2013/02/21/lets-talk-terminal-ballistics-the-confusion-of-anecdotal-data/>) – Tim
- Let's Talk Terminal Ballistics 3: The Myth of Handgun Stopping Power (<http://www.gunnuts.net/2013/02/14/lets-talk-terminal-ballistics-3-the-myth-of-handgun-stopping-power/>) – Tim
- The 1986 Miami Shootout (<http://www.gunnuts.net/2013/10/29/the-1986-miami-shootout/>) – Tim

## **Use of Force (Situational Awareness / Communication: Verbal + Non-Verbal / Attention Management)**

### Books

- Left of Bang, How the Marine Corps' Combat Hunter Program Can Save Your Life – Patrick Van Horne, Jason A Riley

- Just 2 Seconds, Using Time and Space to Defeat Assassins and Other Adversaries (with a compendium of attacks against at-risk persons)- Gavin De Becker, Tom Taylor, Jeff Marquart
- The Ace Factor: Air Combat and the Role of Situational Awareness – Mike Spick
- What Every Body is Saying – Joe Navarro and Marvin Karlins, Ph.D
- Emotions Revealed, Recognizing Faces and Feelings to Improve Communication and Emotional Life – Paul Ekman, Ph.D
- Telling Lies, Clues to Deceit in the Marketplace, Politics, and Marriage – Paul Ekman, Ph.D
- The Memory Book: The Classic Guide to Improving Your Memory at Work, at School, and at Play – Harry Lorayne, Jerry Lucas
- The Complete Tracker, the Tracks, Signs, and Habits of North American Wildlife – Len McDougal
- The Tracker’s Field Guide – James Lowery
- Dirt Times (Tracking, Wilderness Skills, Nature Awareness articles) (Earth Skills, James Lowery) – Summer 1997, Fall 1997, Spring 1998, Summer 1998, Fall 1998, Winter 1998-1999, Spring 1999, Summer 1999, Fall 1999, Winter 1999-2000, Spring 2000
- Field Guide to Nature Observation and Tracking – Tom Brown Jr.
- Field Guide to Wilderness Survival – Tom Brown Jr.
- Field Guide to Living With the Earth – Tom Brown Jr.
- Field Guide to Wild Edible and Medicinal Plants – Tom Brown Jr.
- Verbal Judo, The Gentle Art of Persuasion – George J. Thompson, Jerry B. Jenkins
- Frogs Into Princes, Neuro Linguistic Programming- Richard Bandler and John Grinder
- Structure of Magic 1 – Richard Bandler, John Grinder
- Structure of Magic 2 – Richard Bandler, John Grinder

#### Papers

- Officer’s Perceptual Shorthand: What Messages are Offenders Sending to Law Enforcement Officers? (FBI Law Enforcement Bulletin July 2000) – Anthony Pinizzotto, Edward F. Davis, Charles E. Miller
- The Role of Warning Behaviors in Threat Assessment: An Exploration and Suggested Typology – J. Reid Meloy, Jens Hoffmann, Angela Guldemann, David James
- Psychopathy and Victim Selection: The Use of Gait as a Cue to Vulnerability (Journal of Interpersonal Violence, 19 February 2013) – A Book, K Costello, J Camilleri
- Kinesics, Haptics, and Proxemics: Aspects of Non-Verbal Communication – Anjali Hans, Ammanuel Hans
- Vigilance Requires Hard Mental Work and is Stressful – Joel S Warm, Raja Parasuraman, Gerald Matthews
- Law Enforcement Communication, Verbal Judo and Visual Ethnography – Lorna Keathley, Virginia Kupritz, John Haas (School of Communication Studies, University of Tennessee)
- Threat Prompts Defensive Brain Responses Independently of Attentional Control – Swann Pichon, Beatrice de Gelder, Julie Grezes

- Attentional Cueing: Fearful Body Postures Capture Attention With Saccades – Rachel L. Bannerman, Maarten Milders, Arash Saharie
- A Direct Brainstem-Amygdala-Cortical ‘Alarm’ System for Subliminal Signals of Fear- Belinda J Liddell, Kerri J Brown, Andrew H Kemp, Matthew J Barton, Pritha Das, Anthony Peduto, Evian Gordon, and Leanne M Williams
- Differential Prefrontal Cortex and Amygdala Habituation to Repeatedly Presented Emotional Stimuli - Christopher I Wright, Hakan Fischer, Paul J Whalen, Sean C McInerney, Lisa M Shin, and Scott L Rauch
- The Dynamics of Cortico-Amygdala and Autonomic Activity Over the Experimental Time Course of Fear Perception - Leanne M Williams, Kerri J Brown, Pritha Das, Wolfram Boucsein, Evgeni N Sokolov, Michael J Brammer, Gloria Olivieri, Anthony Peduto, and Evian Gordon
- Orienting to Threat: Faster Localization of Fearful Facial Expressions and Body Postures Revealed by Saccadic Eye Movements – Rachel L. Bannerman, Maarten Milders, Beatrice de Gelder, Arash Saharie
- Attention and Awareness in Stage Magic: Turning Tricks Into Research – Stephen L Macknik, Mac King, James Randi, Apollo Robins, Teller, John Thompson, and Susana Martinez-Conde
- Principals, Techniques, and Ethics of Stage Magic and Their Application to Human Interface Design – Bruce Tognazzini
- Visual Short-Term Memory Load Suppresses Temporo-Parietal Junction Activity and Induces Inattentive Blindness – J. Jay Todd, Darryl Fougine, Rene Marois
- Inattentive Blindness: Looking Without Seeing – Arien Mack
- What You See is What You Set: Sustained Inattentive Blindness and the Capture of Awareness – Steven B. Most, Brian J. Scholl, Daniel J. Simons, Erin R. Clifford (Psychology Review 2005, Volume 112, No. 1, 217-242)
- How Not To Be Seen: The Contribution of Similarity and Selective Ignoring to Sustained Inattentive Blindness - Steven B. Most, Brian J. Scholl, Daniel J. Simons, Erin R. Clifford, Rachel Jimenez, Christopher F. Chabris
- Inattentive Blindness Versus Inattentive Amnesia for Fixated But Ignored Words – Geraint Rees, Charlotte Russell, Christopher D. Frith, Jon Driver
- Attentional Capture and Inattentive Blindness – Daniel J. Simons
- Gorillas in Our Midst: Sustained Inattentive Blindness for Dynamic Events – Daniel J. Simons, Christopher F. Chabris
- Where Science and Magic Meet: The Illusion of a “Science of Magic” - Peter Lamont, John M. Henderson, Tim J. Smith
- Real Magic: Future Studies in Magic Should be Grounded in Neuroscience (correspondence) – Stephen L. Macknik, Susanna Martinez-Conde
- The Science of Magic Tricks: From Misdirection to ‘Pausing’ Time, Experts Reveal How Their Illusions Mess With Our Minds (How it Works Magazine, January 2016 <http://www.dailymail.co.uk/sciencetech/article-3412382/The-science-magic-tricks-misdirection-pausing-time-experts-reveal-illusions-mess-minds.html> ) - Susana Martinez – Conde, Stephen Macknik
- Affective Influences on the Attentional Dynamics Supporting Awareness – Adam K, Anderson

- Quality of Professional Player's Poker Hands is Perceived Accurately From Arm Motions – Michael L Slepian, Steven G Young, Abraham M Rutchick, Nalini Arnbady
- Interpersonal Communication: Building Connections Together (Chapter 6, Pages 150-187, Nonverbal Communication) – Teri Susan Kwai Gamble, Michael W Gamble
- Universal Principles of Criminal Behavior: A Tool for Analyzing Criminal Intent – J Navarro, J R Schafer, FBI Law Enforcement Bulletin, January 2003, 22-24
- A Four Domain Model of Detecting Deception: An Alternate Paradigm for Interviewing – Navarro, FBI Law Enforcement Bulletin June 2003, 19-24
- The Role of Pupil Size in Communication – Eckhard H Hess, Scientific American 233, 110-119
- Introduction: Pupillometric Measures of Cognitive and Emotional Processes – Eric Granholm, Stuart R Steinhauer,
- Psychological Significance of Pupillary Movements – B Goldwater 1972
- Chapter 8 of The Ecological Approach to Visual Perception (Chapter on The Theory of Affordances) – J Gibson
- European Journal of Psychology Applied to Legal Context, 2009 1 (1): 101-121: Discerning Truth from Deception: The Sincere Witness Profile – Luca Bensi, Elisa Gambetti, Raffaella Nori, Fiorella Giusberti

#### Audio Visual

- How to Deselect Yourself as a Victim (Podcast and transcript from Ballistic Radio Episode 19, July 14, 2013)- Interview with criminal psychologist William Aprill
- The Art of Misdirection (TedGlobal “Ted Talks” June 2013, 8 min 47 sec [https://www.ted.com/talks/apollo\\_robbsins\\_the\\_art\\_of\\_misdirection](https://www.ted.com/talks/apollo_robbsins_the_art_of_misdirection) ) - Apollo Robbins
- The Art of Pickpocketing (New Yorker January 4 2013: <http://www.newyorker.com/culture/culture-desk/video-the-art-of-pickpocketing> ) - Myles Kane
- The Anatomy of Attentional Networks: A Historical Perspective on Attention Research (video: <https://www.youtube.com/watch?v=uYUdWS7-WvA> ) - Michael Posner (Interviewer: Justin Mayes)
- Body Language 1: Beyond Words (DVD) – Kathleen O Ryan, Louise Schrank (Consultant: Thomas Wagner)
- Body Language 2: Reading People (DVD) – Kathleen O Ryan, Louise Schrank (Consultant: Thomas Wagner)
- Survival Heuristics: My Favorite Techniques for Avoiding Intelligence Traps (SANS CTI Summit 2018 / 40:52 Link: <https://www.youtube.com/watch?v=kNv2PlqmsAc> ) – Carmen Medina

#### Online Articles / Blog Entries

- Being Faster Than Your Enemy - (CP Journal May 2013: Observing on the Fly – Patrick Van Horne / One for the Contact, One for the Cover – Lanny Roark / Assessing Situational Awareness – Patrick Van Horne / The Transparency of Familiarity, Getting

Oriented Post Attack – Patrick Van Horne / Burnout – Shawn Moore / The After Action – Patrick Van Horne )

- Body Language vs Micro-Expressions: Debunking the Myths of Micro-Expressions (Article on Psychology Today: <https://www.psychologytoday.com/blog/spycatcher/201112/body-language-vs-micro-expressions> ) - Joe Navarro
- The Art of Verbal Judo (Officer.com, August 1, 2008) – Christina Miller
- Insults and Challenges: 5 Tips for Effective Verbalization During a Violent Encounter (<http://www.activeresponsetraining.net/insults-and-challenges-5-tips-for-effective-verbalization-during-a-violent-encounter>) – Greg Ellifritz
- Seeing is Believing Right? Maybe Not – Ken J. Good (published in Systema Sydney Russian Martial Art blog / articles)
- Don't Evacuate Into a Parking Lot (<http://www.activeresponsetraining.net/dont-evacuate-into-a-parking-lot>) – Greg Ellifritz
- Mob Mentality: Escaping From Riots and Flash Mobs (<http://www.activeresponsetraining.net/mob-mentality-escaping-from-riots-and-flash-mobs>) – Greg Ellifritz
- A Failure to Acknowledge Reality (<http://www.activeresponsetraining.net/a-failure-to-acknowledge-reality>) – Greg Ellifritz
- How Perspective Affects Your Threat Perception (...and Other Aspects of Self Defense) (Online Article: Personal Defense Network [http://www.personaldefensenetwork.com/article/how-perspective-affects-your-threat-perception-and-other-aspects-of-self-defense/?utm\\_content=buffer8bc64&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer](http://www.personaldefensenetwork.com/article/how-perspective-affects-your-threat-perception-and-other-aspects-of-self-defense/?utm_content=buffer8bc64&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer) ) – Grant Cunningham
- Don't Walk Like That, You're Being Watched: How to Avoid Victimization Through Nonverbal Behavior (online article: <http://bodylanguageproject.com/articles/dont-walk-like-youre-watched-avoid-victimization-nonverbal-behavior/> ) – Christopher Philip
- Awareness (<http://www.gunnuts.net/2015/10/15/awareness/>) – Tim
- Situational Awareness and Positioning 1 (<https://tacticalprofessor.wordpress.com/2014/06/25/situational-awareness-and-positioning-part-i/>) – Claude Werner
- Situational Awareness and Positioning 2 The Tueller Principal (<https://tacticalprofessor.wordpress.com/2014/07/06/situational-awareness-and-positioning-part-ii-the-tueller-principle/>) – Claude Werner
- Situational Awareness and Positioning 3 (<https://tacticalprofessor.wordpress.com/2014/10/16/situational-awareness-and-positioning-part-iii/>) – Claude Werner
- Situational Awareness and Positioning 4 (<https://tacticalprofessor.wordpress.com/2014/10/18/situational-awareness-and-positioning-part-iv/>) – Claude Werner
- Situational Awareness and Positioning 5 (<https://tacticalprofessor.wordpress.com/2015/04/01/situational-awareness-and-positioning-part-v/>) – Claude Werner

- Situational Awareness in Social Settings (<https://tacticalprofessor.wordpress.com/2016/07/17/situational-awareness-in-social-settings/>) – Claude Werner
- Practicing Awareness 1 (<https://tacticalprofessor.wordpress.com/2014/04/03/practicing-awareness/>) – Claude Werner
- Practicing Awareness 2 (<https://tacticalprofessor.wordpress.com/2014/04/04/practicing-awareness-part-ii/>) – Claude Werner
- Practicing Awareness 3 (<https://tacticalprofessor.wordpress.com/2016/08/05/practicing-awareness-part-iii/>) – Claude Werner
- Lima Goes to Hollywood and the Power of the Grey Man (<https://limatunesrangediaries.wordpress.com/2015/03/16/lima-goes-to-hollywood-and-the-power-of-the-grey-man/>) – Melody Lauer
- A Pickpocket's Tale, the Spectacular Thefts of Apollo Robbins (New Yorker Magazine, Profiles, January 7, 2013 <http://www.newyorker.com/magazine/2013/01/07/a-pickpockets-tale> ) - Adam Green
- Sights of Mind (NY Times, August 2007: <http://www.nytimes.com/2007/08/21/science/21magic.html> )- George Johnson
- Professional Pickpocket Apollo Robbins Explains the Art of Misdirection (online article: <http://www.openculture.com/2016/01/professional-pickpocket-apollo-robbins-explains-the-art-of-misdirection.html> ) - Ayun Halliday
- When you learn the magic of managing attention, you'll never go back to plain-jane marketing again (online article: <https://copyhackers.com/2014/12/magic-marketing-managing-attention/> ) - Joanna Wiebe
- How to Tune in to the Wild [From "A Natural Man", National Wildlife Magazine (June-July 1984) <http://www.wildwoodtracking.com/awareness/tuneintothewild.html> ] - Richard Wolkomir (interviewing Tom Brown Jr.)
- The Same Old Trap (from Tracks of the Tracker Magazine, Fall 1993) (importance of actively seeing, curiosity, avoiding rigid mental models) (<http://www.wildwoodtracking.com/awareness/tott/tottfall93pg14.html>) - Tom Brown Jr.
- Night Awareness (The Tracker Magazine, May 1982) (<http://www.wildwoodtracking.com/awareness/trm/trm1-3pg12.html>) – Tom Brown Jr.
- Concentric Rings (The Tracker Magazine 1984) (<http://www.wildwoodtracking.com/awareness/trm/trm3-1pg04.html>) – Tom Brown Jr.
- Nature Awareness (The Tracker Magazine 1984) (<http://www.wildwoodtracking.com/awareness/trm/trm3-1pg19.html>) – Tom Brown Jr.
- Guidelines for Stealth Walking (<http://www.wildwoodtracking.com/scout/stealthwalking.html>)
- Body Camouflage (The Tracker Magazine 1985) (<http://www.wildwoodtracking.com/scout/trm/trm4-1pg10.html>) – Tom Brown Jr.

### **Use of Force (Technical Instruction / Training Methodology)**

#### Books

- Training at the Speed of Life Volume 1 (textbook for military and law enforcement reality based training) – Kenneth R. Murray
- Tactical Anatomy Systems Instructor Manual: 3D Target Visualization Training for Law Enforcement – James S Williams
- Refinement and Repetition: Dry Fire Drills for Dramatic Improvement – Steve Anderson
- T.A.P.S. Tactical Application of Practical Shooting (Second Edition) – Patrick McNamara
- CMC 20 Introduction to Combat Mindset Combat Marksmanship Coaches Course – USMC Weapons Training Battalion Combat Marksmanship Center of Excellence, MC Combat Development Command, Quantico Va.
- The Liar, the Cheat, and the Thief, Deception and the Art of Sword Play (book and accompanying 42 videos illustrating the drills from the book) – Maija Soderholm (Book and Audio Visual Categories)
- Piper Ebook, 2nd Edition (and accompanying video 2 hours 38 min 35 sec w/ author and Lloyd De Jongh) – Hans Erik Petermann (Additional reports included: How to defend yourself against Piper, Improvised Weapons, Jason Williams Questions for Piper Master Guardians, Piper Lloyd De Jongh Interview, Piper Nigel February Interview, Zulu Stickfighting) (Book / Article, and Audio Visual Categories)
- All In Fighting - W E Fairbairn
- The Fairbairn Manual of Knife fighting: William Ewart Fairbairn's Lost Classic - William L Cassidy
- Stick Fighting, Techniques of Self Defense – Masaaki Hatsumi, Quintin Chambers
- Shao Lin Chin Na, The seizing Art of Kung Fu – Yang Jwing Ming
- Coaching Olympic Style Boxing – USA Boxing
- Tao of Jeet Kun Do – Bruce Lee
- Tai Chi Classics – (Translation and commentary) - Waysun Liao
- The Essence of Tai Chi Chuan, the Literary Tradition – Translation by Benjamin Pang Jeng Lo, Martin Inn, Robert Amacker, Susan Foe
- Russian Style of Hand to Hand Combat, the “ROSS” Training System – Alexander Retuinskih
- The Reluctant Partisan, Volume 2, The Underground – “John Mosby”
- The Guerrilla Gunfighter, Clandestine Carry Pistol – “John Mosby”
- The Guerrilla Gunfighter 2, Preparedness Rifle and Carbine – “John Mosby”
- The Guerilla Gunfighter 3, Training Drills for Building Skills – “John Mosby”
- Practical Shooting Training – Ben Stoeger, Joel Park
- Adaptive Rifle for Performance Shooting – Ben Stoeger, Joel Park
- Real World Gunfight Training – Mike “Ox” Ochsner
- Championship Fighting: Explosive Punching and Aggressive Defense – Jack Dempsey

#### Audio Visual

- (DVD) ITTS Art of the Gun (Defensive Handgun 1) – International Tactical Training Seminars / Scott Reitz
- Immovable Object Unstoppable Force: Scott Sonnon (DVD)
- Arthrokinetics: Scott Sonnon (7 DVDs)

- DVD Comtech Basic Trapping (Trapping Volume 1) - James Keating
- DVD Comtech Advanced Trapping (Trapping Volume 2) - James Keating
- DVD Comtech Iron and Rattan Hoop (Trapping Volume 3) - James Keating
- DVD Comtech The Art of Flow (Trapping Volume 4) - James Keating
- DVD Comtech Crossing the Bridge (Entry Into Close Combat) - James Keating
- DVD Comtech Hellbows (Destructive Elbow Techniques) - James Keating
- DVD Comtech Conceptual Gold Volume 1 (The 5 Keys to Kali) - James Keating
- DVD Comtech Conceptual Gold Volume 2 (The 7 Secrets of Silat) - James Keating
- Lloyd De Jongh, an Instructor and a Researcher of the Tripwire System (Video Interview 36 min 33 <https://www.youtube.com/watch?v=3cybXNbkzEU> ) - Ни шару Назад
- Softwork - Scott Sonnon
- Venti 100 Shot Wake Up Drill (21:43 Link: <https://www.youtube.com/watch?v=Zi5eZqc9H7I> ) – Travis Haley
- Handgun Draw Deliberate Practice (10:42 Link: <https://www.youtube.com/watch?v=ckhJTXywKcQ> ) – Travis Haley
- 2242 Drill Handgun (9:57 Link: [https://www.youtube.com/watch?v=c1CI4sL\\_EiI](https://www.youtube.com/watch?v=c1CI4sL_EiI) ) – Travis Haley
- DVD 21 Day Alpha Shooter (Dry Fire Training Drills) – Mike “Ox” Ochsner
- Praxis 6 in 1 Dry Fire Training Protocol (42 videos [time]) – Mike “Ox” Ochsner
- DVD Internal Strength – Ken Gullette
- DVD Silk Reeling Energy – Ken Gullette
- The Most Important Movements of Tai Chi ( Daoist Gate Streaming Video Series) – Xuan Yun Zhou
- Xingi Series (Daoist Gate Streaming Vide Series) - Xuan Yun Zhou
- DVD Wudang Sword: Tai Yi Daoist Sequence and Application - Xuan Yun Zhou

#### Online Articles / Blog Entries

- 1000 Days of Practice 1 (<https://tacticalprofessor.wordpress.com/2016/09/04/1000-days-of-practice-part-i/>) – Claude Werner
- 1000 Days of Practice 2 (<https://tacticalprofessor.wordpress.com/2016/09/05/1000-days-of-practice-part-ii/>) – Claude Werner
- 1000 Days of Practice 3 (<https://tacticalprofessor.wordpress.com/2016/09/06/1000-days-of-practice-part-iii/>) – Claude Werner
- 1000 Days of Practice 4 (<https://tacticalprofessor.wordpress.com/2016/09/10/1000-days-of-practice-part-iv/>) – Claude Werner
- Mike Tyson: The Panic, the Slip, and the Counter (web article: <http://fightland.vice.com/blog/mike-tyson-the-panic-the-slip-and-the-counter>) – “Jack Slack”
- Getting Killed Second is Still Not a Win (Sword and Circle Blog: <http://swordandcircle.blogspot.com/2016/09/getting-killed-second-is-still-not-win.html> ) Maija Soderholm
- The Wave Returns (Sword and Circle Blog: <http://swordandcircle.blogspot.com/2016/07/the-wave-returns.html> ) \_ Maija Soderholm
- Concrete Boots (Sword and Circle Blog:

- <http://swordandcircle.blogspot.com/2016/06/concrete-boots.html> ) - Maija Soderholm  
Brain Shift to Exit (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/06/brain-shift-to-exit.html> ) - Maija Soderholm
- Throwing it Out There (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/04/throwing-it-out-there.html> ) - Maija Soderholm
  - Parapets (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/04/parapets.html> ) - Maija Soderholm
  - Grey Man in the Mirror (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/03/grey-man-in-mirror.html> ) - Maija Soderholm (Also fits in Situational Awareness, Communication: Verbal + Non-Verbal, Attention Management Section)
  - For Your Consideration (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/03/for-your-consideration.html> ) - Maija Soderholm
  - Keep Out / Come In (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/03/keep-out.html>) - Maija Soderholm
  - Crossing the Dead Zone (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/01/crossing-dead-zone.html> ) - Maija Soderholm
  - Tools of the Trade (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2016/01/tools-of-trade.html> ) - Maija Soderholm
  - Opportunity and Means (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2015/12/opportunity-and-means.html> ) - Maija Soderholm
  - Twirling With Purpose (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2015/12/twirling-with-purpose.html> ) - Maija Soderholm
  - Long is Short (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2015/11/long-is-short.html> ) - Maija Soderholm
  - Throws, Bullets, and Swords (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2015/10/throws-bullets-and-swords.html> ) Maija Soderholm
  - Decisions Decisions... (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2015/08/decisions-decisions.html> ) - Maija Soderholm
  - Response (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2015/07/response.html> ) - Maija Soderholm
  - Snickets, Ginnels, and Wynds (Sword and Circle Blog:  
<http://swordandcircle.blogspot.com/2015/06/snickets-ginnels-and-wynds.html> ) Maija Soderholm

## **Criminal Interdiction / Search and Seizure / Drug - Alcohol Influence**

### Books

- Peace Officers Legal Sourcebook
- DEA Office of Training Clandestine Laboratory Training- Law Enforcement Officer Overview Handbook Volume 11, DEA
- Investigation of Vehicle Thefts- Gerald D. Boyer / Lee S. Cole
- FBI guide to concealable weapons 2003
- Physicians Desk Reference
- Drug Identification Bible- Tim Marnell
- Drugs of Abuse (1997 edition), US DOJ, DEA

#### Papers / Law Enforcement Bulletins - Advisories

- Gamma Hydroxy Butyrate Old Drug-New Tricks, Detective II Trinko Porrata LAPD
- Commonly Encountered Concealment Methods in Land Vehicles, US DOJ, DEA, EPIC
- Intelligence Summary IS03-008 from L.A. HIDTA written by Criminal Intelligence Specialist James Valle 06-2003 on Home Made Anhydrous Ammonia. Attached from Clandestine Laboratory Investigations student manual chapter 4- article on Sodium Ammonia “Nazi” Method methamphetamine lab, Mexican National Methamphetamine Process, and an article on Cocaine conversion process for Freebase, Rock, and Crack
- National security executive bulletin Spring 2006 Re: Vagos outlaw motorcycle gang (OMG)
- NE Florida Investigative Support Center from MD State Police bulletin, Re: Black Cocaine
- Baltimore PD Criminal Intelligence Section Intel Bulletin #40, 06-10-06, Re: Swiss Mini Gun
- The Controversy and the Issues Horizontal Gaze Nystagmus- Dr. Marcelline Burns, Southern California Research Institute
- Gaze Nystagmus as a Roadside Sobriety Test- Van K. Tharp, Ph.D
- Constricted Pupils in Cocaine and Methamphetamine Users- Forest Tennant, MD, Dr. Ph.D
- Ecstasy (MDMA) 3.4 methylenedioxymethamphetamine- Sgt. James P. Mock (retired) DRE Instructor
- Rave Culture & Drugs An Overview, Sgt. James P. Mock (retired) DRE Instructor
- New drug combination- alternative for heroin addicts hits the scene (DAR-DRE Update / Narc News)- Don Macnell, Glendale PD
- Use of Marijuana as a “medicine”, NCOA- Narcotic Educational Foundation of America
- Growing New Practice Area for Drunk Driving Lawyers, Lawyers Weekly USA- James L. Darn

#### Online Articles / Blog Entries / Hard Copy Articles

- Inmate Weapons (SWAT Digest) – Ed Byrne
- 7 Things Cops Should Know About the Drug ‘Molly’: According to Troy Gielish – an instructor for the CNOA – “Molly” can be any number of 100 different chemicals (from Policeone.com : <http://www.policeone.com/drug-interdiction-narcotics/articles/8466462-7-things-cops-should-know-about-the-drug-Molly/>) – Keith Graves

- Fox 4 News spot on Flakka aka “Skinny” (new designer drug). Video spot and news article (article by James Rose)
- Police Taking Extra Precautions (Fentanyl) (Thousand Oaks Acorn, September 1, 2016) – Stephanie Summell
- Cops Break Up Heroin Delivery Service to the East County (Thousand Oaks Acorn, January 12, 2017 – Melissa Simon
- Behind the Deadly Rise of the China - Mexican Cartel Alliance that is Killing Americans (April 9, 2021 <https://coffeordie.com/china-mexican-cartel-alliance/> ) - Hollie McKay

## **Conditioning / Performance / Attribute Development / Nutrition**

### Books

- Building the Elite: The Complete Guide to Building Resilient Special Operators – Jonathan Pope, Craig Weller
- Cool Yoga Tricks – Mirian Austin
- Mastery of Hand Strength – John Brookfield
- RMAX International CST Instructor manual - Scott Sonnon
- RMAX International CST Coach manual: - Scott Sonnon
- Body Flow: Freedom from fear-reactivity - Scott Sonnon
- The Three Dimensional Performance Pyramid - Scott Sonnon
- Going Ballistic, Circular Strength Training for Boxing - Brandon Jones
- The Big Book of Clubbell Training - Scott Sonnon
- Free to Move - Scott Sonnon
- RMAX Training Group manual - Ryan Murdock
- Prasara Yoga - Scott Sonnon
- Body Flow - Scott Sonnon (Also Companion Video Series - Audio Visual)
- Building the Gymnastic Body – Christopher Sommer (Also Companion Building the Gymnastic Body 5 Companion DVD’s [Pressing, Pulling, Core, Static, Legs] - Audio Visual)
- The Satisfaction Transformation – Dr. Kathryn Woodall (Also a number of personal conversations and consultations with Dr. Woodall)
- Speed Training, How to Develop Your Maximum Speed for Martial Arts – Loren Christensen
- Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals (4<sup>th</sup> Edition) – Thomas Myers
- Study Guide: Anatomy Trains in Motion – Karen Gurtner and Thomas Myers

### Papers

- The Road to Gold: Training and Peaking Characteristics in the Year Prior to a Gold Medal Endurance Performance – Espen Tonnessen, Oystein Sylta, Thomas A Haugen, Erlend Hem, Ida S Svendsen, Stephen Seiler

- The Power of Auditory Motor Synchronization in Sports: Enhancing Running Performance by Coupling Cadence With the Right Beats – Robert Jan Bood, Marijn Nijssen, John van der Kamp, Melvyn Roerdink
- Processing Speed and Motor Planning: The Scientific Background to the Skills Trained by Interactive Metronome® Technology – Susan J Diamond
- Interactive Metronome® : Underlying Neurocognitive Correlates of Effectiveness – Patrick Gorman
- Effect of Timing Training in Golf and Soccer Players: Skill, Movement Organization, and Brain Activity – Marius Sommer (Reproduced in this doctoral thesis, I also read the following studies...)
- Improved Motor Timing: Effects of Synchronized Metronome Training on Golf Shot Accuracy – M Sommer, L Ronnqvist
- Synchronized Metronome Training Induces Changes in the Kinematic Properties of the Golf Swing – M Sommer, C Hager, C Ronnqvist
- (Manuscript) Timing Training in Female Soccer Players: Effects in Motor Skill and Associated Changes in Functional Brain Activity – M Sommer, C Hager, C J Olsson, L Ronnqvist
- Effects of Attentional Focus, Self Control, and Dyad Training on Motor Learning: Implications for Physical Rehabilitation (April 2000) (Physical Therapy, Journal of the American Physical Therapy Association) – Nancy H McNevin, Gabriele Wulf, Christine Carlson
- Evidence –based recommendations for natural bodybuilding contest preparation: nutrition and supplementation- Eric R Helms, Alan A Aragon, Peter J Fitschen
- Comparison With Ancestral Diets Suggests Dense Acellular Carbohydrates Promote an Inflammatory Microbiota, and may be the Primary Dietary Cause of Leptin Resistance and Obesity – Ian Spreadbury
- Cold Shocking the Body: Exploring Cryotherapy, Cold Water Immersion, and Cold Stress- Rhonda Perciavalle Patrick
- Voluntary Activation of the Sympathetic Nervous System and Attenuation of the Innate Immune Response in Humans – Matthijs Kox, Lucas T van Eijk, Jelle Zwaag, Joanne van den Wildenberg, Fred C G J Sweep, Johannes G van der Hoeven, Peter Pickkers

#### Audio Visual

- How to Personalize Your Nutrition Based on Genetics (Revised 03-19-2015) (Video: 11:41: <https://www.youtube.com/watch?v=bVV2RFEiqN4> ) – Rhonda Patrick
- GMB Fitness (podcast #106) How to Get the Best of Both Worlds: Combining Bodyweight and High Intensity Interval Training (24:08) (<https://gmb.io/episode-106/>)
- Ring Strength featuring Jordan Jovtchev (DVD)
- Wim Hoff (the Iceman) on Defeating Extreme Cold and Attenuating the Immune Response (Interview by Dr. Rhonda Patrick 50:05 : <https://www.youtube.com/watch?v=389c31dD9xg> ) – Rhonda Patrick, Wim Hof
- Everything You Need to Know About How to Use Heat Exposure to Enhance Performance, Burn Fat, Gain Muscle, and Think Better (Ben Greenfield Podcast Interview with Dr. Rhonda Patrick / 1:04:05 :

<http://www.bengreenfieldfitness.com/2014/06/how-to-use-heat-exposure/>) – Ben Greenfield, Rhonda Patrick

- Maximology - Scott Sonnon
- The Encyclopedia of Clubbell Training - Scott Sonnon
- Be Breathed - Scott Sonnon
- Ageless Mobility - Scott Sonnon
- Prasara Yoga, Flow Beyond Thought - Scott Sonnon
- FlowFit - Scott Sonnon
- FlowFit2 Ground Engagement- Scott Sonnon
- Forward Pressure - Scott Sonnon
- 4 X 7, The Magic in the Mundane - Scott Sonnon
- Warrior Wellness - Scott Sonnon
- Intu-Flow - Scott Sonnon
- RESET (Rapid Energy Sports Enhancement Technique) - Scott Sonnon
- TACFIT Commando: Scott Sonnon, Ryan Murdock, Adam Steer (Video / Download)
- Parralettes 1 - Ryan Hurst (GMB) Download / PDF
- RMAX Powered Bujinkan Volume 1 - Ryan Murdock
- RMAX Powered Bujinkan Volume 2 - Ryan Murdock
- Grip, Volume 1 (<https://www.youtube.com/watch?v=ftpm8kYx3yY&t=690jeban>) – Jess Banda
- The Importance of Timing in the Brain (Video Clip: <http://www.interactivemetronome.com/index.php/science/im-supporting-research.html>) - Kevin McGrew
- Art of Motion Academy Anatomy Trains in Motion (9H:05M) – Karen Gurtner

#### Online Articles / Blog Entries

- The Science of Motor Learning: 5 Strategies to Learn and Own Your Complex Physical Skills – Jarlo Ilano
- Periodization: How Cycling Your Goals Helps You Gain New Skills Without Losing the Ones You Have (<https://gmb.io/periodization/>) – Jarlo Ilano
- Train Your Body, Train Your Mind: How Physical Training Boosts Mental Clarity, Creativity, and Longevity (<https://gmb.io/brain-health/>) – Jarlo Ilano
- How To Do a Planche: Positioning, Progressions, Variations, and FAQ's (<https://gmb.io/planche/>) – Ryan Hurst
- Resolutions Are For Suckers: Just Take the First Damn Step and Keep Taking Them (<https://gmb.io/resolutions/>) – Andy Fossett
- How to Get Stronger Wrists: Bodyweight Strengthening and Flexibility Exercises (<https://gmb.io/wrists/>) – Jarlo Ilano
- Strength Training Basics: 4 Kinds of Strength and 3 Rules to Develop Them (<https://gmb.io/strength-training/>) – Jarlo Ilano
- Hips Don't Lie: Exercises for Power and Hip Mobility (<https://gmb.io/hips/>) – Jarlo Ilano
- Developing Mental Toughness for Better Results in Training and in Life (<https://gmb.io/mental-toughness/>) – Ryan Hurst

- How To Get Flexible Fast: Yes It's Really Possible and Safe (<https://gmb.io/get-flexible-fast/>) – Jarlo Ilano
- Jump Technique: Proper Form for Effective Training (<https://gmb.io/jump-tutorial/>) – Ryan Hurst
- Make Success Automatic: 3 Steps to Help You Stay Consistent and Help You Reach Your Goals Faster (<https://gmb.io/success/>) – Jarlo Ilano
- 3 Factors That Practically Guarantee Skill Development (<https://gmb.io/skill-development/>) – Jarlo Ilano
- Building Resilience Through Adaptable Movement Training (<https://gmb.io/resilience/>) – Jarlo Ilano
- Snap, Crackle, Pop: Should You Be Concerned About Joint Noises (<https://gmb.io/joint-noises/>) – Jarlo Ilano
- Grip It: 3 Ways to Grip the Gymnastic Rings (<https://gmb.io/gymnastic-rings-grips/>) – Ryan Hurst
- Handy Advice: Hand Care Tips for Working Out With Gymnastic Rings (<https://gmb.io/gymnastic-ring-hand-care/>) – Ryan Hurst
- Using Autoregulation to Make Continual Progress, Even on Bad Days (<https://gmb.io/workout-autoregulation/>) – Jarlo Ilano
- Do you need to stretch before and after exercise? (<http://www.iflscience.com/health-and-medicine/do-you-need-stretch-and-after-exercise> / contains a number of links to relevant studies cited by article) – Rob Herbert
- Getting a Grip on Your Training (<http://strongmanclay.com/2013/09/18/getting-a-grip-on-your-training/>) – Clay Edgin
- Shooters Elbow (Chad's Physical Therapy Blog: <https://www.absolutept.com/shooters-elbow/>) – Chad Reilly
- 3 Training Methods Athletes Screw Up and How to Use Those Methods Correctly ([https://www.t-nation.com/training/3-training-methods-athletes-screw-up?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=article3954](https://www.t-nation.com/training/3-training-methods-athletes-screw-up?utm_source=facebook&utm_medium=social&utm_campaign=article3954)) – Nick Tumminello
- Functional Bodybuilding (<https://www.t-nation.com/training/functional-bodybuilding>) - Nick Tumminello
- Your Maximum Muscular Bodyweight and Measurements - Casey Butt
- Are Saunas the Next Big Performance Enhancing “Drug” (Author Dr. Rhonda Patrick, article posted on Tim Ferriss Blog: (<http://fourhourworkweek.com/2014/04/10/saunas-hyperthermic-conditioning-2/>) Includes Video Link to author's presentation *Hyperthermic Conditioning for Hypertrophy, Endurance, and Neurogenesis* -Rhonda Perciavalle Patrick (Online Article and Audio Visual)
- 6 Step Peak Performance Golf Routine – James E Robertson
- Intermittent Feast: An Evolutionary & Scientific Approach to Slashing Fat – Nate Miyaki (Downloadable Program)
- The Samurai Diet – Nate Miyaki
- Feast Anywhere – Nate Miyaki
- The Cold Shower, Hot Pepper, Brown Fat Weight Control Plan (online article: <http://knowledgeofhealth.com/cold-shower-hot-pepper-brown-fat-weight-control-plan/>) – Bill Sardi

## **Medical / Anatomy**

### Books

- Structure and Function of the Human Body- Thibodeau
- Brady Paramedic Emergency Care Second Edition- Bryan E Bledsoe, Robert S Porter, Bruce R Shade
- Pre Hospital Drug Therapy- Sheryl M Gonsoulin, William Raynovich
- Brady Second Edition Basic Trauma Life Support Advanced Pre-hospital Care- John Emory Campbell MD
- Pediatric Advanced Life Support, American Heart Association / American Academy of Pediatrics