



Controlled FORCE:

Credible Security Training for Personal Physical Threats

by Nathan Nichols

Working with Miletich Fighting Systems, Controlled FORCE provides law enforcement and security professionals with the cutting-edge tactics and techniques needed for credible responses to physical threats.

The Controlled FORCE system was developed by mixed martial artists Tony Grano and Don Roberts with a team of law enforcement professionals. All levels of training are suitable for law enforcement, corrections officers, military professionals, and bodyguards. While they have been providing training solutions to law enforcement agencies across the country for over a decade, Controlled FORCE has recently teamed up with Miletich Fighting Systems (MFS), headed by five-time UFC champion Pat Miletich, who has trained eight world champions including seven-time UFC champion and Controlled FORCE instructor, Matt Hughes.



A Mechanical Advantage Control hold in action!

Over the years, Controlled FORCE has earned the reputation as the best defensive tactics training system for law enforcement. One reason for their success is their commitment to working with the best trainers in the nation to develop the best training in the nation. This is what led Controlled FORCE to team up with Pat Miletich and his MFS Team.

“Our goal is simple,” says Miletich. “We want to combine Tony’s and Don’s vast pool of law enforcement training knowledge with the reality-based fighting skills and expertise of Miletich Fighting Systems. Controlled FORCE takes a common sense approach to teaching officers the importance of movement. Teaching someone who has never been in a fight to move in order to avoid injury is difficult. Tony and Don have simplified this process so that it is immediately useable and recognizable. The key to the Controlled FORCE system is movement. How can I as an instructor teach

someone how to apply holds, use strikes, or control another person when they don’t even know how to control themselves? We teach our students how to move correctly before we teach them anything else. This is why there are different levels in the system.”

According to Miletich, security professionals across the nation are realizing that the techniques they teach gives officers increased confidence and knowledge to control a subject so a situation doesn’t escalate. This prevents officer and subject injuries, lowers lawsuits and worker compensation, and saves lives and money.

“For the last seven years,” Pat explains, “I’ve been training law enforcement and military agencies without a structured program or certification system. Because of my high profile as a fighter and trainer, I’ve been approached by many law enforcement training companies looking to work with me. It wasn’t until I met Tony and Don that I found a program worth my time and effort. I’ve seen many different systems over the years, and Controlled FORCE is head and shoulders above the rest because of their competent and professional training methods. Tony’s and Don’s teaching philosophies match my teaching style perfectly, and we share a passion for helping law enforcement and personal security professionals. They are revolutionizing defensive tactics for law enforcement by developing an easy, safe and effective training system – and that’s something I want to be part of.”



Controlled FORCE professionals.

Controlled FORCE utilizes a building-block system of five controlled holds (known as Mechanical Advantage Control holds). These holds serve as a tool for the student's continuing development in defense tactics training. Combine this with a 10:1 student/teacher ratio and the Controlled FORCE program begins to take effect. The five Mechanical Advantage Control holds are an effective series of building blocks that assist the student in quickly grasping the principles and techniques involved in the control of body momentum and leverage, while emphasizing safety to both the student and offender. Rather than placing reliance on any one technique, this system gives the student the flexibility to choose different options to control the situation. Students are taught how to control an opponent through body momentum and leverage, while at the same time learning how to quickly apply a submission or control hold to the assailant without excessive pain or injury to either party.

After over a year of collaboration, Tony, Don, Pat, and other members of the Controlled FORCE Team have developed their next level of training: Controlled FORCE 2. This new system builds on the techniques of Controlled FORCE to create an advanced program of survival tactics in both standing and ground defense. Controlled FORCE 2 will be available for preview at the 5th Annual USNSTA Training Conference. The United States National Standard of Training Association (USNSTA) brings together the best law enforcement trainers and training programs in the country to collaborate on training development. This year, the best in law enforcement training will come together on December 13-17 at the Rio Hotel and Casino in Las Vegas.

Because it is fully compatible with any other training system, Controlled FORCE is used as the base system for all USNSTA-developed training programs. Even though Controlled FORCE is a hand-to-hand training system, its focus on movement, positioning, and body control makes it an ideal base for other areas of training, such as lethal and non-lethal weapons systems, personal bodyguards, SWAT Tactics, and anti-terrorism training. Controlled FORCE now has three levels of refined defensive tactics training: Controlled FORCE, Survival FORCE, and Controlled



UFC legend Pat Miletich (R): part of the Controlled FORCE team

FORCE 2. Every technique in each system was chosen not only for its simplicity and effectiveness, but also for its compatibility with every other technique in the system, as well as its adaptability to any outside method.

Each training level is packaged as an instructor certification course. Since each technique can stand alone or be integrated into other techniques, Controlled FORCE training can be modified or customized to meet the specific needs of any area of law enforcement. Agencies using Controlled FORCE see real results in the competency of their officers' arrest skills, the minimization of injury, and, most importantly, a new level of confidence that officers have in their ability to perform in the dangerous and unpredictable world in which they work.

For more information on Controlled FORCE seminars or training visit www.controlledforce.com.



A packed Controlled FORCE training seminar.

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The Controlled F.O.R.C.E. Online Training Center

In response to the current trend of budget cuts nationwide, Controlled F.O.R.C.E. has developed an inexpensive way for officers to receive life-saving defensive tactics training over the Internet. We are providing this training for free to all law enforcement, corrections, security, and military personnel. We only ask that the user pay \$7.99 per subject to cover overhead costs.

Controlled F.O.R.C.E. Weapon Retention and Disarms is now available at: www.controlledforceonlinetraining.com

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