

## **Tactical Indoor Defense & Evacuation (TIDE) Review**

### **By AR15.com**

Last month we hosted our first training class ever, Tactical Indoor Defense and Evacuation (TIDE). And the feedback has been so great, that we're looking forward to the repeat of the class as well as the follow-on later this year.

In the meantime, here is a description of the course from a third party who was not a participant. There are a lot of details that I may not have included on the class itself, but I did get the big-picture as I was able to observe from the sidelines to see student and instructor interaction.

#### **PFC**

First, let's start by taking a look at the trainers. PFC (Progressive F.O.R.C.E. Concepts) has been involved with AR15.com for a few years. They are based out of Las Vegas, and historically have only offered training to mil/leo simply due to resource limitations. Lucky for us, they've been expanding their course offerings, training locations, and opening some classes to non leo/mil.

They are made up highly-experienced former and current military and law enforcement professionals. In addition to training, the staff of PFC is actively involved in protective services. This provides a real-world test-bed for their training techniques as opposed to a purely academic training environment. As a result, what they train is the result of thousands of hours of evaluations in the field of what works and what doesn't. In fact, the 'P' in PFC stands for PROGRESSIVE; their methods are constantly being tuned and re-tested to ensure that what you receive are the best possible techniques available as sampled from a diverse staff, with varying backgrounds, that are put to use daily.

A team of core trainers as well as various trainers located throughout the US ensures that when they travel, there is always a local resource available. In our case it was NY law-enforcement which helps answer any NY-specific questions that inevitably come up during a class on self-defense, as well as a Chris Fry of MDTs here in NY to add the "civilian" perspective. PFC covered the class of 20 students with a total of seven instructors. That's one instructor for every three students! This allowed each individual to receive one-on-one guidance, provided for a diverse pool of experience to draw from, and made sure instructors were accessible for any questions throughout the day.

## **Course Outline**

As a one day-course, there is a lot of knowledge that gets condensed and presented in a course such as this. While I'm sure that some might abstain from a dry-fire-only class because they do not get to fire any ammo, the bottom-line is that the techniques presented in this course are far more important and critical than pulling a trigger, and can be accomplished more safely and easily in a dry environment. Topics included the basics of awareness, mindset, and legal, but quickly moved into the techniques associated with movement in structures. Students learned about nomenclature for various types of rooms and structures, how to deal with obstacles, doors, and different types of rooms. As the day progressed, these techniques were expanded so that rather than dealing with a single room, the overall structure was taken into account adding hallways, intersections, and compound room layouts.

## **Breakdown of the day**

The course began with a classroom session that covered introductions, paperwork, and an overview of the day and went right into the basics of self defense. The content was presented in small blocks which were broken up by small-group application exercises of the material presented. Both in and out of the classroom, the experience and perspectives of the various instructors was injected. Alternating in short sessions ensured that the classroom material could be applied and tested immediately and kept a quick pace preventing students from "information-overload."

As the day progressed, the practical evolutions became more involved as students applied the previous lessons to more and more complex problems. This culminated in a final evolution that simulated an in-home break-in with a potentially armed intruder making his way into the home, family members in the house, and a structure that needed to be defended and cleared while calling 911 and waiting for police to arrive.

It is inevitable that all of the techniques you've just learned and practiced fade as soon as a little simulated pressure is applied. This reinforces the need to practice as realistically as possible, and to do it frequently. The recurring suggestion from student feedback was that the course be made longer so this type of complex evolution could be repeated.

## **Observations from the Sidelines**

I got a perspective from a non-participant that allowed me to observe the group dynamics and the flow of the course. From the beginning, the PFC instructors were professional and got down to business quickly. They started the morning by sizing up the available resources, the makeup of the class, and formalizing a plan. While some taught, others prepared evolutions behind the scenes. They took advantage of the entire building, answered questions from the students, and adjusted the course to maximize the benefit to everyone.

Breaking up into small groups allowed each student to get one-on-one instruction as they ran through the exercises. With several instructors in each small group, questions could be asked by a without interrupting the current student and detailed feedback could be provided without slowing the flow.

The day was also paved with stories from the instructors, humor, and even discussions among the students. The benefit of having law enforcement personnel on both sides made discussions about what police will expect and do when they arrive at a scene was very valuable for any student who may be involved in a self-defense scenario.

## **Feedback**

The one recurring request from all of the feedback was to continue the course for another day! Because of the amount of material covered in this 1-day class, there simply is no way to get more in without expanding into another day. As a result, we've scheduled a repeat of this course as well as a second day (TIDE 2) for later this year; see details below.

Positive feedback included the overwhelming "exceeded expectations" in every respect for the class as well as the quality and number of instructors. I can tell you from years of having attended training throughout the US that I have never come across this level of instruction for anywhere near the price point that PFC offers this course for. The usefulness and value of the material taught is significantly more valuable than the price of entry, and I highly recommend it to all.

## **Summary and Next Steps**

With the success of our first TIDE class, we are ready to provide an opportunity for those that weren't able to get into this month's course. We will once again be hosting PFC this May and since demand was so high for the first course, we recommend folks sign up early. In addition, we will be adding TIDE 2 to the schedule so students from this last class and those taking the TIDE May class can sign up for TIDE 2 as well (TIDE 1 is a prerequisite).