



WARRIOR
LIFE
PODCAST

Episode #364 Show Notes
OODA Loop Secrets (Part 2 Of 2)

JEFF ANDERSON

WWW.WARRIORLIFE.COM



Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

OODA Loop Secrets (Part 2 Of 2)

with Jeff Anderson from <https://www.WarriorLife.com/>

About Last Week's Disney World Fight

- If you haven't listened to Podcast 363, you really should. This is part 2 of my commentary on the fight I saw at Disney World.
- Colonel Boyd wanted to use the OODA model to WIN against the enemy. You have this same ability to sabotage EVERY factor in your attacker's OODA loop process, and you can use this disruption to avoid being targeted or DEFEAT your attacker.

Where Your Enemy Is In The OODA Loop

- Your attacker is already halfway through his SECOND loop, because he's already observed you and made the decision to act in attacking you.
- By injecting what the attacker doesn't expect, you can use his OODA loop to make him vulnerable to your counterattack.

Observation

- Be very observant and assume anyone you don't know is a POTENTIAL threat.
- Look around and MOVE around. Don't be preoccupied and don't look like a target. Stay alert to your surroundings.

Orientation

- In last week's episode, Podcast 363, we explained that Orientation is often misunderstood. Colonel Boyd looked at it as how your past experiences and biases affect how you see things and how you decide on a response.
- You don't know your attacker personally in many cases, but there ARE things you can

assume, and you can do the OPPOSITE of what the attacker expects you to do.

- For example, criminals expect you not to want to be rude, so you can use rudeness to warn them off and disrupt their plans.

Decision

- Your goal is to FORCE the attacker to make a decision, not based on what they THOUGHT they were going to have to base their decision on, but on the options you've given them by disrupting their process.
- You want to force him into a situation where the one thing he can't do is continue aggressing on you.

Action

- If he still chooses to attack, you can disrupt his OODA loop by introducing new variables. From a piercing personal alarm to pepper spray to a gun, you can disrupt his process by introducing these variables.

Conclusions

- My goal is to get you thinking about little tricks you can use in your own "tactical planning" that could help you disrupt an attacker's plan, throwing a factor on them they won't expect.
- A flashlight, a backup gun, knowing hand-to-hand moves, using pepper spray... all of these are potential disruptors.
- Even a hidden handcuff key or other escape and evasion tool might be a potential disruption to give you the advantage in an altercation.

Prepare. Train. Survive.

NOTE: *This is an automatically generated transcript produced by our podcast platform. Much like automated captions, there are bound to be some oddities when the robot doing the transcribing didn't understand. We hope you find it helpful anyway.*

Hey, what's up warrior, this is Jeff from WarriorLife.com and welcome to Podcast episode #364 and the SECOND of our 2-part series on "OODA Loop Secrets". This week... how to sabotage a criminal's sinister plans BEFORE he puts his crosshairs on you...and even turn the tables on your attacker in the MIDDLE of a fight for your life! Let's talk tactics...

Alright, welcome back, Warrior. This is Jeff Anderson, executive director of Warriorlife.com. And last week, in the first part of this two-part series. I told you a story about my recent trip to Disney World with Melissa and our grandkids, and a verbal altercation, that happened next to us between two different Park. Visitors who were there with their children, standing in a very long line to get into the Haunted Mansion ride. Now that argument really made me think about the Dynamics of how conflicts start how they play out.

And how they end specifically with you as the Victor and the model that I use for, this is a common tactical approach that was originally put together by US Air Force, Colonel, and Military strategist. John Boyd in a famous study that he did related on how to engage an enemy fighter in the air and win. Now, that model he came up with is a progression of steps specifically, observe Orient, decide and act or The ooda Loop for short, Where You observe the enemy's actions.

You Orient yourself on how you'll respond both physically, but also, as I talked about in last week's episode, how you are personally oriented on the information that you're taking in such as like, if you've had previous experiences, either good or bad, that would affect how you respond things like that, and then decide on what action you will take next and then act on that decision. Now, we also talked in our last episode about how this OODA Loop is happening with your attacker as well because they are,

So going to respond to whatever actions that you take. In other words, if you resist giving up your wallet or getting in their car, they'll do this. And if you fight back, they may run away or they may use a weapon and kill you. This is why attacks are so Dynamic and they can change in an instant because you don't know your attackers next move and they don't know yours either. So, all you can do is take in whatever information you have at the time. In other words, observe and then the rest of the loop plays out back.

And forth between you and your attacker until the end result, whatever that is. Now, if you haven't listened to last week's show, I do recommend that you go back and listen to it. Because I did go over some important factors for consideration that I witnessed in that Disney World confrontation. And what makes people tick and what most people miss about Colonel Boyd's development of the ooda model. But his goal to actually use the ooda loop for aerial. Combat wasn't just to identify this linear pattern of decision making

It was to use this model to defeat the enemy. You see his aim wasn't to get fighters to think faster than the enemy. In order to like to shorten the ooda loop. It was to get them to think ahead of the enemy and create chaos in every part of their own ooda Loop process. So boy discovered that if you could do unpredictable things in a dog fight, it confused and disrupted, the enemies fighting strategy.

And then they were easier to defeat. So you have the same ability to sabotage every factor in your attackers. Ooda Loop process and you can use chaos and disruption to avoid being targeted or to defeat your attacker. If you're forced to defend yourself. So in this week's show, I'm going to be giving you some specific examples on how you can do that and it's all coming right up after this important message.

Okay, we're back, and it's time to jump into some tactical strategies on ways to use the, you to Loop to your advantage in the way that Colonel Boyd. Really designed it to be used. And here's, here's why this is important. You see by the time that you're ambushed by an attacker, your attackers already gone through their own ooda Loop and they're halfway through their second Loop. So what I mean by that is he's already observed. You as a potential Target. He's already oriented on ambushing you. He's decided that you're the one.

And he's already an action by the time you realize that you're even being attacked but not only that. He most likely also already decided what he's going to do based upon your reaction to what he's doing, whether he's going to run away punch. You stab you shoot you, whatever it is because he knows that you're going to do something right? You just doesn't know what it is that you're going to do. So this is how you disrupt his plans.

By injecting what he doesn't expect at every opportunity that you can use IGG when he's expecting a zag. So his own. Ooh, decision making process is destroyed and makes him vulnerable to your counter attack or he just abandoned him his plan and he gets out of there all together. So let's talk about how you do that. And I think it's best to kind of use a specific scenario so we can look at each element of the process. We can judge it for its own unique opportunity based upon a specific scenario and then you

Assess what you can do to create chaos and disrupt that criminals plants. So for a scenario, let's say that you're alone at a Like a downtown gas pump. And there are two men that are standing and talking to each other, on the corner of the street. That's just on the edge of the gas stations property. Close to your location. Now, one man leaves and he goes into the store and the other one stays on the corner. Now, after a couple seconds, the other man starts walking toward you with an unlit cigarette in his hand. And he just says, hey man in a familiar.

Miliar friendly tone and he keeps approaching. Now. Most of us have had this happen to us. At some point. You're pumping gas somewhere. And somebody whether there they need a light for the cigarette, or some spare change or whatever. I mean, I lived in East, Pitchfork, you know, Texas and and these things have happened to me. So I know that they've pretty much happened to all of us out there. So it's a common scenario and you never really know whether this is going to be dangerous or not. But you kind of have to assume that, right. I mean to assume the opposite is really kind of

Yourself up for potentially being harmed. So, let's go ahead and use the ooda loop to our advantage in here. In the way that Colonel Boyd, designed it, to be to be disruptive to the enemy, to be able to short-circuit their plans. So let's start at the beginning with the first o in Buddha and that is observation and let's face it. I mean criminals are very observant, right? Whether they're it's identifying like that perfect spot to Ambush and evening.

Hager who's on the road or on a trail somewhere or their observant of where the darkest part of the parking lot is or they can spot a home that has, maybe tall bushes, have that are hiding the front door where they can just bust in without being seen or even just being observant for victims of opportunity. Like the scenario that we're talking about. Now. You should assume that any stranger on that property where you're pumping, gas is a Potential Threat. It's better just to assume that so focusing on the men on the corner if they're observing you, maybe

Planning on ambushing you from two directions. When the other man comes out of the store, you disrupt their planned by not being one of those people with your eyeballs glued to your phone or to that little that that television that they have now on the gas pumps. Which why they did that. I mean, I get it, I get it advertised wherever you possibly can. But I mean, I've seen enough CCTV camera, you know, robberies and progress that happened at gas pumps that. Now we've just made something that's going to distract people even more. They're all right, so you don't

want to be one of those people that is Mindless to what's going on around you.

So for you, you do the opposite of whether people are going to do, you look around and you move around. Now, you don't have to look like some paranoid, secret service agent, but gas stations as an example. Really are commonplace for criminals to prey on people because one, you're preoccupied with pumping, gas, just the same way we talk about. If you're putting groceries in the car, you're preoccupied, you're doing something, your mind is on something else. Your body is doing something else to. They can use your vehicle in the pumps to

Either Advance if you've ever noticed, when you're pumping gas, that you have lots of blind spots around you. And then, the third reason is they can blend in with their surroundings, whether that's in the dark or as a bystander, like these two guys and they just kind of they can just lounge around there until the right person comes along. So you don't just want to stand there leaning against your vehicle watching that little television. So for me, I set the gas pump to like kind of automatic, right? It's got the little thing that allows the pump on its own and then what

I do is, I walk back and forth by my vehicle or around my vehicle. I don't want any blind spots anywhere. I want to make sure that I can see everywhere around on the other side of the pumps. I'm not walking around like I'm you know pacing around the castle, but I'm just moving. I'm just moving and I'm scanning around it. All looks natural, which is fine. I'm making eye contact with anybody that's watching me. I don't want the pumps block, my view or let anyone come up toward me while I'm there now in this scenario.

You now have to be observant of both of the men because one is now in the store and one is approaching. You are there working in tandem to Ambush? You from both sides, don't know. But you're looking and moving around disrupts, their observation when they're looking at you. Okay, they're looking for that soft target. So now let's move on to the second do in Buddha which is orientation. Now as I said in our last show orientation is often misunderstood and Colonel. Boyd, really looked at it more from the standpoint of how like your past experiences and other

A biases that you have could affect how you see things and decide what you're going to do in response. So obviously you don't know your attacker personally. Well, sometimes you might know your attacker personally, right? But there are some things that you can assume even people that you don't know. And some ways that you can do the opposite of what a criminal would expect you to do to again disrupt. Their plans. So for our example, criminals know that most people don't like to be rude or assume that somebody is a threat. So this is why so many Street criminals.

Unlike the raggy is homeless person can walk right up to most people and asked for a light for a cigarette or some spare change. Me close enough to attack them without being challenged. So you need to be able to stop somebody that you don't know, from a good distance away with a strong voice and tell them, please stop. And don't come any closer. You need to use Authority in your voice. You need to say it loud enough. You're not pleading with them. You're not begging them to.

You are telling them. You are giving them a direct command, please stop. Don't come any closer. Now, part of this is you need to be observant as well. So, the scanning and looking around, and moving around, allows you to identify somebody early enough that you can do that. If you see that they're coming toward you, and you don't know this person. Then you stop them now. Is it rude? Yep, should you care? Nope, if they're offended?

Bad. You simply tell them that you don't know them and they can say whatever they want from where they are. That's it. And if there are criminal, you just did what 99% of other people wouldn't do. And you've now disrupted their expectations of what your response is going to be and you force them to rethink their next letter in the ooda loop, which is D their decision. So, the goal here is to force them to make a decision and preferably a

Then that's not based on what they thought they were going to have to make a decision on before you've disrupted their thought process. So now that you've unexpectedly challenged him and gave him the order to stop. He now has to make that decision.

And there's really only two things here stop or continue approaching, he can get angry. That's fine. He can feel offended. That's fine. He can do all of that. And stop. The one thing he can't do is continue to approach you now a word of warning here and it comes back to something. I talked about last week don't write checks that your abilities can't cash. So just saying stop and not having some means to actually stop. Someone doesn't do you.

A whole hell of a lot of good. It's better than nothing. But you have to be prepared for your own action. If he doesn't stop. And at that point you have every right to believe that he means you harm now. Hopefully, that means that you have some kind of a weapon to protect yourself with. And if you do, then this would be the time if he's continuing to approach you to. Maybe move your hand onto a weapon, even if it's not to show it yet. And if you really feel threatened, if you really feel like you could potentially be in danger, and you would be able to legally argue that.

It could mean showing your weapon depending upon what that situation is. But again, you've just now up the game for the criminal who was looking for an easy Mark, just by putting your hand like on a weapon at the same time, you what I would do is I would move around to the other side of the vehicle to give yourself some distance. Also create the opportunity to look around and see if the other guy is coming out of the store if he's if he's on the property, if he's coming from a different angle. So their action could still be to

Tack and you need to look at what you can do now to disrupt this element of their Buddha process which is action. Now, this could mean actually deploying your weapon, but it could also mean just pulling a personal alarm that you have on. You like one of those High decibel personal arms and I really, I actually love these things. I absolutely love these things even just from the standpoint of the disruption that it causes in this situation because it adds another factor that a bad guy wasn't expecting and he has to now Reese.

Art, his ooda Loop decision making process. Now they have to figure out what the hell just happened. Like now there's the shrill noise that's going on and this piercing alarm is in the mix and they're thinking about who might have been alarmed by that alarm and who may be calling the cops and what other tricks you might have up your sleeve and that trick could be anything for you. It could be pepper spray. It could be a firearm. It could be running into the store itself. It could be just getting in your vehicle, it just that that Gap, that it allowed you to get in there. And

Lock the doors and get out of there. Your response. Whatever you see fit is the deal with the situation, is your response, but you've disrupted their response and that's the most important thing you need to disrupt their action. Now this scenario and everything we talk about here, only deals with one type of a situation you might find yourself in, but my hope here is to get you thinking about what little tricks you can use in your own tactical planning that could help you disrupt an attack.

Is plan by throwing them. A factor that they wouldn't expect. That was what Colonel Boyd was really trying to accomplish in the ooda loop factors that he was throwing out there. So some other quick examples of things that I personally use or you might want to think about are using a flashlight and scanning any time that you're in a parking lot after dark. So this is something that I use very often have talked about this several times. Even if it's a well that parking lot. I will use my flashlight because it shows

Anybody that is potentially looking at me as a threat that I'm more observant than others. And I'm watching my surroundings and that should equal in their mind based upon their orientation. Their experience. Is that somebody that's more, observant is

observant for a reason, like they're going to spot me sooner. They probably might be armed. They're not going to be an easy Mark. I'm going to move on to somebody else. So a flashlight is one of the best everyday, carry weapons, everyday, carry weapons, that you should have on your person all the time. Also. Just knowing some simple.

It was that will work against anyone even if they're even if they're twice your size. They're not hard. There's there, you know, all you need is a handful of things. You don't need to become a black belt down at the Taekwondo center anything. But you are most likely going to be ambushed in close quarters. And even if you carry a gun, you might have to fight your way to your gun. Now, this is a way again that you can disrupt an attackers ooda Loop because they jump out the Ambush you there in close quarters, and if you most people are not going to fight back. So if you know how to fight back. So

If you know how to fight back effectively, then you've just put them on the defense when they were coming out on the offense. Also, I carry a backup gun in my back pocket that can look like. I am following their directions and getting to my wallet. For example. Now, we talked about this in one of the, the Praxis class that I do in my friend, Ox, you can go over to Praxis class.com pra, X is class.com, but we

Analyze, some real-world gunfights and we go through one where an off-duty officer was able to use this tactic pretty much to be able to short-circuit the ooda loop of a multiple attacker armed robbery at a gas station. Sounds pretty sounds pretty common. Right? What we were just talking about and so this is one thing that I tell people to do is to have a backup gun in your back pocket or what the next technique is really what this believe this this officer was doing is to carry out.

A dummy wallet on you that has a few credit cards in a few bucks in it that you can throw it a robber so they can quickly look at it. It looks like your wallet and then from there if he takes it and runs, no problem. Got a couple of bucks and some old credit cards that are expired, no longer, good anymore, whatever. But if he takes it and then tells you to get in the car then, you know, you're facing a whole other threat and you know that you're going to need to take some other action there. Another technique here is if you carry pepper spray, and this is very common.

When you think about using pepper spray to Ward somebody off, most people will think about it like putting out in front of them and saying stay back like using it as like a warning. And that, all that does is gives your attacker information that they can now Orient on. And it's not much of a threat to them. They can decide and act based upon that information, which is knowing that they can get sprayed. So all I have to do to take action is to close their eyes, put their head down and charge.

Urge you to avoid getting hit. So instead in order to use you do to your advantage here is you want to keep that pepper spray with your finger on it at the ready in your hand so that they can't see it. So you can Cup in your hand, have it down. You can have one hand out in front of you, kind of The Magician's like, you know, don't look at the other hand, like look at this hand, have it out there like stop stay where you're at and you have an open hand that's up there and that's what they're focused in on, but you your other hand can have the pepper spray ready to go, but

They don't know that yet. So when they do approach you, if they, if they continue to advance close enough. That's when you quickly bring up the pepper spray and you spray them before they even know what's happening. So now, you've disrupted again their decision. This decision making process here. There's a big difference there in how you carry and how you use something, like, pepper spray. It can even be having a hidden handcuff. Key on you, in case that you're abducted and your stuffed in the trunk somewhere. So restraints like tape and rope, they can

Easily be defeated with just a little bit of effort. I mean, people normal people that don't know anything about getting out of restraints have gotten out of being tied up with rope telephone wire duct tape, things like that, but handcuffs require a special tool, and having a key. It Beast trying to pick the lock. I mean, I know how to pick a handcuff key lock, but having a handcuff key hidden on you. It's just a lot easier. And then when the, you know, that trunk opens up, your hands are free to surprise them with some sort of a counter-attack. Now, we

As far down this Rabbit Hole as you like, but the key here is to take a good hard. Look at the options that you have available to you to be as sneaky as you can. To disrupt your attackers. OODA Loop process and gain back the advantage and the fight. Okay. All right, now, I'd like to hear from you. What are some other strategies that you could use to disrupt your attackers plans? Whether it's an armed robbery, a home invasion, or a road rage bullying, the parking lot. Whatever it is. What are some things that you can think of?

Gov that can disrupt their observation orientation, their decision-making process. And then the actions that they take, what can you do at each? One of the steps? They're all right. Go ahead and leave your comments over on our blog where you see this podcast episode. And hey, a quick shout out here to saltwater. Hippie who left us? Five shiny stars for a rating on our podcast and said, great info serious, and funny. Great listening. I just came across you guys podcast and listen to All of 200 2021.

To work. I love the information. I'm very happy. I came across as program and I'ma forever. Dedicated listener. Now. I've started following you on my YouTube channel and it goes along great with me being a Firearms instructor. I can never learn enough to be able to pass on the best information and training to my students. So thank you saltwater hippie. All right, and hey, if you're loving our podcast, please do me a favor and help us get the word out to more Warriors. Just like you out there. Go on over and wherever you listen to our show.

Leave us five badass shiny stars there, and tell others what you love about our program. You can find us and subscribe to our channel on iTunes, Spotify Stitcher, wherever you are getting your podcast Fix Plus. Don't forget to check us out over on the the tubes of you at [youtube.com slash Warrior](https://youtube.com/slashWarrior) where we release at least one new video every single week. And while you're there, make sure that you subscribe and hit that little bell so that you don't miss a single episode. And until our next Warrior Life podcast, this is Jeff Anderson saying prepare, train, survive.