



# **Bodyguarding**

## **An Introduction to Close Protection Operations**

**By Michael Evans  
CEO**

**USPA Nationwide Security**

**startasecuritycompany**  
a blueline capital company **.com**

1	Introduction to Close Protection Operations	3
2	The Close Protection Industry	6
3	Physical Conditioning	7
4	Education	7
5	Psychological Factors	7
6	Appearance	8
7	Common Misconceptions	10
8	CP Industry Terminology	14
9	Escort Formations	21
10	Lone Formation	22
11	Sweep Formation	23
12	Diamond Formation – No Advance	24
13	Diamond Formation – With Advance	25
14	Box Formation – No Advance	26
15	Box Formation – With Advance	28
16	Arcs of Influence	29
17	Choke Points	30
18	Check Points	32
19	Box Formation Aircraft Wheels Down	33
20	Transition to Diamond Formation Aircraft Wheels Down	35
21	Transition to Diamond Formation Aircraft Wheels Up	36
22	Transition to Box Formation Aircraft Wheels Up	37
23	Advance	38
24	Duties	39



25	External Consideration at the Site	<b>39</b>
26	Internal Consideration at the Site	<b>40</b>
27	Radio Communication	<b>44</b>
28	Phonetic Alphabet	<b>45</b>
29	Action on Contact Drills (AOC)	<b>46</b>
30	Observe the Threat	<b>48</b>
31	Cover	<b>48</b>
32	Engage	<b>49</b>
33	Communicate	<b>49</b>
34	Sample AOC Drill	<b>50</b>
35	Landing Close Protection Employment	<b>53</b>
36	Conclusion	<b>57</b>

## **Bodyguarding – An Introduction to Close Protection Operations**

This book is titled Bodyguarding – An Introduction to Close Protection Operations, but it could also be called a Step-by-Step Manual for New Executive Protection Agents. It has been 16 years since I was assigned to protect a person’s life for the first time in 1994. In those years I trained, worked, ate, slept and (did something else) “Bodyguarding.” It has been my passion and a truly rewarding aspect of my private security career. My name is Michael Evans. I am the current Chief Executive Officer of USPA Nationwide Security in New York (U.S.) and the President/CEO of [startasecuritycompany.com](http://startasecuritycompany.com). I have been actively protecting people’s lives (in addition to other aspects of security) on a full-time basis since I was 20 years old. Like many new bodyguards, I was fresh out of the police academy and constantly in the gym, working out, grappling and sharpening my skills. By the time I turned 25 years old; I had already had 20+ years of martial arts and completed 3 of the 5 police academies that I have since attended. I have attained black belts in the arts of Jujitsu and Tae Kwon Do and trained MMA since 1993 with my brother under the instruction of my father, before it became the popular sport that it is today. My close protection training has been acquired over the years from private close protection training schools to specialized dignitary

protection courses offered by federal and local law enforcement agencies that I've worked in over the last 15 years. By direct contract or by subcontract, I have protected hundreds of high profile clients, among others were Kid Rock, P-Diddy, Jennifer Lopez, Queen Latifah, Missy Elliot, Jessica Alba and various Playboy models to CEO's, foreign dignitaries, battered wives and other clients with imminent death threats. It is my intention to familiarize new bodyguards with this field and the operations and processes by which we conduct business. **This is not a substitute for training.** As a matter of fact, I strongly encourage you to seek professional training before you ever take on the task of protecting someone's life. Later in this book, I will recommend schools and training facilities for different types of close protection careers and details. I will be writing this book from the perspective of the team leader of a close protection team. You will most definitely not operate in the capacity of team leader if you are new to this field. Anyone who attempts to place you in that position, without the proper training and experience, is putting you, your client (the principal) and everyone involved in real danger.

This book was written in blocks that will explain everything from what a bodyguard is to the duties of a bodyguard, formations, team positions and

intelligence gathering that will prepare you to protect a person's life. To make this book more useful to you, (if you are planning to open your own bodyguard company) I strongly recommend my other [eBooks](#) that cover topics such as starting a security company, licensing, insurance and bonding for bodyguards to landing bodyguard contracts, bodyguard contract writing and equipment. This is not a Kevin Costner fairytale story of a middle-aged (mediocre looking) bodyguard who sweeps his beautiful superstar client off of her feet and they live happily ever after. The tactics that I will discuss are real, effective and for use by trained professionals only. Study this manual; get your training and go forth to serve...

## The Close Protection Industry

Bodyguards, as most people refer to them are in essence really close protection operatives. Unlike today's Hollywood depiction of a 7' muscle-bound behemoth of a man, who stands in front of his client in a muscle shirt and singlehandedly dispatches a group of would-be kidnappers with his bare hands, bodyguards are highly trained team members; part of a well planned, organized protection detail. Today's bodyguards come in all shapes and sizes. They are men and women with the skills to protect people's single most valuable asset; their lives. For as long as humans have walked the earth, it has been a natural instinct to survive and protect our families. In essence, we are all born with the instinct to protect people. Take a ride to the local amusement park and observe moms and dads with their children. The principles they are bodyguarding are *similar* to this everyday task of watching, intervening, allowing, planning and at times disciplining. The difference between a parent and a professional bodyguard is that the bodyguard has the training, ability and instinct to protect a person whose life is at risk for some reason or another. This industry is not for everyone. Among the efficiencies and skills required for a successful career in this field are:

**Excellent physical conditioning.** A defensive tactics instructor told me once that, “you lost your right to be out-of-shape on the day you decided to be a paid protector of someone else’s life.” Your client is relying on you to be able to physically protect his/her life or the lives of their children, etc... A balanced diet, exercise, weight training and realistic martial arts training are not optional in this field. Put down the Twinkies and make this happen now.

**Education.** Generally, you will be protecting clients who are well traveled, educated and wealthy. Your client will expect his protector to understand or at least have some knowledge of the subject matter of his/her daily transactions. For example, if your client is a politician who is in support of abortion, and you are accompanying him/her to a rally where anti-abortion activists will be attending (or possibly attending), your client will expect you to understand his position and that a crowd of screaming people, holding signs that say, “baby killer” may be a potential for violence against the client. Know who your clients are and what they are all about. I’ll discuss how to accomplish this later in the book.

**Sound mind and in good spirit.** Psychologically, this profession takes a lot of patience and an adaptive sense of humor. As a team leader (or lead) you will be in close proximity to your client for hours at a time. Your ability to adapt to your