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**Tim Boehlert**

**Training Changes Behavior**





### ***The 10 MAXIMS of Arcadia Cognerati:***

#### **[01] Memory is Fiction**

Your brain cannot tell the difference between reality and fantasy during recall. The brain's reward chemistry can be manipulated. This means that the more positive or negative emotion you attach to a memory, the easier that memory will be to recall in an emergency. This also means that you can 'add' human memories to overcome cognitive shortcomings through training.

#### **[02] Training Changes Behaviors**

There is a distinct difference between Training and Education.

#### **[03] Memory and Emotion Links Make Humans Creatures of Habit**

All humans will repeat behaviors when given the choice. Being able to read human emotions gives the operator the ability to predict what will likely happen next.

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**[04] Humans Won't Pay Attention Unless They Have To**

Humans have evolved past being able to detect predatory looks and mission focus without training. This creates an environment where predatory looks and mission focus will allow us to find terrorists, criminals and predators hiding within and among us.

**[05] Humans Are Predictable**

Humans are lazy and they follow simple patterns. These patterns are observable, measurable, repeatable, and can be analyzed and defined to satisfy a legal or professional standard. Science proves that human behavior will likely repeat over and over again unless acted upon by external arousal or influence. When given a number of choices humans will follow the path of least resistance.

**[06] The Harder Humans Try To Mask or Hide Their True Behaviors, The More Those Behavioral Traits Will Stick Out**

Deception can be detected, and all criminals, terrorists, or insurgents must use deception to hide in plain sight. Humans lie often, yet they are terrible liars and those deceit cues can be detected when compared against the baseline.

**[07] Your Brain Hates Divided Attention**

The more humans engage in polyphasic skills or multitasking, the worse their performance becomes. Especially their cognitive performance!

**[08] All Humans Telegraph Their Intentions Unknowingly**

Your unconscious mind controls your behavior. Anything a human being touches will likely retain a trace of that human's influence. This allows a trained operator to detect subtle 'signature' cues to use as artifacts and evidence when prosecuting them or impeaching their testimony.

**[09] Cognitive Illusions Can Be Overcome With Training**

This allows us to determine where a sniper needs to be to shoot us, where an IED needs to be placed to kill us, and how an insider threat will hide in order to betray us.

**[10] Humans Betray Their Affiliations Unknowingly**

This allows us to track humans and their relations within a group in order to determine their leadership and structure.

If this presentation opened your eyes to a whole new world, congratulations! I confess that this material is something that speaks very deeply to my brain, and I encourage you to explore the possibilities that this training suggests – we are all humans, and we all behave in similar manners, thus, we can predict, detect, and avoid a lot of violence, if we open our minds to another way of training!

*"Violence is a simple, powerful means of communication, it is a currency..."*

*—Greg Williams*

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Edited Excerpts from a 30 minute Q&A with Brian Marren & Greg Williams of Arcadia Cognitati:

**Q1:** From what I have learned from a variety of resources, your program was initially designed for the military, and was originally known as **Combat Hunter** in the USMC version. Greg was one of four subject matter experts called upon to design a program to help our troops while they were deployed overseas. It reminds me of the process that Law Enforcement went through in the early 1980's when too many officers were dying. During that process data was revealed that changed the face of training forever. I get the feeling that this does the same, and was born of the same ideas. Was this your intent?

**A1: Greg:** Remarkable, because you tied everything together very succinctly, and so the simple answer is this: I was a martial artist back in the mid to late 70's in Detroit. That really meant something. That was the advent of true, and mine was Japanese martial arts. There were only a few really good practitioners. That was still the days where you walked into a dojo and challenged the other senseis. I mean it was rough and tumble. And one of the things I noticed being a hood-rat was that there were certain patterns of the police in the neighborhoods, so I knew when to ply my trade when the cops weren't around, I also had a dad that was a Marine and a mom that was German, so they were very detailed oriented, so I found a way to navigate around them.

After I went into the military, I found that the military was all about structure and organization and there were seams and gaps everywhere, and my special knowledge of how to read humans and landscape would allow me to read the military landscape and get through and solve problems based on the sense-making that I had taught myself on the street.

The only good jobs in Detroit were General Motors and cop work. I got into cop work and the first thing I noticed is profiling a cop and profiling a criminal were the same thing, so I created Human Behavior Profiling and was teaching it



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*to police agencies all over the world. So that, that you saw, and it wasn't just me and I'm a humble guy, guys like Massad Ayoob and many others were legendary in bringing these street skills to coppers. So I was part of that and then I continued my professional career in teaching and training and the military goes, "hey if that works, would it work for us?" So, out of that was born Combat Hunter. We built programs for the Marines, ASAT for the Army, US Border Patrol, ICE, Customs. Once people see that this is a classic, people go to that. And one cautionary thing: on the shoulders of giants. A broken clock is right twice a day.*

*What I did is I assembled a whole bunch of great theories that went back to the 1600's and said, "This is how to explain those things" and created my own lexicon. So if you run into weird words on Combat Hunter or ASAT, those are words I had to invent because there was no scientific word for it.*

**Brian:** *It starts out with that Street Survival, or you called it Edge Courses, right here at Bang for Police. And it looks like to me that Greg went with continuing so deep into human behavior. And what you get is farther and farther 'Left of Bang', and you're 1000 meters out before anyone knows you're there. It's the same skill set, it's done from the advantage of time and distance. You can continue using it right through to 'at bang' and 'after bang.'*

**Greg:** *Brian is a martial artist as well. He started out in Aikido in Japanese martial arts as a young kid too. Miyamoto Musashi, very influential in my youth, said, "you win or lose before you ever draw your sword." And that*

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*fascinated me. How did he know how to read humans? That was a genesis. Funakoshi said "if the nail sticks out, pound it down." That was amazing to me. That meant baselines and anomalies. So history is full of these examples, I just codified it.*

**Q2:** Can you explain the concept of what you teach in terms that anyone can understand?

**A2: Greg:** *I took a nebulous concept and put architecture towards it that anybody, any human can follow. You don't have to do it all even if you do a little bit because I believe that you're responsible for your own health and safety and security. Even if you do a little bit you'll find out that the answers are right there. Just like escalation and de-escalation there's an answer right there you just have to take time to study it.*

**Q3:** For martial artists specifically, do you have a program designed to teach the many aspects of your

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**Greg Williams**



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architecture in terms that they could relate to for example in their self-defense programs?

**A3: Greg:** *It all **started** with the martial arts! My martial art was out-thinking the opponent. I did a Boyd's OODA loop on my martial arts training and said "here's where you could de-escalate, here's where you could break this down, and psychological de-escalation telling the person before you fight, I don't want to fight — how to work that dialogue and stances into suggesting to this person that this isn't the time and place for this fight. The shortcoming of all of this is that it's 'at bang', and slightly left of bang."*

*"If you're the smartest person in the room, you're probably in the wrong room."*

**Greg Williams**

*Brian Marren, Greg Williams, Shelly Williams*  
<https://arcadiacognerati.com>

*Tim boehlert*  
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