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## **THE MONROE POLICE DEPARTMENT ANNOUNCES PARTNERSHIP WITH MONROE JIU JITSU**

Monroe, Michigan - The Monroe Police Department is pleased to announce a partnership with Monroe Jiu Jitsu in a continual effort to improve performance and safe engagement tactics.

Coupled with ongoing department wide Verbal De-escalation training, collaborating with Monroe Jiu Jitsu allows the forty participating officers to practice proven, safe tactics to more efficiently and effectively perform their duties. Under the direction of Todd Williams, owner and head instructor of Monroe Jiu Jitsu, officers will train quarterly to address ground combatives and situational training.

Chief of Police, Charles F. McCormick, IV: "The goal of this partnership is to provide realistic training, using real world scenarios to increase safety to both officers and citizens alike. The Monroe Police Department sees this opportunity as a step forward in both positive officer and citizen interactions, as well as supporting local business to fulfill continued training needs."

The art of Brazilian Jiu Jitsu promotes overall good health and physical fitness, and when properly instructed, allows officers to react calmly under stress. Working with Monroe Jiu Jitsu, officers will be taught proper leverage and defense techniques, reducing risk of injury to officers and citizens, as well as minimizing opportunities for combative persons to escalate situations further.

This increased training enhances officers' abilities to respond with controlled, deliberate and precise actions under pressure to quickly and efficiently end altercations with minimal force.

Monroe Jiu Jitsu founder Todd Williams: "I'm very excited to partner with the Monroe Police Department. My goal since moving back home three years ago is to help as many people as possible and make Monroe a better place to live. Jiu Jitsu has the ability to do that.... Jiu Jitsu isn't about fighting...it's about stopping the fight and making everyone safer."

Improved communication skills, proper training, as well as applying the laws pertaining to subject control and use of force, are all ways the Monroe Police Department and Monroe Jiu Jitsu are working together to provide a higher level of service, safety and professionalism to the community.

#### About Monroe Jiu Jitsu

Monroe Jiu Jitsu founder Todd Williams is a Monroe, Michigan native that made his name through distance running. He was a state champion, All-American at Monroe High School (1987) before moving onto even greater things where he made two United States Olympic teams in 1992 (Barcelona) and 1996 (Atlanta). After retiring from professional distance running in 2002 he immediately started Brazilian Jiu Jitsu and self-defense training. After 6000 hours and 8 years of hard work he received his black belt and certifications in self-defense from Legendary Coral Belt Luiz Palhares in 2011. At this point Todd created RunSafer.com and began teaching runners, joggers and walkers how to be safer while out exercising. He has conducted over 400 safety workshops in 31 states as well as instructing students in Jacksonville, Florida at the Luiz Palhares Academy. He also had the opportunity to instruct law enforcement as well the National Guard. Todd wants Monroe Jiu Jitsu to be a great place to learn a great martial art that can change lives.

#### About The City of Monroe

Incorporated in 1817, the City of Monroe is a community that has a shared vision that seeks to balance the opportunities of economic development with the stewardship that is required for historic preservation. With a population of 20,733, Monroe is located about 17-miles north of Toledo, Ohio and about 35-miles south of Detroit. The City of Monroe is Michigan's third oldest community, and is also the county seat of Monroe County.

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