

Detective / Sergeant Jeff Johnsgaard (Ret.)



Brief CV

Email: Jeff@OnPurpose.Training

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Website: <http://OnPurpose.Training>

Resides: USA (Orlando, FL)

Social Media

Instagram: www.instagram.com/jeff_johnsgaard

LinkedIn: www.linkedin.com/in/jeff-johnsgaard

Facebook: <https://www.facebook.com/OnPurposeTraining>

Youtube: <https://www.youtube.com/@OnPurposeTraining>

General Info

Founder / Chief Instructor of - *Training On Purpose, By Design*
(<https://OnPurpose.Training>)

Current & Former Contract Instructor for:

Force Science®

Raptor Protection

Reality Based Training Association (RBTA)

Police Officer – 2003 to 2024

Public Safety Unit Member and Close Quarter Tactics Consultant

Tactical Support Unit – Advanced Firearms Instructor

Use of Force Instructor

Defensive Tactics Instructor

Firearms Instructor

Expandable Baton Instructor

O.C. Instructor

Conducted Energy Weapon (Taser) Instructor

Director of Training at AO Sword Academy, TN (www.AOSword.com)

Director of International Training for Natural Spirit International & Worden
Defense Systems (www.WordenDefense.com)

Reality Based Training Association: Advanced Scenario Training Instructor
(www.RBTA.net)

- Appointed Canadian Regional Director and to RBTA Board of Directors, 2019 to Present
- Appointed Head of Research, 2021 to Present

International Training Consultant Product Testing/Evaluation at Basic Black USA
(www.BasicBlack.us)

Certified – *Advanced Force Science*® Analyst

Publications Authored

- Johnsgaard, Jeff (2025). *Closing the Gap Between What We Teach and What They Do*. International Law Enforcement Educators and Trainers Association (ILEETA) Journal Volume 15 Issue 3, p. 22-23.
 - https://www.onpurpose.training/files/ugd/ddfae5_70267b3d75ab42d9b72764b09933d4e8.pdf
- Johnsgaard, Jeff (2024). Red Dots - Are We Training to Use Them Best? The Firearms Instructor Magazine, International Association of Law Enforcement Firearms Instructors (IALEFI).
 - <https://www.ialefi.com/red-dots-are-we-training-to-use-them-best/>
- Fraser, Dan & Johnsgaard, Jeff (2024). *Mastering Safety in High Risk Environments: A Look at Training Protocols*. Blue Line Magazine - online. January 17, 2024.
 - <https://naturaltactical.com/wp-content/uploads/2024/01/Mastering-Safety-In-High-Risk-Environments-Blue-Line-2023.pdf>
- Johnsgaard, Jeff (2024). *Improving Performance and Decision Making: Gaze Training for Law Enforcement Part 2 of 2*. International Law Enforcement Educators and Trainers Association (ILEETA) Journal Volume 13 Issue 4, p. 13-16.
 - <https://naturaltactical.com/wp-content/uploads/2024/01/ILEETA-Journal-Vol-13-Ed-4-Gaze-Training-Pt-2.pdf>
- Johnsgaard, Jeff (2022). *Competence – Increasing Utility Through Model Expansion*. International Association of Directors of Law Enforcement Standards & Training (IADLEST) Magazine Volume 2 Issue 3, p. 17-19.
 - <https://naturaltactical.com/wp-content/uploads/2022/09/Johnsgaard-IADLEST-Sept-2022-2.pdf>
- Johnsgaard, Jeff (2022). *Improving Performance and Decision Making: Gaze Training for Law Enforcement Part 1 of 2*. International Law Enforcement

Educators and Trainers Association (ILEETA) Journal Volume 12 Issue 2, p. 8-10.

- <https://naturaltactical.com/wp-content/uploads/2022/06/ILEETA-Spring-2022.pdf>
- Johnsgaard, Jeff (2022). *360° Vehicle Ambush Response*. International Law Enforcement Educators and Trainers Association (ILEETA) Journal, Conference Edition Volume 12 Issue 1, p. 14-15.
 - <https://naturaltactical.com/wp-content/uploads/2022/05/ILEETA-Journal-2022-Vol-12-Ed-1.pdf>
- Johnsgaard, Jeff (2021). *The Quiet Eye Specifics and Gaze-Action Coupling*. International Law Enforcement Educators and Trainers Association (ILEETA) Journal Volume 11 Issue 3, p. 18-22.
 - <https://naturaltactical.com/wp-content/uploads/2021/11/ILEETA-Article-2-Compressed.pdf>
- Johnsgaard, Jeff (2021). *The Quiet Eye*. International Law Enforcement Educators and Trainers Association (ILEETA) Journal Volume 11 Issue 2, p9-13.
 - <https://ileeta.org/wp-content/uploads/2021/06/ILEETA-Journal-2nd-Edition-Spring-2021.pdf>
- Johnsgaard, Jeff (2021). *Vehicle Anti-Ambush Specifics*. Calibre Press, June 3, 2021.
 - <https://calibrepress.com/2021/06/vehicle-anti-ambush-specifics/>
- Johnsgaard, Jeff (2021). *Passing on the Decision-Making Strategies of High Performers*. Blue Line Magazine, in Press for April 2021.
 - <https://naturaltactical.com/wp-content/uploads/2021/04/Blue-Line-Article-April-2021.pdf>
- Johnsgaard, Jeff (2021). *Ambush Survival: Increasing Officer Safety*. Calibre Press, March 30, 2021.
 - <https://www.calibrepress.com/2021/03/ambush-survival-increasing-officer-safety/>
- Johnsgaard, J.B., & Vecchi, G.M. (2019). *The Center Axis Relock (CAR) System: Theory and Practice (part 2)*. The Firearms Instructor Magazine, International Association of Law Enforcement Firearms Instructors (IALEFI), issue 62, page 34-42.
 - <http://naturaltactical.com/wp-content/uploads/2019/10/IALEFI-CAR-Part-2.pdf>
- Johnsgaard, J.B., & Vecchi, G.M. (2018). *The Center Axis Relock (CAR) System: Theory and Practice (part 1)*. The Firearms Instructor Magazine, International Association of Law Enforcement Firearms Instructors (IALEFI), issue 61, page 34-39.

- <http://naturaltactical.com/wp-content/uploads/2018/12/IALEFI-CAR-Part-I.pdf>

News Features

- KQTV – NEWS KQ2.com *Fundamentals of Force: Officer Breaks Down Use of Force* (April 10th, 2018).
<http://www.kq2.com/content/news/Fundamentals-of-ForceOfficer-Breaks-Down-Use-of-Force-479348303.html>

Featured In - Publications and Interviews

- The Silvercore Podcast - #164
Jeff Johnsgaard of "Training On Purpose, By Design". Topic: "Why You'll Freeze In A Crisis...And How To Stop It" (July 2025).
<https://www.silvercore.ca/podcast/silvercore-podcast-ep.-164-why-youll-freeze-in-a-crisis...-and-how-to-stop-it>
- We Rush In Podcast #2 – Interview
Jeff Johnsgaard of Natural Tactical Systems, 360° Close Quarter defense (April 1, 2022).
<https://open.spotify.com/episode/5g73Cn4tHynPpt3cudeGEN?si=EDFLsrivQpup0SnQrMHTA&nd=1>
- Executive Protection Lifestyle Podcast #43– Interview
Jeff Johnsgaard of Natural Tactical Systems, Evidence based training strategies (February 1, 2022).
<https://byronrogersmotivation.com/jeff-johnsgaard-natural-tactical-system-protector-nation-podcast-ep-43/>
- International Law Enforcement Educators and trainers Association (ILEETA) interview, Jeff Johnsgaard – 360 Degree Aimed Fire as a Response When Officers Are Ambushed In Their Vehicle (April 26, 2021).
<https://ileeta.wildapricot.org/ILEETA-Learning-Lab>
- Gun Owners Radio Podcast (Video Interview) – 360° CQD Vehicle Anti Ambush Principles – Jeff Johnsgaard (December 29, 2020)
<https://youtu.be/AFbXV1RFagg>
- Gun Owners Radio (FM 96.1 San Diego CA) – Jeff Johnsgaard of Natural Tactical Systems Interview. *What is 360° CQD?* (November 8, 2020).
<https://www.gunownersradio.com/jeff-johnsgaard-360-cqd/>
- Gutter Fighting Secrets – Interview #48, Jeff Johnsgaard of Natural Tactical Systems and 360° CQD
https://youtu.be/z9ZBgY_IrN8

- School of strategy Podcast – *What is Center Axis Relock Shooting System?* (April 2020).
<https://www.listennotes.com/podcasts/school-of-strategy/what-is-center-axis-relock-FrqmM4gLe3S/>
- The Blue Press – *Natural Tactical Systems 360° Close Quarter Defense Training* (January 2020).
<http://naturaltactical.com/wp-content/uploads/2019/12/Blue-Press-Jan-2020-3-page.pdf>
- Ammoman School of Guns Magazine – *What is Center Axis Relock* (November 19, 2019).
<https://www.ammoman.com/blog/center-axis-relock-a-star-is-born/>
- Modern Combat and Survival – Podcast *5 in 5 Question and Answer with Jeff Johnsgaard* (November 15, 2019).
<https://podcasts.apple.com/ca/podcast/modern-combat-survival-tactical-firearms-urban-survival/id914371573?i=1000456882904>
- Modern Combat and Survival – Podcast #272 *The Future of Center Axis Relock* (November 13, 2019).
<https://mcsmagazine.com/272-car-johnsgaard>
- Tactical Life Magazine – *Mean-Street Gunfighting System: CAR (Center Axis Relock) is more than a grip, stance...* (March 2011).
<https://www.tactical-life.com/lifestyle/military-and-police/mean-street-gunfighting-system/>

Firearms & Tactics

SWAT Level I – International Tactical Officers Training Association (ITOTA)
 NRA Law Enforcement Division – Tactical Shooting Instructor
 NRA Law Enforcement Division – Patrol Rifle Instructor
 Center Axis Relock (CAR) Master Instructor – Sabre Tactical
 Police Sniper – Sabre Tactical
 SWAT Level I – Sabre Tactical
 Carbine Instructor – Saber Tactical
 Certified Provincial Firearms Instructor by the Saskatchewan Police College

Defensive Tactics

6th Degree Instructor in Natural Spirit International (NSI) Progressive Arts
 5th Degree Black Belt in Natural Spirit International (NSI) Modern Arnis
 5th Degree Black Belt in Natural Spirit International (NSI) Renegade JKD
 Full Instructor Level IV in WorTac Defensive Tactics Training
 8th Degree Black Belt and Certified Instructor in Bujinkan Budo Taijutsu
 Certified Defensive Tactics Instructor by the Saskatchewan Police College

Certified Instructor in Spontaneous Protection Enabling Accelerated Response (SPEAR)

Fitness & Nutrition

CrossFit Level I Trainer (ANSI)
Certified in Agatsu Level I Kettlebell Coaching course
Certified in CrossFit Basic Barbell Fitness Coaching course
Certified in CrossFit Endurance Coaching course
Certified in CrossFit Gymnastics Coaching course
Certified in CrossFit Olympic Lifting Coaching course
Certified in CrossFit Nutrition Coaching course

Other Training & Certifications

Force Science® – Advanced Analyst Certification (300 hours, 3cu Master's Level Columbia Southern University)
SCENA 5-Day Instructor Certification, Scenario Based Training for Conflict Management & Use of Force Trainers – Dynamis, United Kingdom
Nationally Certified Instructor – International Association of Directors of Law Enforcement Training and Standards (IADLEST)
Force Science – Analyst Certification
Certified BTEC Level 3 Surveillance Course – United Kingdom
Certified Advanced Reality Based Training Instructor – Armiger Police Training Institute
Force Science – Realistic De-Escalation
Force Science – Advanced Methods of Instruction (AIM)
Raptor Public Safety & Force Science – Methods of Instruction (MOI)
Certified Scenario Instructor and Safety Monitor – General Dynamics
Scenario Role Player Instructor – Setcan
Chemical Munitions & Distraction Device Instructor – Ottawa Police Service
ARWEN Instructor & Armorer – Police Ordnance
Benelli Instructor & Armorer – Team One Network
Certified in Crowd Control Management and Team Based Tactics – Toronto Police Service
Less Lethal Certified – Sabre Tactical
PSD/Close Protection Level I – Sabre Tactical
Certified in Hypnosis and Neuro-Linguistic Programming – University of Toronto
Pistol Instructor Development School for Equipment & Tactics – Blackhawk Special Operations Division
PPCT Defensive Tactics Instructor – PPCT Management Systems
ASP Baton Instructor – Armament Systems and Procedures Inc.
Glock Armorer – Glock USA
Safety Monitor – Shock Knife

Conducted Energy Weapon Instructor (Taser) – Saskatchewan Police College
Search & Rescue Certification – Saskatoon Police Service

Recent Training Events

- Various Civilian Based Personal Protection Courses (1 to 3 days in length)
- Law Enforcement & Military Based Training Courses, Specializing in Instructor Development (2 to 5 days in length)

Conference Presenter

Multiple presentations at: ILEETA, IALEFI, Force Science, NTOA, PORAC, FMIT, State/Local Events.

References

References can be provided upon request.