

# Detective / Sergeant Jeff Johnsgaard (Ret.)



## Brief CV

Email: [Jeff@OnPurpose.Training](mailto:Jeff@OnPurpose.Training)

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Website: <http://OnPurpose.Training>

Resides: USA (Orlando, FL)

## Social Media

Instagram: [www.instagram.com/jeff\\_johnsgaard](http://www.instagram.com/jeff_johnsgaard)

LinkedIn: [www.linkedin.com/in/jeff-johnsgaard](http://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](http://www.AOSword.com))

Director of International Training for Natural Spirit International & Worden  
Defense Systems ([www.WordenDefense.com](http://www.WordenDefense.com))

Reality Based Training Association: Advanced Scenario Training Instructor  
([www.RBTA.net](http://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](http://www.BasicBlack.us))

Certified – *Advanced Force Science*® Analyst

### Publications Authored

- Johnsgaard, Jeff (2026). *Building Decision Makers Not Just Shooters: On Purpose, By Design – Part 2*. National Tactical Officers Association (NTOA), Tactical Edge Magazine, Spring 2026, p. 52-57.
  - [https://www.onpurpose.training/files/ugd/ddfae5\\_1889288f90e84e0f80b06d1979a6b3eb.pdf](https://www.onpurpose.training/files/ugd/ddfae5_1889288f90e84e0f80b06d1979a6b3eb.pdf)
- Johnsgaard, Jeff (2026). *Elevating Tactical Training: From Knowing the Science to Doing the Work – Part I*. National Tactical Officers Association (NTOA), Tactical Edge Magazine, Winter 2026, p. 66-72.
  - [https://www.onpurpose.training/files/ugd/ddfae5\\_336bf8f2a2994a7dbc42a05732cbada9.pdf](https://www.onpurpose.training/files/ugd/ddfae5_336bf8f2a2994a7dbc42a05732cbada9.pdf)
- 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](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://www.onpurpose.training/files/ugd/ddfae5\\_f73715dd9fdf4f119d7d8fc3fbf14d55.pdf](https://www.onpurpose.training/files/ugd/ddfae5_f73715dd9fdf4f119d7d8fc3fbf14d55.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://www.onpurpose.training/files/ugd/ddfae5\\_554a66aa68b74ab28197d4dac4e55513.pdf](https://www.onpurpose.training/files/ugd/ddfae5_554a66aa68b74ab28197d4dac4e55513.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://www.onpurpose.training/files/ugd/ddfae5\\_d69286381bd942169760db7cd0598710.pdf](https://www.onpurpose.training/files/ugd/ddfae5_d69286381bd942169760db7cd0598710.pdf)
- Johnsgaard, Jeff (2021). *The Quiet Eye*. International Law Enforcement Educators and Trainers Association (ILEETA) Journal Volume 11 Issue 2, p. 9-13.
  - [https://www.onpurpose.training/files/ugd/ddfae5\\_8a0a3b14173d4616b13757be9d1b7930.pdf](https://www.onpurpose.training/files/ugd/ddfae5_8a0a3b14173d4616b13757be9d1b7930.pdf)
- Johnsgaard, Jeff (2021). *Vehicle Anti-Ambush Specifics*. Calibre Press, June 3, 2021.
  - [https://www.onpurpose.training/files/ugd/ddfae5\\_d1ea40d1ee79446998fb5dd8639577d1.pdf](https://www.onpurpose.training/files/ugd/ddfae5_d1ea40d1ee79446998fb5dd8639577d1.pdf)
- Johnsgaard, Jeff (2021). *Passing on the Decision-Making Strategies of High Performers*. Blue Line Magazine, in Press for April 2021.
  - [https://www.onpurpose.training/files/ugd/ddfae5\\_b363bb4344f3498b9ad9110072667133.pdf](https://www.onpurpose.training/files/ugd/ddfae5_b363bb4344f3498b9ad9110072667133.pdf)
- Johnsgaard, Jeff (2021). *Ambush Survival: Increasing Officer Safety*. Calibre Press, March 30, 2021.

- [https://www.onpurpose.training/files/ugd/ddfae5\\_97694250dfcf44da602d0f0b0d5e741.pdf](https://www.onpurpose.training/files/ugd/ddfae5_97694250dfcf44da602d0f0b0d5e741.pdf)
- 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.
  - [https://www.onpurpose.training/files/ugd/ddfae5\\_e4da475baf604f449cb88b21875301d2.pdf](https://www.onpurpose.training/files/ugd/ddfae5_e4da475baf604f449cb88b21875301d2.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.
  - [https://www.onpurpose.training/files/ugd/ddfae5\\_04796a3099dc479f83305b993fb30d0d.pdf](https://www.onpurpose.training/files/ugd/ddfae5_04796a3099dc479f83305b993fb30d0d.pdf)

### **Webinars**

- *Tactical Excellence On Purpose, By Design*. National Tactical Officers Association (NTOA)  
[https://youtu.be/aaq8BZSLv\\_aY](https://youtu.be/aaq8BZSLv_aY)
- *The Illusion of Learning*. Florida Municipal Insurance Trust, #1 of #9.  
<https://youtu.be/iccE-M-iaMQ>
- *Attentional Control & Situational Awareness*. Florida Municipal Insurance Trust, #2 of #9.  
<https://youtu.be/Qu701bLYf4g>
- *Predicting and Preventing Errors in Policing*. Florida Municipal Insurance Trust, #3 of #9.  
<https://youtu.be/DBs6WzUmcf0>
- *Pitfalls of ROTE Training in Policing*. Florida Municipal Insurance Trust, #4 of #9.  
[https://youtu.be/LGt5qSC1H\\_8](https://youtu.be/LGt5qSC1H_8)
- *Wired to Act: Designing Split-Second Officer Responses*. Florida Municipal Insurance Trust, #5 of #9.  
<https://youtu.be/vRM6CW0elw4>

### **News Features**

- KQTV – NEWS KQ2.com *Fundamentals of Force: Officer Breaks Down Use of Force* (April 10<sup>th</sup>, 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>

- 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](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**

6<sup>th</sup> Degree Instructor in Natural Spirit International (NSI) Progressive Arts  
 5<sup>th</sup> Degree Black Belt in Natural Spirit International (NSI) Modern Arnis  
 5<sup>th</sup> Degree Black Belt in Natural Spirit International (NSI) Renegade JKD  
 Full Instructor Level IV in WorTac Defensive Tactics Training  
 8<sup>th</sup> 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.