Course Title: **Defensive Tacatics ~ Initial**

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Trainer Qualifications: T4T

Date Prepared: 2017 updated

Prepared By: D. Erdman

Length of Training: 16

Recommended Maximum Number of Trainees: 16

Classroom Set-up: Mats

Trainer Materials: Use of Force handouts

Testing: Performance (Behavioral Skills)

Performance Objectives:

At the conclusion of training, the trainee will be able to:

a) explain the departments use of force policy

b) demonstrate various safety techniques, including blocks and strikes.

c) demonstrate ground escapes

d) demonstrate basic handcuffing and search techniques, after practical repetition of exercises

e) demonstrate weapon retention techniques

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(Day 1)
Intro & Review Policy 0800-0900hrs
Go over Graham vs Connor and Tennessee vs Garner. Demonstration and student practice.

0900-1200hrs
Demonstration and student practice. Start with Footwork drills to combined Footwork drills.

1300-1700hrs
Demonstration and student practice. Start class with stretching. Optional - Show UOF video clips students and discuss. b

0800-1200hrs (Day 2)
Demonstration and student practice. Review day 1 0800-0900hrs.

1300-1700hrs
Demonstration and student practice. After lunch begin Standing Handcuffing.

Start 0800-1200hrs
- Intro
- Inform students of “Tapping out” when pain intolerable
- Ask students if they have any injuries.
- Stretching
  - Stances
  - Footwork drills: Interview stance, defensive stance
  - Shuffle step
  - Step off line movement
  - Lunge step
  - Combine footwork with shuffle step and then lunge step.

Lunch 1200-1300hrs
Resume 1300-1700hrs
- Stretching
- Defensive Strikes
  - Jab – use pads
  - Power punch – use pads
  - Elbow strikes – use pads
  - Knee strikes – use pads
  - Hammer fist – use pads
  - Stand up from base
  * W/pads – Bob, Bob & weave & pad strikes shoulders
  - Rocking chair drill
  - Ask students if they have any injuries.
  - Scenarios: Non-compliant youth & breaking up a fight.

Start 0800-1200hrs
- Ask students if they have any injuries
- Review Day 1 techniques
- Inform students of “Tapping out” when pain intolerable
  - Ground Work
  - Ground fighting: Escape from the mount
  - Ground fighting: Pass the guard
  - Ground fighting: keep the mount, side control & leg lock
  - Shrimp out drill

Lunch 1200-1300hrs
Resume 1300-1700hrs
- Handcuffing
  - Standing handcuffing: Palms together. Widen base. Have students conduct a search of the person.
  - Handcuffing
  - From ground: Drag around and step over variation.

Weapon Retention
- Off side, Strong side & 2 hands on your weapon. Remember to tell students to grab, trap & secure.
- Two Officers take down.

Scenario review
- Sign roster and complete evaluations