Course Title: Defensive Tactics ~ Update

Trainer(s): D. Erdman, J. McGarey & W. Poindexter

Trainer Qualifications: T4T

Date Prepared: 2016 updated

Prepared By: D. Erdman

Length of Training: 8

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 department's 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

| Time/PP Slide/ Trainer’s Note/Method | Trainer’s Script/Activity/Topic |
0800hrs Start class
Intro & Review Policy 0800-0900hrs

0900-1200hrs
Demonstration and student practice.
0900hrs - Stances
1000 -1010hrs - Break
1010hrs - Defensive Strikes
1100-1110hrs - Break
1110hrs – Intro to ground techniques/drills

1200-1300hrs - Lunch

1300-1700hrs
Demonstration and student practice.
1300-1400hrs – Ground Work
1400-1410hrs - Break
1410hrs – Handcuffing
1500-1510hrs – Break
1510hrs – Weapon Retention
1600-1610hrs – Break
1610hrs – Scenarios
1645hrs Debrief/ Sign Roster & Complete Evaluations

1700hrs End class

Start 0800-1200hrs
• Intro
• Review of Dept. Policies: 1) Use of force, 2) Use of Restraints, 3) Liability, 4) Use of O.C.
• 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.
  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
• Rocking chair drill
• Ask students if they have any injuries.

Resume 1300-1700hrs
• Ask students if they have any injuries
  Ground Work
• Ground fighting : Escape from the mount
• Ground fighting: Pass the guard
• Ground fighting : keep the mount, side control & leg lock
  Handcuffing
• From ground: Drag around and step over variation.
• Standing handcuffing: Palms together. Widen base.
  Weapon Retention
• Off side, Strong side & 2 hands on your weapon. Remember to tell students to grab, trap & secure.
• Two Officers take down.
  Scenarios
• Sign roster and complete evaluations