

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 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

Time/PP Slide/ Trainer's Note/Method	Trainer's Script/Activity/Topic
--------------------------------------	---------------------------------

<p>0800hrs Start class Intro & Review Policy 0800-0900hrs</p> <p>0900-1200hrs Demonstration and student practice. 0900hrs - Stances 1000 -1010hrs - Break 1010hrs - Defensive Strikes 1100-1110hrs - Break 1110hrs – Intro to ground techniques/drills</p> <p>1200-1300hrs - Lunch</p> <p>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</p> <p>1700hrs End class</p>	<p>Start 0800-1200hrs</p> <ul style="list-style-type: none"> • 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 <p><u>Stances</u></p> <ul style="list-style-type: none"> • Footwork drills: Interview stance, defensive stance • Shuffle step • Step off line movement • Lunge step • Combine footwork with shuffle step and then lunge step. <p><u>Defensive Strikes</u></p> <ul style="list-style-type: none"> • 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. <p>Lunch 1200-1300hrs</p> <p>Resume 1300-1700hrs</p> <ul style="list-style-type: none"> • Ask students if they have any injuries <p><u>Ground Work</u></p> <ul style="list-style-type: none"> • Ground fighting : Escape from the mount • Ground fighting: Pass the guard • Ground fighting : keep the mount, side control & leg lock <p><u>Handcuffing</u></p> <ul style="list-style-type: none"> • From ground: Drag around and step over variation. • Standing handcuffing: Palms together. Widen base. <p><u>Weapon Retention</u></p> <ul style="list-style-type: none"> • Off side, Strong side & 2 hands on your weapon. Remember to tell students to grab, trap & secure. • Two Officers take down. <p><u>Scenarios</u></p> <ul style="list-style-type: none"> • Sign roster and complete evaluations
---	---