

**Course Title:** Fight Response Techniques

**Time Allocated:** 8 hours

**Instructors:** Miguel Monge

**Module being instructed:** Annual update

**Test:** No test to be administered

**MCT**

**WST**

**BST**

**Number or Students:** up to 12

**Classroom set-up:** 1 classroom with an instructor to student ratio of 1 to 12

**Equipment Needed** Training mats and handcuffs

**Facility/Room Contact:** Instructor

**Notes:** Officers are to wear their normal JIO uniform and bring their duty belt to wear during scenarios. Officers are to remove any weapons including OC spray and knives from their person prior to entering the class.

<b>Time</b>	<b>Objective WST/ BST</b>	<b>Trainer's Script</b>	<b>Materials/Notes</b>
0800	0830	Class introduction including course expectations. Class Stretching.	Classroom with mat floor
0830	0900	Teach prone control and prone handcuffing. Have students practice with multiple partners.	Amount of Reps should be defined by instructor based on time
0900	0910	Break	
0910	0940	Continue with prone control teaching and introduce 2 man prone control.	Amount of Reps should be defined by instructor based on time
0940	1000	Teach takedown from the rear using shuffle back method and push/pull forward. Have Officers break into partners and practice.	Amount of Reps should be defined by instructor based on time
1000	1010	Break	
1010	1040	Continue teaching take downs from the side/rear using hip cutting technique. Have Officers break into partners and practice.	Amount of Reps should be defined by instructor based on time
1040	1100	Introduce ground control basic concepts including gable grip, S grip, and concept of posts.	Amount of Reps should be defined by instructor based on time
1100	1200	Teach breakdowns. Teach ankle pick break down and arm collapse breakdown. Have students practice both techniques with partners.	Amount of Reps should be defined by instructor based on time
1200	1300	Lunch	
1300	1400	Teach twist lock control hold basics. After completion of step by step applications students are to practice on their partner. Students will then complete reps with eyes closed to better familiarize technique by touch and feel, not eyesight.	Amount of Reps should be defined by instructor based on time

1400	1410	Break	
1410	1530	<p>Teach twist lock applications: standing someone from seated position and escorting someone. Students will rep standing someone up and escorting with twist lock.</p> <p>Teach twist lock into rear wrist lock/handcuffing position. Have student rep with partners.</p>	Amount of Reps should be defined by instructor based on time
1530	1600	Teach handcuffed escorting/search/and removal technique. Have students practice with partners.	
1600	1610	Break	
1610	1700	Have students apply techniques learned using transitions training. Have student take down subject transition to breakdown techniques, transition to prone control handcuffing transition to escorting and removing handcuffs. Have student practice multiple reps using different takedown and breakdown techniques.	