

**DEFENSIVE TACTICS INSTRUCTOR COURSE**  
**2200 - 21635**  
**COURSE OUTLINE**

**Purpose of Defensive Tactics Instructor Course.**

The purpose of this course is to give the student a thorough and comprehensive knowledge base in many of the skill sets needed to be a Defensive Tactics Instructor, areas covered will be safety aspects of running classes, Aspects of use of force and officer safety techniques, personal body weapons, handcuffing and searching, use of Baton. The student will also have a working knowledge of case law surrounding use of force and handcuffing / searching techniques. The student will demonstrate the ability to teach to a multitude of students, constructing and planning classes, methods of teaching and evaluating classes.

**I. INTRODUCTION**

- A. Instructor
  - 1. Course Introduction
  - 2. Course Content
  - 3. Methodology
  - 4. Assignments
  - 5. Evaluation of Participants
  
- B. Facility Layout
  - 1. Lecture Facilities
  - 2. Location for practical applications
  - 3. Location of first aid supplies

**II. COURSE SAFETY PROCEDURES**

- A. Copy of the safety guidelines
  - 1. Medical limitations
  - 2. Report of any injuries during class
  - 3. Limit activities to techniques being presented
  - 4. Begin with slow application of techniques
  - 5. Do not resist your partner
  - 6. Use “Slap” release
  - 7. Briefing on hazards of training site
  
- B. Equipment Guidelines
  - 1. No firearms allowed in training environment
  - 2. No chemical agents
  - 3. No live ammunition
  
- C. Pre – Instructions
  - 1. Participants

- a. Will be briefed on safety and performance
- b. Safety Guidelines
- c. Must stay within performance guidelines

### III. USE OF FORCE

#### A. Psychological And Physiological Aspects Of Use Of Force

1. The Peace Officer's role in a physical arrest
2. Emotional aspects of an arrest
3. Fear and Anger Management

#### B. Intervention

1. Situations requiring intervention
2. Intervention Techniques
3. Legal basis for intervention
  - a. Legal Aspects Of Use Of Force
  - b. Objective reasonableness standard
  - c. Federal Court decisions and their impact

#### C. Use Of Force Model

1. Force Assessment
2. Suspect's actions defined
3. Situational use of force model
4. Liability issues
5. Documentation in use of force cases
  - a. Principles and Concepts
  - b. Awareness
  - c. Balance
  - d. Control

#### D. Hazards in Approaching a Suspect

1. Hands
2. Weapons
3. Others in the area
4. Escape routes
5. Footing (Environment)
6. Cover and Concealment
  - a. Positioning
  - b. Interview Position
  - c. Position of Advantage
7. Contact and Cover
  - a. Duties of the Contact Officer
  - b. Duties of the Cover Officer

- c. Response to a call for cover
- d. Positioning
- e. Dealing with physical resistance
- 8. Principles of Person Searches
  - a. Types of person searches
  - b. Selecting a search technique
  - c. Elements of an effective search
  - d. Finding weapons during the search
- e. Threat of Hypodermic needles during searches
- f. Places where weapons/contraband may be concealed
- g. Searching a member of the opposite sex
- h. Contact and cover responsibilities
- 9. Principles of Restraint Devices
  - a. Purpose and limitation of handcuffs
  - b. Use of plastic restraints
- 10. Prisoner Transportation
  - a. Vehicle without protective screen
  - b. Vehicle with protective screen
  - c. Transportation of female prisoners
  - d. Threat of positional asphyxia
- E. Challenges Faced by Officers During Arrests
  - 1. Officers killed and assaulted information
  - 2. Dangers during the arrest
  - 3. Attack planning process
- F. Physiological And Psychological Aspects Of Stress
  - 1. Effects of Stress on Perception Abilities
    - a. Tunnel vision
    - b. Exclusionary hearing
    - c. Body Squares
    - d. Far Sighted
  - 2. Effects of Stress on Performance
    - a. Reasoning portion of brain shuts down
    - b. Lose fine & Complex motor skills
    - c. Strength potential increases
  - 3. Stress Indicators
    - a. Increased heart rate
    - b. Rapid breathing
    - c. Abnormal sweating
    - d. Uncontrollable body tremors
  - 4. Mental Preparation
    - a. Mind set
    - b. Proper and adequate training
    - c. Confidence in skills and abilities
  - 5. Inoculation

- a. Definition of inoculation
- b. Realistic training
- 6. Control Under Stress
  - a. Effects of lack of control
  - b. Fear and Anger management

#### IV. NINE GUIDING PRINCIPLES OF TACTICAL OPERATIONS

- A. Maneuver
  - 1. Flexibility
  - 2. Mobility
- B. Objective
  - 1. Master Principles
  - 2. The end to be attained
- C. Offense
  - 1. Necessary to achieve decisive results
  - 2. Initiative
  - 3. Cause suspect to react instead of act
- D. Simplicity
  - 1. Direct, simple plans
  - 2. Ultimate goal clearly and precisely defined
- E. Economy of Force
  - 1. Skillful and prudent use of available forces
  - 2. Point and time of decision
- F. Mass
  - 1. Concentration of superior power at point and time of decision
  - 2. Determination of point and time of decision
- G. Utility of Command
  - 1. All efforts focused on a common goal
  - 2. Decision by single authority
- H. Surprise
  - 1. Methods to achieve surprise
  - 2. Factors contributing to surprise
- I. Security
  - 1. Preserve freedom of action
  - 2. Deny suspect information

### 3. Methods to maintain security

## V. TACTICAL USE OF DILEMMA

- A. Space & Time
  - 1. Tactical advantages of space
  - 2. Methods to deny suspect value of space
    - a. Time
  
    - b. Equals initiative
    - c. Surprise
    - d. Diversion
- B. Tactical Decision Making
  - 1. Time Competitive Cycles
    - a. End State
    - b. Threat Assessment
    - c. SWOT
    - d. Synthesis
    - e. Center of Gravity
    - f. Critical Vulnerability
    - g. Concept of Operation
    - h. Maneuvering in Time
- C. OODA Loop
  - 1. Conflict as time competitive cycles
  - 2. Observation
  - 3. Orientation
  - 4. Decision
  - 5. Action
  - 6. Plan a....b....c....until completion
- D. Awareness Model
  - 1. Cooper's Awareness model
    - a. Condition White
    - b. Condition Yellow
    - c. Condition Orange
    - d. Condition Red
    - e. Condition Black
  - 2. Valley of Shock
    - a. Causes leading to valley of shock
    - b. Training to avoid valley of shock

- c. Video to illustrate valley of shock
- E. Stances
- 1. Basic elements of all stances
    - a. Balance
    - b. Stability
    - c. Mobility
  - 2. Carotid control hold
    - a. Introduction and general guidelines
    - b. Justification for use of the carotid control hold
    - c. Time parameters
    - d. Steps to follow after use of the carotid control hold
    - e. First aid
    - f. Physical reaction after application of carotid control hold
  
    - g. Dangers when the carotid control hold is applied properly
    - h. Hazards of an improperly applied carotid control hold
    - i. Important elements of body positioning
    - j. Structures of the neck
    - k. Bar arm choke: Not recommended
  - 3. Vulnerable areas of the body
    - a. Areas of the human body vulnerable to physical attack
    - b. Protection of vulnerable areas of the body
- F. Personal Weapons
- 1. Body parts that can be used as personal weapons
    - a. Personal weapons used to control a suspect
    - b. Personal weapons and appropriate target areas
  - 2. Gun Retention
    - a. Opportunity / Awareness
    - b. Equipment
    - c. Training
  - 3. Important elements of gun retention
    - a. Immediate response
    - b. Secure the weapon
    - c. Stable position
    - d. Distract
    - e. Effect release
  - 4. Holster selection
    - a. Criteria for holster selection
    - b. Design features
    - c. Quality of construction
  - 5. Gun take away
    - a. Principles of gun take away
    - b. Get out of line of fire
    - c. Philosophy of “Man with a gun”

- d. General rules
- 6. Integration of force options
  - a. Integration of available options
  - b. Completing the arrest after the use of force
- G. Baton Tactics
  - 1. History
    - a. Selection of Baton techniques
    - b. Types of Baton available to law enforcement
    - c. Side – Handle Baton
    - d. Expandable Baton
  - 2. Justification for use of Baton
    - a. Justification defined
    - b. Integration of force options
  - 3. Baton Target Areas
    - a. Acceptable Baton target areas
    - b. Areas of the body to avoid striking
    - c. Medical implications when using the Baton
  - 4. Principles of Baton Tactics
    - a. Training
    - b. Power development
  - 5. Special Training Equipment
    - a. Striking Tubes
    - b. Air Shields
    - c. Heavy Bags
    - d. Impax Monitors
    - e. Protective Suits
  - 6. Coaching Techniques
    - a. Developing Technique
    - b. Developing Power
    - c. Use of Equipment
  - 7. Realistic Training & Scenarios
    - a. Inoculation
    - b. Preparing the student for realistic training
    - c. Types of realistic training
    - d. Developing the scenario
    - e. Safety

## V. INSTRUCTIONAL PROCESS

- A. Instructor Responsibilities
  - 1. Developing the Program
  - 2. Class Preparation
  - 3. Instructor Methodology
  - 4. Instructional Techniques
  - 5. Team Teaching
  - 6. Participant Evaluation

7. Instructor Record Keeping
  8. Instructor Liability
- B. Scenario and / or Realistic Training
1. Performance objective(s)
  2. Presentation methodology
  3. Student instructions
  4. Evaluator instructors
  5. Role player
    - a. Selection of role players
    - b. Role player instructors
  6. Scenario site
    - a. Site selection
    - b. Site identification and control
  7. Scenario equipment
    - a. Special equipment
    - b. Props
    - c. First Aid
    - d. Communications
  8. Safety
    - a. Safety guidelines for personnel
    - b. Control of weapons and ammunition
    - c. Safety Officer
  9. Scenario evaluation
    - a. Evaluation Instrument
    - b. Standards

## VI. PRACTICAL EXERCISES: SEARCHING, HANDCUFFING AND WEAPONS DEFENSE

- A. Stances
1. Interview stance
  2. Horse stance
  3. Self-defense stance
  4. Kneeling stance
- B. Positioning
1. Interview position
  2. Position of advantage
  3. Contact and cover positioning
- C. Footwork and Movement
1. Shuffle step
  2. Front/rear
  3. Right/left
  4. 10/7 footwork
  5. 2/5 footwork
- D. Roll and Recovery



1. Forward fall and recovery
  2. Back fall and recovery
- E. Control Holds
1. Twist lock
  2. Rear wrist lock
  3. wrist turn in lock
  4. Rear wrist lock to Finger flex
- F. Take Downs
1. Arm bar take down
  2. Wrist turn out to a take down
- G. Cursory Search and Handcuffing
1. Approach
  2. Cursory search
  3. Moving away following the search
  4. Low profile handcuffing
  5. Standing lower body search
  6. Dealing with resistance during the approach for a cursory search
  7. Dealing with resistance during low profile handcuffing
  8. Optional cursory search for special circumstances
- H. Controlling Handcuffing Prisoners
1. Proper adjustment and double locking handcuffs
  2. Controlling a handcuffed prisoner with a rear wrist lock
  3. Loading a handcuffed prisoner into a transport vehicle
  4. Unloading a handcuffed prisoner from a transport vehicle
  5. Removing handcuffs
- I. Standing Search and Handcuffing
1. Commands
  2. Approach
  3. Standing search
  4. Rear wrist lock handcuffing
  5. Standing lower body search
  6. Dealing with resistance during the approach
  7. Dealing with resistance during the search
  8. Finding weapons during the search
- J. Kneeling search and handcuffing
1. Commands
  2. Approach
  3. Kneeling search
  4. Handcuffing from the kneeling search
  5. Kneeling lower body search
  6. Dealing with resistance during the approach

7. Dealing with resistance during the search
  8. Finding weapons during the search
- K. Prone Handcuffing and Search
1. Commands
  2. Approach
  3. Establishing prone control
  4. Prone handcuffing
  5. Prone search
  6. Quick pick-up for prone handcuffing
  7. Approach from the rear for prone handcuffing
- L. Alternative Restraint Devices
1. Application of plastic restraints on standing subject
  2. Application of plastic restraints on prone subject
- M. Dealing with resistance during position of advantage
1. Twist lock from position of advantage
  2. Arm bar take down from position of advantage
  3. Defense against attempted punch
- N. Escapes / Defenses from chokes.
1. Escape / Defense from an Arm bar choke.
  2. Escape / Defense from a Rear Naked choke.
  3. Hair pull take down
  4. Leg sweep take down
- O. Frontal Attack
1. Defense against a right punch
  2. Defense against a left punch
- P. Ground Defense
1. Dismount
  2. Escape from the guard
- Q. Handgun Retention
1. Right grasp from the front to holstered handgun
  2. Left grasp from the front to holstered handgun
  3. Right grasp from the rear to holstered handgun
  4. Left grasp from the rear to holstered handgun
  5. Left grasp to handgun in hand
  6. Right, grasp to handgun in hand
  7. Left grasp to the arm gun in hand
  8. right grasp to the arm gun in hand
- R. Handgun Take Away
1. Handgun take away, right hand from the front
  2. Handgun take away, left hand from the front

3. Handgun take away, right hand from rear
4. Handgun take away, left hand from the rear

## VII. PRACTICAL EXERCISES: EXPANDABLE STRAIGHT BATON

- A. Familiarization with the Expandable Baton
  1. Carrying the expandable baton
  2. Loading the expandable baton
  3. Collapsing the expandable baton
  
- B. Expandable Baton Position
  1. Interview position
  2. Low defense position
  3. Low profile position
  4. Striking grip position
  
- C. Expandable Baton Striking Techniques
  1. Two hand power strike to the arms
  2. Two hand power strike to the lower legs
  3. Two hand power strike combinations to the arms and legs
  4. Open mode straight jab
  
- D. Expandable Baton – Defense Against Attacks
  1. Horizontal block to pectoral region
  2. Horizontal block to mid section
  3. Horizontal block to thigh region
  
- E. Expandable Baton – Collapsed Position
  1. Straight punch
  2. Straight jab to front and rear
  
- F. Expandable Baton – Retention
  1. Baton retention against two hand grasp to the shaft

## VIII. PRACTICAL EXERCISES: GROUND CONTROL

- A. Break Falls
  1. Forward
  2. Rear
  3. Left side
  4. Right side
  
- B. Shoulder Rolls
  1. Kneeling right
  2. Kneeling left
  3. Standing right
  4. Standing left

### C. Positions

1. Top mount
2. Back mount
3. Guard
4. Side mount

### D. Guard

1. Escaping the guard (traditional)
2. Passing the guard (standing)
3. Passing the guard (top mount)

### E. Top Mount

1. Arm shoulder lock
2. Arm cross face rollover

### F. Top Mount Escapes

1. Hip thrust reversal
2. Arm shoulder lock
3. Grapevine
4. Arm cross face reversal

### G. Side Control Position

1. Snake move
2. Side mount into the guard

### H. Back Control

1. Back mount to grapevine
2. Lateral head/neck displacement (swim method)
3. Back mount to carotid restraint to rollover
4. Back mount rollover (gun retention)

### I. Simple Sweep/Figure-Four Weapon Retention

1. Simple sweep
2. Figure-four weapon retention

### J. Choke Escapes

1. Seated
2. Standing
3. Head reversal escape

### K. Ground Control (Partner Sparring)

1. 30-second grappling drills
2. Student who gains and maintains control advances to next sparring partner
3. King of the hill

## **VIDEO PRESENTATIONS**

- A. P.O.S.T. Tele-course: Controlling violent subjects part I
- B. P.O.S.T. Tele-course: Controlling violent subject part II
- C. C.O.P.S. Studios
  - 1. Excerpts from C.O.P.S program / actual arrest
- D. Car Cam Footage
  - 1. Excerpts from patrol car cameras /actual arrest

## **METHODS OF INSTRUCTION**

Methods of instruction may include, but are not limited to:

- 1. Student Teaching Presentations
- 2. Demonstrations / Practical Applications
- 3. Simulation Exercise
- 4. Skill Practice
- 5. Video Presentations
- 6. Practical Exercise

## **METHODS OF EVALUATION**

Students will be evaluated for mastery of learning objectives by methods of evaluation, which may include, but are not limited to:

Skill demonstrations/practical application/class performance/ Teaching Presentations  
Final examination

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