

I. Firearms and Weaponless Defense: Course Overviews

A. Purpose

1. To enhance the skills of the student in the following areas:
 - a. Making appropriate decisions as to the type of force, weapon system, and ammunition to be used in various situations;
 - b. Reassessing threats during any use of force incident when tactically safe and appropriate to do so and adjusting to the situation accordingly;
 - c. Functioning as both a “contact” and “cover” officer;
 - d. Differentiating between cover and concealment and using it while firing the shotgun, issued sidearm and if applicable, their back-up weapon;
 - e. Performing two and/or three person takedown techniques on suspects;
 - f. Defending against attacks from suspects including knife/edged weapon attacks;
 - g. Preventing suspects from taking your sidearm from you (handgun retention techniques) as well as developing a proficiency in taking away handguns from suspects who are in close proximity to you (handgun take away techniques);
 - h. Fighting suspects using a punches, open hand strikes, kicks, knee and elbow strikes, and bumping and hitting techniques;
 - i. Manipulating and accurately firing the shotgun, the AR-15, their issued sidearm and if applicable, their back-up weapons;
 - j. Transitioning smoothly from one weapon system to another;

- B. Performance expectations (Weaponless Defense & Firearms)
1. By the conclusion of this course, the student must demonstrate the following:
 - a. The ability to make appropriate decisions as to the type of force, weapon system, and ammunition to be used in various situations;
 - b. The ability to reassess threats during any use of force incident when tactically safe and appropriate to do so and adjust to the situation accordingly;
 - c. The ability to effectively function as both a “contact” and “cover” officer;
 - d. The ability to differentiate between cover and concealment and use it effectively while firing the shotgun, issued sidearm and if applicable, their back-up weapon;
 - e. The ability to properly perform two and/or three person take down techniques;
 - f. The ability to defend themselves against attacks from others including simulated knife/edged weapon attacks;
 - g. The ability to preventing others from taking their sidearm (handgun retention techniques) as well as to take away handguns from others who are in close proximity to them (handgun take away techniques);
 - h. The ability to fight others using punches, open hand strikes, kicks, knee and elbow strikes, and bumping and hitting techniques;
 - i. The ability to manipulate and accurately fire the shotgun, the AR-15, their issued sidearm and if applicable, their back-up weapon;
 - j. The ability to transition smoothly from one weapon system to another;

II. Defensive Tactics

A. Use of Force Considerations **Cat.3(j)**

1. Departmental Policy
2. Case law and other legal issues
3. Reasonable Force **Cat.3(g)**

A. Warm up (stretching exercises) **Cat.3(a)**

1. Safety briefing

B. OODA Loop

1. Reaction to an ambush attack
2. Training is essential

C. Review of Stance

1. Balanced stance **Cat.3(i)**
 - a. Proper movement
 - (1) Maintaining balance while striking, diverting, and avoiding strikes

D. Stand-up Fighting Review

1. Punches, Open Hand, Elbows
2. Bump and Hit
3. Kicks, knees
 - a. Response to the force used **Cat.3(h)**
4. Baton strikes **Cat.3(l)**
 - a. Target areas

- b. Balance during strikes
 - c. Movement
 - d. Retention
 - (1) Crowd control
 - 5. Verbal Commands **Cat.3(f)**
 - a. Specific Instructions
 - b. “Stop Resisting”
 - 5. Providing needed medical aid after the incident **Cat.3(k)**
 - a. The importance of documenting injuries and/or the lack of injuries
- E. Stand-up Defenses
 - 1. Startle Defense
 - a. Hands up, elbows at side
 - b. Krav Maga 360/Inside Defense
 - c. Getting Off-line
 - d. Sword Defense
 - (1) Diving through the window
 - e. Grab/Push suspect into Others
- F. Takedowns
 - 1. Two person
 - 2. Three person

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- G. Searches **Cat.3(e)**
 - 1. High profile
 - 2. Low profile
 - 3. Felony
 - a. Control holds utilized while searching and preparing to handcuff **Cat.3(d)**
 - b. Handcuffing **Cat.3(e)**
 - (1) Double locking

- III. Knife attacks
 - A. Review of offensive knife techniques
 - B. Defenses against knife attacks

- IV. Defensive tactics related to handguns
 - A. Handgun position
 - B. Handgun takeaways techniques **Cat.1(l) Cat.3(m)**
 - C. Handgun retention techniques **Cat.3(m)**

- V. Review of techniques and testing **Cat.3(b)**

- VI. Range Safety
 - A. Firearms Safety Rules
 - 1. All guns should be handled as if they are always loaded
 - 2. Never let the muzzle cover anything you are not willing to destroy
 - 3. Keep your finger off the trigger until you are on target

4. Always be sure of your target and be aware of what is beyond it
 - B. Inter-limb interaction (Finger off trigger until on target)
 1. Sympathetic squeeze response
 2. Startle response
 3. Loss of balance response
 - C. Classroom safety rules
 1. No ammunition or loaded magazines allowed in the classroom
 - D. Simulator and simunitions training rules
 1. No ammunition, loaded magazines, chemical agents or weapons are allowed while participating in these exercises
 2. Head, face, neck, and groin protection are mandatory for all participants and observers participating in the Simunitions training.
- VII. Fundamentals of Pistol Shooting
- A. Principles of good marksmanship
 1. Stance
 2. Grip
 3. Breath control
 4. Sight alignment/sight picture **Cat.1(d)**
 5. Trigger control
 6. Follow through
 - B. Weapon manipulation
 1. Semi-automatic pistol

- a. Malfunctions/clearance drills **Cat.1(f)**
 - (1) Standard malfunction
 - (2) Double feed
 - (3) Stove pipe
 - b. Loading and unloading
 - (1) Tactical reloads
 - (2) Speed reloads
 2. Revolver
 - a. Loading and unloading
 3. Transitioning to back-up weapon
 - a. Position where you carry your back-up weapon
 4. Tactics
 - a. Use of cover/concealment
 - b. Use of flashlight in low light and darkness
 - c. Shooting from different positions
 - (1) Kneeling
 - (a) Muscular support
 - (b) Skeletal
 - d. Reassessing the threat when tactically safe and appropriate to do so
- C. Handgun Course of Fire
1. Students will perform a course of fire under range staff supervision.

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VIII. Shotgun (Remington 870)

A. Shooting stance

1. Placement of feet (shoulder width)
2. Bladed stance (position of interrogation)
3. Bend weak knee and lean forward slightly
4. Shifting of bodyweight (60% front / 40% rear)
5. Comb of weapon brought up to face
6. Cheek weld
7. Butt placement (full contact with shoulder hollow)
8. Heel placement (even with or slightly below top of shoulder)
9. Weak hand on forearm (elbow down)

B. Shooting positions

1. Offhand/Shoulder (See shooting stance)
2. Hip shooting (Search mode – unobstructed view)
 - a. Ready gun position (same as combat loading position)
 - b. Strong hand on pistol grip
 - c. Weak hand on forearm
 - d. Butt of stock along midline of body
 - e. Comb is parallel to strong side forearm
 - f. Strong side elbow hooked behind butt
3. Port arms (Search mode – advantage for elevated targets)
 - a. Ready gun position

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- b. Strong hand on pistol grip
 - c. Weak hand on forearm
 - d. Front site of weapon at eye level
 - e. Butt of weapon at strong side hip level
4. Low ready
- a. Ready gun position
 - b. Strong hand on pistol grip
 - c. Weak hand on forearm
 - d. Butt of stock against shoulder hollow
 - e. Muzzle pointed towards the ground at approx. 45 degree angle
5. Kneeling
- a. Supported (skeletal)
 - (1) Sit back on heel of strong foot
 - (2) Weak elbow supported on weak, upright knee
 - (3) Weak elbow extended slightly beyond knee to avoid bone to bone contact
 - (4) Body weight shifted slightly forward
 - b. Unsupported (muscular)
 - (1) Sit back on heel of strong foot
 - (2) Torso is upright
 - (3) Body weight shifted slightly forward

- C. Weapon manipulation
 - 1. Assembly area loading
 - 2. Assembly area unloading
 - 3. Combat loading
 - 4. Weapon clearing

- D. Sighting the weapon (Bead sights)
 - 1. Sight alignment
 - a. Lay the side of your face on the stock of the shotgun (cheek weld).
 - b. Both eyes should either be open or the shooter should close the eye that is furthest from the weapon.
 - c. Look along the grooves, (rear sight), and raise or lower the barrel until you see the bead (front sight), centered in the middle of the grooves.
 - d. The front bead should be in focus and the rear sight should be fuzzy.
 - e. The tip of the bead should be placed at the base of the area that you want to impact with the projectile(s). A good point of aim for this weapon is the lower chest/upper abdomen.
 - 2. Point shooting

- E. Shotgun ammunition
 - 1. Deploying the appropriate ammunition
 - a. 00 Buck
 - b. Slug

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F. Shotgun Course of Fire

1. Students will perform a course of fire under range staff supervision.

IX. AR-15

A. Shooting Positions

1. Offhand/shoulder

- a. Placement of feet (shoulder width)
- b. Bladed stance (position of interrogation)
- c. Bend weak knee and lean forward slightly
- d. Shifting of bodyweight (60% front / 40% rear)
- e. Comb of weapon brought up to face
- f. Cheek weld
- g. Butt placement (full contact with shoulder hollow)
- h. Heel placement (even with or slightly below top of shoulder)
- i. Weak hand on fore-end (elbow down)

2. Prone position

3. Sitting position

4. Kneeling position

5. Muscular versus Skeletal positions

B. Weapon manipulation

1. Malfunctions/clearance drills
 - a. Standard malfunction
 - b. Double feed/Stove pipe
2. Loading and unloading
 - a. Magazine changes
- C. Sight alignment/Sight Picture
 1. Iron sights
 2. Scope/Dot sights
 - a. Hold over and hold under
- D. Sling techniques
 1. American
 2. African
 3. Repel/grapple
- E. AR-15 Course of Fire
 1. Students will perform a course of fire under range staff supervision.
- X. Firearms Training Simulator
 - A. Use of Force Considerations
 1. Departmental Policy **Cat.1(h)**
 2. Case law and other legal issues **Cat.1(h)**
 3. Reasonable Force **Cat.1(i)**
 - a. Lethal and less lethal force options **Cat.1(k)**

- b. Reassessing threats during any use of force incident when tactically safe and appropriate to do so and adjusting to the situation accordingly
 - 4. Moral Obligations **Cat.1(j)**
 - B. Tactics
 - 1. Contact Officer/Cover Officer
 - a. Threat identification **Cat.1(e)**
(Target recognition and analysis)
 - b. Communication
 - 2. Cover versus Concealment
 - a. Caliber of suspect's weapon
 - b. High ground
 - C. Simulator Scenarios
 - 1. Safety guidelines/Orientation
 - a. No weapons, live ammunition or chemical agents
 - 2. Sight alignment, trigger control, accuracy drill
 - a. Playback of the drill results
 - 3. Scenario One – Critical thinking under stress
 - a. Review of students' performance and decision making
 - 4. Scenario Two – Interacting with a mentally ill individual
 - a. Review of students' performance and decision making
 - 5. Scenario Three – Ambush situation
 - a. Review of students' performance and decision making

XII. Simunitions scenarios

- A. Safety guidelines/Orientation
 - 1. Students will be equipped with their Sam Browne rig containing a Simunitions weapon, an additional magazine loaded with Simunitions, a portable radio, inert pepper spray, an inert Taser and the appropriate protective equipment (Head, face, neck/throat, and groin protective gear).
 - 2. No live ammunition or any weapons will be allowed
- B. All scenarios will be conducted and supervised by range staff.
- C. The purpose of the Simunitions scenarios is for the officers to engage critical thinking skills and marksmanship at the same time while under stressful conditions (Stress inoculation + Decision Making).