

DEFENSIVE TACTICS

Advanced Officer Training 2022

Practical Application Syllabus - 4 Hour POST Update

Safety Brief / Warm Up (15 Minutes)

1. Safety Brief

- a. Injuries are to be reported immediately to DT Staff and Supervisor
- b. Personnel with pre-existing injuries need to be fully cleared for duty to participate in DT.
- c. If someone cannot participate, they should not Sign-in to the roster and Professional Standards/Training Unit will be notified to make other arrangements for future training.
- d. Remove jewelry

2. Warm-up:

- a. Stretch Exercise Muscle Groups/Joints
- b. Lifelong fitness discussion

Basic Striking (30 Minutes)

1. FI / Fighting Stance (Balanced / Loose)

- a. Startle Defense
- b. Movement (front / back / side to side)
- c. Close distance (in or out / avoid max power range)

2. Basic Strikes Review

- a. Punches (jab, cross, hook, upper cut)
- b. Elbow Strikes
- c. Palm Strikes
- d. Blocks/Parries (clearing the attack)
*Practice with Partner/Bag Work

3. Knees/ Kicks

- a. Push Kick
 - b. Muay Thai Clinch
 - i. Knees from clinch
- *Practice with Partner/ Bag Work

Handgun Retention / Searches / Handcuffing / Takedowns (1 hour)

1. Handgun Retention

- c. Retention by Officer
 - i. Standing front / rear

2. Searches / Handcuffing / Takedowns

**Discussion: Searches before or after cuffing?*

**Verbalize clear commands / De-escalation during every search*

**Adjust and double lock every time after handcuffing*

- c. High Profile into Handcuffing
 - i. Standing Modified
 - ii. Utilizing a partner (Hands held together behind back)
 - iii. Locating a weapon
 - iv. Takedown
- d. Low Profile into Handcuffing
 - i. Locating a weapon
 - ii. Speed cuffing
 - iii. Takedown
- e. Seated Position
 - i. Cuffing
 - ii. Takedown
 - iii. Searching
- f. Kneeling
 - i. Cuffing
 - ii. Takedown
 - iii. Searching
- g. Prone
 - i. Cuffing
 - ii. Searching

3. Takedowns

**Explain utilization of under hooks*

- a. Fleeting suspect
- b. Resistive suspect
- c. 2-3 man takedown
Practice with Partner

Ground Control (1.5 Hours)

1. Side Control

- a. Proper Positioning
- b. Clearing Frames
- c. Weapon Retention
- d. Strikes

2. Mount

- a. High on suspect's body
- b. "Low Flying plane"

- c. Clearing arm grabs
- d. Weapon retention
- e. Strikes

3. Back Mount

- a. Low on suspect's body
- b. Seatbelt / Under hooks / Grapevine (If flexibility allows)

4. Guard

- a. Proper positioning
- b. Posture control
- c. Weapon retention

Recovery (15 Minutes)

1. Cool Down

- a. Hydration
- b. Stretching

2. Injuries

- a. Treat
- b. Document

Remediation

If the trainee cannot properly demonstrate any of the techniques in Arrest and Control which are taught throughout the course outline, the trainee will be asked to attend an additional day of Arrest and Control PSP.