

# STC COURSE LESSON PLAN

**Course Title:** Arrest and Control Refresher/ DPO

**Course Hours:** 8

**Course Summary:** Provide officers with instruction on the application of arrest and control and self-defense techniques including but not limited to , awareness, stance, footwork and movement, application of control holds, control of movement of resisting and assaultive subjects, takedowns, application of restraints, and weapon/ equipment retention.

**Performance Objectives:**

- Apply the Department Use of Force Policy to the arrest and control/ self-defense techniques.
- Demonstrate proper stance, footwork and movement for effective balance and control.
- Demonstrate proper application of two control holds and properly execute two takedowns.
- Demonstrate proper handcuffing and searching of a subject.
- Demonstrate weapon retention techniques from a standing position.
- Demonstrate two self-defense techniques against a simulated attacker.

**Testing Type(s) if Required:** Behavioral Skill Test

**Instructor(s):**

**Instructor(s) Bio:**

**Max Class Size:** 12

**Min Class Size:** 6

**Room Setup:** Matt Room

**Materials:** None

**Equipment needed:** Tombstone pads, forearm protectors, groin protection, timer

**Outline:**

| <b>Start Time</b> | <b>End Time</b> | <b>Subject Matter</b>       | <b>Instructional Methodology:</b> | <b>Trainers Speaking Notes:</b>   | <b>Instructor(s)</b> |
|-------------------|-----------------|-----------------------------|-----------------------------------|---|----------------------|
| 800               | 815             | Safety briefing             | Discussion                        | Be a good training partner, no jewelry, injuries  | All                  |
| 815               | 830             | Warm up/<br>stretching      | Trainee Practice                  |   | All                  |
| 830               | 900             | Stance, movement            | Trainee Practice                  | Neutral/ FI / Fight stance.<br>Shuffle step, forward/ backward/ side to side, pivot step  | All                  |
| 900               | 1000            | Searching/ Cuffing          | Trainee Practice                  | Standing, kneeling, prone<br>High risk  | All                  |
| 1000              | 1200            | Control holds to takedowns  | Trainee Practice                  | Escort, straight arm bar (180), rear wrist lock, shoulder control<br>Controlled takedowns | All                  |
| 1200              | 1300            | Lunch                       |                                   |   |                      |
| 1315              | 1400            | Personal Weapons            | Trainee Practice                  | Palm heel, hammer strikes, elbows, kicks (A-frame, push), knees                           | All                  |
| 1400              | 1500            | Self-Defense<br>360 Defense | Trainee Practice                  | Counter attacks, to control hold and takedown, create space access a higher force option  | All                  |
| 1500              | 1600            | Retention                   |                                   | Firearm before and after the grab   | All                  |
| 1600              | 1630            | Self Defense<br>Chokes      | Trainee Practice                  | Prevention, with a push, static   | All                  |
| 1630              | 1700            | Test                        | Trainee Practice                  | 10 min per student. Use timer.  | All                  |