

STC COURSE LESSON PLAN

Course Title: Arrest and Control- Initial

Course Hours: 16

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: See attached.

Max Class Size: 12

Min Class Size: 6

Room Setup: Mat room

Materials: none

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

Outline:

Start Time	End Time	Subject Matter	Instructional Methodology:	Trainers Speaking Notes:	Instructor(s)
800	0815	Intro to Krav Maga/ Safety in training	Discussion	Principal based training, safety briefing, (no watches, rings, jewelry) Be a good training partner,	All
815	830	Warm up/ stretching	Trainee Practice		All
830	900	Stance, movement	Trainee Practice	Neutral/ FI / Fight stance. Shuffle step, forward/ backward/ side to side, pivot step	All
900	1000	Searching/ Cuffing	Trainee Practice	Standing, kneeling, prone High risk	All
1000	1200	Control holds to takedowns	Trainee Practice	Escort, straight arm bar (180), rear wrist lock, shoulder control Controlled takedowns	All
1200	1300	Lunch			
1300	1315	Warm up			All
1315	1415	Restraints	Trainee Practice	Belly chains, shackles, WRAP	All
1415	1500	Personal Weapons	Trainee Practice	Palm heel, hammer strikes, elbows, kicks (A-frame, push), knees	All
1500	1600	Self-Defense 360 Defense	Trainee Practice	Counter attacks, to control hold and takedown, create space access a higher force option	All
1600	1700	Self Defense Chokes	Trainee Practice	Prevention, with a push, static, against wall (front and back)	All
		DAY 2			
800	815	Warm up			
815	1015	Review Day 1	Trainee Practice		
1015	1115	Self Defense Chokes continued	Trainee Practice	Prevention, with a push, static, against wall (front and back)	
1115	1200	Retention	Trainee Practice	Firearm before and after the grab, out of the holster- live side/ dead side Equipment (JSO)	All
1200	1300	Lunch			
1315	1330	Warm up			All
1330	1430	Retention continued	Trainee Practice	Firearm before and after the grab, out of the holster- live side/ dead side Equipment (JSO)	All
1430	1530	Defense against handgun threat	Trainee Practice	Front and back	All
1530	1600	Defense against blunt object	Trainee Practice	overhead	All
1600	1630	Defense against edge weapon	Trainee Practice	Straight stab	All
1630	1700	Test	Trainee Practice	10 min per student. Use timer.	All