

# STC COURSE LESSON PLAN

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

**Course Hours:** 4

**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.

**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/ stretching	Trainee Practice		All
830	900	Stance, movement	Trainee Practice	Neutral/ Fl / 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	1130	Control holds to takedowns	Trainee Practice	Escort, straight arm bar (180), rear wrist lock, shoulder control Controlled takedowns	All
1130	1200	Test	Trainee Practice	10 min per student. Use timer.	All