BLOCK A (Spring)

♦Policy (approx. 10 min.)

(SUITABILITY REQUIREMENTS, TRAINING, AND STANDARDS)

(NON-LETHAL DEFENSIVE EQUIPMENT)

(USE OF FORCE)

**♦Threat Assessment/Pre-Assault Indicators** (approx. 10 min.)

**Discussion, ideas, drills, scenarios videos, etc.** (instructors preference)

 ♦Strikes & Close Quarter Tactics (Combatives) (approx. 60 min.)

**“Flinch response” / “Instinct based tactics” (IBT)** work into strikes / Strike defense

**“Shell up” / “Elbow shield” to strikes or clinch,” & “Long guard” work**

**Punches- Jab (1), Cross (2), Hook (3), Uppercut (4) Hammer fist**

**Kicks- Front kicks (Push, Thrusting), roundhouse, & “A-frame” kick.**

**Elbows & Knees strikes**

 ♦Baton & Impact weapons training (approx. 30 min.)

**Instructor’s preference of bag work, “soft” batons student on student and more.**

♦Weapon Recovery/Retention/ Takeaway (approx. 30 min.)

**Weapon Awareness** (PHASE I)

**Prevention** (PHASE II)

**In The Holster Grab** (PHASE III)

 **Take Back/Take Away** (PHASE IV)

**Out of Holster Grab** (Side/Front/Rear)

**Weapon is Suspect Waistband**

**Long Gun Retention**

**Weapon recovery & disarm** (Officer disarms bad-guy’s gun. Based on instructor’s preference/time/knowledge)

♦Takedowns (start with “Pummeling” drills) (approx. 60 min.)

**Pummeling drill**

**Arm-bar takedown** (elbow take-down and variations based on time & instructor’s knowledge) **& “Plan –B”**

**Leg-sweep takedown-**outside/inside, etc. (variations based on time & instructor’s knowledge)

**Rear-double leg** (FLETC’s takedown of the suspect from the rear) \*instructor’s preference /safety issues, etc.)

**Standing Double leg takedown “blast Double”** (if time permits/instructor’s option/knowledge)

**Body-fold take-down & Body-fold with sweep.**

**Head snap-down & other snap-down variations**

**BDU/jacket snap-down** (if time permits/instructor’s option/knowledge)

♦Handcuffing (Restraints) (approx. 30 min.)

**Position of Advantage & suspect control before removing hand-cuffs.**

**Cooperative subject, felony-on knees, felony on-belly & Mounted** (BJJ version)

**Frisk/search/escorts**

**Wrist locks /escorts** (instructors preference based on time/knowledge of extra wristlocks, etc.)

♦TASER / ECD (Instructor’s, REMEMBER TOSHOOT-OFF practice Taser cartages at the Range)

Drills Instructors preference based on time/knowledge. \*certification required. (Approx. 30 min.)

**The most important person on the mat is your training partner. Always protect your training partner!**

**\*\*Please bring mouthpiece, gun belt and BDU jacket/top. No boots/black sole shoes on the mats. Wrestling shoes, soft running shoes, socks, and bare feet are ok. Wear shorts, sweatpants, tactical pants, pants or bottoms without exposed zippers or metal buttons. Thanks… Some training location WILL NOT allow shoes on the mat EVER.**