BLOCK B-Fall

**♦Policy** (approx. 10 min.)

(SUITABILITY REQUIREMENTS, TRAINING & STANDARDS)

(NON-LETHAL DEFENSIVE EQUIPMENT)

(USE OF FORCE)

♦O.C. “Pepper Spray” (approx. 20 min.)

**Patterns, safety, wind issues, flammability issues, etc. Drills/ scenarios**

(Instructor’s preference) \*see manual

♦Pressure Points (approx. 20 min.)

 Guide/ lead pressure points session /or instructor’s preference

♦Edged Weapons (approx. 30 min.)

Types of edged weapons

Drills/Evasion/Redirection / Introduce shock knife if time permits / instructor’s preference

♦Takedown Defense refresher (approx. 30 min.)

**High/Mid-tackle Prevention/ i.e. Flinch response / “shell / Elbow guard**

**Low/tackle Prevention** (sprawl)

**Clinch control-BJJ style** (also work in pummeling drills. Instructor’s knowledge, preference on skills is a factor)

**More vitiations for punch defense**

**♦Ground Survival /Ground fighting** (instructor’s preference on how to teach the subject matter best)

(Approx. 120 min.)

**Break-falls, Tactical get-up & get-up from guard.**

**Mount**(Officer mounted-multiple variations)

**Mount**(bad-guy mounted- arm/cross face escape “giftwrap” escape )

**Guard**(Officer is suspect’s guard)

**Guard**(suspect in officer’s guard)

**Side control** (Officer in suspect’s side control)

**Side control** (Suspects in officer’s side control)

**Head-lock and choke escapes on the ground** (instructor’s preference/ time knowledge, etc.)

**♦Tactical Simulation Drill (Choreographed)** instructor’s preference. The Instructor may also engage in training scenarios along with of in place of the tactical simulation drill.

(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 or “Gi” 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, M.A/ pants or bottoms without exposed zippers or metal buttons. Thanks… Some training location WILL NOT allow shoes on the mat EVER.**