

**DEFENSIVE TACTICS INSTRUCTOR**  
**Santa Clara County, Office of the Sheriff – 2270**  
**CCN: 21635 | POST Certification II | Reimbursable Plan IV | 80 Hours**

**GOAL:**

Designed to teach students the fundamentals of instructing defensive tactics in the basic academy and for the in-service training environment. The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP), as well as meets POST 1070 and CCR1082(2) requirements. This course provides updated legislative content of Penal Code Section 835a.

The course consists of hands-on/practical skills as well as policies and legal issues on the topic of defensive tactics for officers interested in becoming DT Instructors.

**DEFENSIVE TACTICS & ARREST AND CONTROL**

**Minimum Topics/Exercises:**

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation/Verbal commands– in exercise(s)
- e. Body balance/stance/movement patterns – in exercise(s)
- f. Search – in exercise(s)
- g. Equipment/Restraint device(s) use – in exercise(s)
- h. Subject's Actions and Officer's response to force
- i. Control/Takedown - in exercise(s) Verbal command
- j. Class exercises/Student Evaluation/Testing
- k. Recovery/First Aid (as applicable)

**COURSE OBJECTIVES**

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques
3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
  - a. Judgment and Decision Making
  - b. Officer Safety
  - c. Body Balance, Stance, and Movement
  - d. Searching/Handcuffing Techniques
  - e. Control Holds/Takedowns
  - f. De-escalation/Verbal Commands

g. Effectiveness Under Stress Conditions

**Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.**

**EXPANDED COURSE OUTLINE**

**I. Introduction/ Registration**

- a. Registration
- b. Instructor introduction
- c. Course outline
  - 1) Course objectives
  - 2) Completion requirements
- d. Distribution of course materials
- e. Student introductions
  - 1) Agency/assignments
  - 2) ACT/DT experience

**II. Learning Domain 33 (LD 33) Introduction and Scope**

- a. Objectives of domain – basic academy instruction
  - 1) Subject control
  - 2) Arrest tactics
  - 3) Defensive tactics
- b. Objectives of training
  - 1) Successful completion of arrest procedures
  - 2) Remain injury free
  - 3) Acquire basic self-defense / suspect control techniques
- c. Safety protocols
  - 1) Work as a team
  - 2) Know your limits
  - 3) Training speeds
  - 4) Percentage of intensity
  - 5) Training rationale
  - 6) Training limits vs. reality
  - 7) Warm-up protocols
  - 8) Recovery/first aid
    - a) Instructor safety
    - b) Student's personal safety/first aid
    - c) Instructional delivery for student's courses
- d. Class management
  - 1) Conduct and expectations.
  - 2) Mat room facility
  - 3) Equipment
- e. Scope of LD33

- 1) Prepare a basic academy recruit for basic field operations
- 2) Tested elements
- 3) Priority to lesson plan elements

### **III. Defensive Tactics Principles**

- a. Based on 5 tactical concerns
  - 1) Use of cover and concealment
  - 2) No crossfire
  - 3) No masking fire
  - 4) No unplanned violation of the perimeter
  - 5) 360 degree security
- b. Applicable for all arrest situations
  - 1) Compliant
  - 2) Non-compliant
- c. Physical and mental procedures
- d. Single or multiple officer applications
- e. Based on natural reactions and body mechanics
- f. Simplistic approach for learning, teaching and implementing

### **IV. Adult Learning Principles**

- a. Characteristics of adult learners
  - 1) Autonomous learners
  - 2) Self-directed
  - 3) Goal oriented
  - 4) Relevancy oriented
  - 5) Practical
- b. Motivation of adult learners
  - 1) Social relationships
  - 2) External expectations
  - 3) Social welfare
  - 4) Personal advancement
  - 5) Escape/stimulation
  - 6) Cognitive interest
- c. Issues with using pure adult learning theory principles in LD 33
  - 1) No experience
  - 2) No context
  - 3) No knowledge
- d. Learning domains
  - 1) Cognitive
  - 2) Psychomotor
  - 3) Affective
- e. Learning styles
  - 1) Auditory
  - 2) Visual
  - 3) Tactile
  - 4) Logical

- f. Teaching issues
    - 1) Importance of sequencing
    - 2) Importance of proper modeling
- V. California POST Lesson Plan Development**
- a. Developing a lesson plan
  - b. Developing an outline & hourly distribution
    - 1) Third level
  - c. Other applicable paperwork
    - 1) Course announcement
    - 2) Course roster
- VI. Warm Up and Stretching/ Injury Prevention**
- a. Raise core body temperature
  - b. General body movements
  - c. Specific body part movement
    - 1) Methods
    - 2) Variations, pulls and strains
  - d. Stretching
  - e. Using verbal commands
    - 1) Instructors use in the course
    - 2) Students consideration
- VII. Review Tactical Concerns / Adult Learning Principles**
- VIII. Warm Up and Stretching**
- IX. Stances and Footwork**
- a. Stances
    - 1) Interview
    - 2) Self defense
  - b. Stances provide
    - 1) Balance
    - 2) Mobility
    - 3) Protection
  - c. Footwork
- X. Lunge step forward / backward**
- a. Shuffle step forward / backward
  - b. Side step right / left
  - c. Angular / oblique
  - d. Pivot 90 degree right / left
  - e. Pivot 180 degree right / left
  - f. Subject contact
    - 1) Distance
    - 2) Balance
    - 3) Awareness

- XI.** Movement drills
- XII.** Solo drills
- XIII.** Partner drills
- XIV.** Line drills
- XV.** Mirror drills
  - a. Drill development
    - 1) Instructor candidate led drills

**XVI. Handcuffs**

- a. Purpose
  - 1) Safety for officer
  - 2) Safety for suspect
  - 3) Temporary means of restraint
- b. Handcuff nomenclature review
- c. Handcuff operation review

**XVII. Standing Compliant Handcuffing**

- a. Procedure
  - 1) Identification / verbal commands
  - 2) Place suspect in position of disadvantage
  - 3) Approach angle
  - 4) Role of cover officer
  - 5) Modified wrist twist lock
  - 6) Handcuff application
  - 7) High risk search
  - 8) Double lock
  - 9) Handcuff removal
- b. Drill Development
  - 1) Instructor candidate led drills

**XVIII. Searching Lecture**

- a. Legal aspects
  - 1) Terry frisk / high risk
  - 2) Search incident to arrest
  - 3) Opposite sex searches
- b. Search elements
  - 1) Types
  - 2) Concepts
  - 3) Methodology
  - 4) Protocols
  - 5) Patterns

**XIX. Warm Up and Stretching**

**XX. Review Stances / Footwork**

**XXI. Searching (introduction)**

- a. Visual search
- b. Terry frisk / high risk
  - 1) Weapon discovery protocol
  - 2) Positioning of suspect
  - 3) Approach
  - 4) Grip
  - 5) Search area / pattern
- c. Search incident to arrest
  - 1) Scope
  - 2) Positioning of suspect
  - 3) Control of suspect
  - 4) Search pattern
  - 5) Long sleeve clothing or layered clothing
  - 6) Concealed weapons
- d. Drill development
  - 1) Instructor candidate led drills

**XXII. Kneeling Compliant Handcuffing**

- a. Procedure
  - 1) Place suspect in kneeling position of disadvantage
  - 2) Approach angle
  - 3) Role of cover officer
  - 4) Modified wrist twist lock
  - 5) Handcuff application
  - 6) High risk search
  - 7) Double lock
  - 8) Movement of suspect
  - 9) Handcuff removal
- b. Drill development
  - 1) Instructor candidate led drills

**XXIII. Prone Compliant Handcuffing**

- a. Procedure
  - 1) Place suspect in prone position of disadvantage
  - 2) Approach angle
  - 3) Role of cover officer
  - 4) Modified wrist twist lock
  - 5) Handcuff application
  - 6) High risk search
  - 7) Double lock
  - 8) Movement of suspect
  - 9) Handcuff removal
- b. Drill development

- 1) Instructor candidate led drills

#### **XXIV. Use of Force Legal Issues Lecture**

- a. Legal aspects
  - 1) Federal law
  - 2) California law
    - a) AB392
    - b) SB230
    - c) 835a
  - 3) Civil case studies
  - 4) Department Policy
- b. Force decision making
  - 1) Objective reasonableness
  - 2) "Reasonable officer"
  - 3) Knowledge of force options – explanation of ladders, compendiums, etc.
    - a) Use of verbalization paramount as instructors and for officers
    - b) Individual department policies considered
    - c) Evolution of use of force choices
- c. Trainers and legal issues
  - 1) Negligence
  - 2) Unsafe conditions
  - 3) Records keeping

#### **XXV. Warm Up and Stretching**

#### **XXVI. Review Standing, Kneeling, Prone Cuffing and Searching**

#### **XXVII. Pressure Points / Distractions**

- a. Parrying
  - 1) Deflecting
  - 2) Dodging
  - 3) Evading
- b. Pressure Points
  - 1) Definition
  - 2) Identify common areas (such as shoulders, hands, etc.)
  - 3) Objective of applying pressure to specific areas on the body

#### **XXVIII. Personal Weapons**

- a. Body mechanics
  - 1)  $F=MA$

- 2) Whole body movement
- 3) Muscle relaxation / tension
- 4) Exhale during strike
- 5) Strike target at a 90 degree angle
- b. Use of personal weapons
  - 1) Stop an attack
  - 2) Create distance
- c. Personal weapons
  - 1) Mouth – verbalization!
  - 2) Hand
  - 3) Forearm
  - 4) Elbow
  - 5) Knee
  - 6) Foot
  - 7) Head
- d. Drill development
  - 1) Instructor candidate led drills

**XXIX. Wrist Twist Lock Control Hold**

- a. Drill development
  - 1) Instructor candidate led drills

**XXX. Review Use of Force Legal Issues**

**XXXI. Warm Up and Stretching**

**XXXII. Review Personal Weapons**

**XXXIII. Review Wrist Twist Lock**

**XXXIV. Bent Wrist Lock Control Hold**

- a. Front
- b. Rear
- c. Drill development
  - 1) Instructor candidate led drills

**XXXV. Bar Hammer Lock Takedown**

**XXXVI. Bar Hammer Lock Takedown (cont.)**

- a. Drill development
  - 1) Instructor candidate led drills

**XXXVII. Arm Bar Takedown**

- a. Drill development
  - 1) Instructor candidate led drills



**XXXVIII. Falls and Recoveries**

- a. Rolls vs. break falls
  - 1) Back
  - 2) Side
  - 3) Front
- b. Recoveries
  - 1) Forward
  - 2) Rearward
- c. Drill development
  - 1) Instructor candidate led drills

**XXXIX. Warm Up and Stretching**

**XL. Review Control Holds and Takedowns**

**XLI. Ground Self Defense from Established Interval**

- a. Ground defense position
  - 1) On side
  - 2) Use of legs and arms
- b. Movement
  - 1) Turning
  - 2) Changing sides
  - 3) Rearward movement
- c. Review recoveries
  - 1) Forward
  - 2) Rearward
- d. Kicks from ground defense position
  - 1) Front kick
  - 2) Side kick
- e. Striking bag drills
- f. Drill development
  - 1) Instructor candidate led drills

**XLII. Ground Self Defense from Diminished Interval**

- a. Position and principles
  - 1) Supine position with arms and legs up
  - 2) Use of palms and soles of feet
  - 3) Sudden pressure to 7 areas of suspect's body
  - 4) Maintain working space between officer and suspect
  - 5) Feet first
  - 6) Transition to weapons when possible
- b. Escapes
  - 1) Bottom position escapes
  - 2) Top position escapes
- c. Personal weapon applications

- 1) Grabs
- 2) Strikes
- 3) Kicks
- d. Drill development
  - 1) Instructor candidate led drills

**XLIII. Warm Up and Stretching**

**XLIV. Baton**

- a. Nomenclature review
  - 1) Butt
  - 2) Barrel
  - 3) Barrel tip
  - 4) Grommet
- b. Stances and grips
  - 1) One hand ready
  - 2) Two hand ready
  - 3) One hand striking
  - 4) Two hand striking
- c. Drawing and re-securing techniques
  - 1) Straight baton
  - 2) Expandable baton
- d. Baton striking techniques
  - 1) Single hand strike
  - 2) Barrel strike
  - 3) Forward thrust
  - 4) Butt stroke
- e. Target areas
  - 1) Non-lethal force targets
  - 2) Lethal force application
- f. Baton retention techniques
- g. Drill development
  - 1) Instructor candidate led drills

**XLV. In-Custody Death Prevention (Lecture)**

- a. Causation v. correlation
- b. Causes of in-custody death
- c. Myths surrounding in-custody deaths
- d. Excited delirium & cue recognition
- e. Preventative measures

**XLVI. Americans with Disabilities Act (ADA)**

- a. Reasonable accommodations
- b. Dignity and respect
- c. Problem solving exercises
  - 1) Amputee

- 2) Paraplegic
- 3) Quadriplegic
- 4) Violent patient transport

**XLVII. Warm Up and Stretching**

**XLVIII. Weapon Retention and Disarming**

- a. Weapon retention techniques
  - 1) In-holster grab from front
  - 2) In-holster grab from rear
  - 3) In-holster grab from side
  - 4) In-hand weapon retention
- b. Weapon disarming
  - 1) Disarm from the front
  - 2) Disarm from the rear
  - 3) Disarm from the side

**XLIX. Weaponless Defense Techniques**

- a. Grab defenses
  - 1) Chokes
  - 2) Bear hugs
  - 3) Wrist/arm grabs
  - 4) Head locks
- b. Strike defenses
  - 1) Straight punches
  - 2) Hooking punches
  - 3) Kicks
- c. Drill development
  - 1) Instructor candidate led drills

**L. Impact Suit Integration (lecture)**

- a. Instructor guidelines
  - 1) Professionalism
  - 2) Demonstrating skills
  - 3) Maintaining control of the learning environment
  - 4) Communication during scenarios
- b. Role-player guidelines
  - 1) Remember why you are there
  - 2) Maintain self-control
  - 3) The student always wins
- c. Scenario development
  - 1) Realistic exercises
  - 2) Reinforce proper tactical and legal conduct by student
  - 3) Must be winnable by the student
  - 4) Short time line
  - 5) Kept simple

- 6) Minimize the number of skills the officer must utilize
- 7) Include “no force” conclusions in scenarios
- d. Injury prevention
  - 1) Provide student with targets to hit
  - 2) Do not resist
  - 3) Protect your body and head
  - 4) Do not get “braced”

**LI. Impact Suit Familiarization**

- a. Maintenance
  - 1) Inspecting
  - 2) Cleaning
  - 3) Storing
- b. Donning the suit
  - 1) Parts of a suit
  - 2) Ensuring proper fit

**LII. Transportation and Vehicle Issues**

- a. Transporting prisoners
  - 1) Cage car
  - 2) No cage
- b. Loading
  - 1) Cooperative
  - 2) Resistive
- c. Extracting
  - 1) Cooperative
  - 2) Resistive

**LIII. Student Instructional Demonstrations**

- **each student will deliver the training on all or a portion of the following topical areas:**
  - a. Warm up and stretching
  - b. Stances and movement
  - c. Standing compliant handcuffing
  - d. Kneeling compliant handcuffing
  - e. Prone compliant handcuffing
  - f. Search – terry frisk / high risk
  
  - g. Search incident to arrest
  - h. Pressure points / distractions
  - i. Personal weapons
  - j. Wrist twist lock control hold
  
  - k. Front bent wrist lock control hold
  - l. Rear bent wrist lock control hold

- m. Bar hammer lock takedown
- n. Arm bar takedown
- o. Falls and recoveries
- p. Ground self-defense – established interval
- q. Ground self-defense – diminished interval
- r. Impact weapon
- s. Weapon retention
- t. Weapon disarming
- u. Weaponless defense

**LIV. Written Test Review / Physical Skills Review**

**LV. Physical Skills Testing**

**LVI. Written Examination**

**LVII. Evaluation of Student Instructional Demos**

**LVIII. Course Evaluations and Closing**