

Course Name: Annual Defensive Tactic-Un-Armed hour 8hrs Cert.-02528860

Course Performance Objectives:

This training will give the Trainees an opportunity to practice and demonstrate knowledge of Defensive Tactics techniques. Trainee will demonstrate proper techniques of Strikes and Kick and weaponless defense

Time –First 4hrs D.T.	Topics covered	Methodology
0800-0815	Introduction: Safety Briefing and Dynamic Stretching.	Lecture Group Discussion Demonstration Group Exercises
0815-0825	F.I. and Combat Stance: Balance Control.	Lecture Group Discussion Demonstration Group Exercises
0825-0840	Foot Movement:	Lecture Group Discussion Demonstration Group Exercises
0850-0915	Control Hold Techniques	Lecture Group Discussion Demonstration Group Exercises
0930-1000	Strike, Kicks and Fight the BOB,	Lecture Group Discussion Demonstration Group Exercises
1000-1020	360 Degree Defense blocking techniques	Lecture Group Discussion Demonstration Group Exercises
1020-1030	Shoulder Lock	Lecture Group Discussion Demonstration Group Exercises
1030-1110	Handcuffing and Searching	Lecture Group Discussion Demonstration Group Exercises
1110-1130	Nerve Pressure Points	Lecture

		Group Discussion Demonstration Group Exercises
1130-1200	Baton Strikes	Lecture Group Discussion Demonstration Group Exercises
1200-0100	lunch	

Time – Second 4hrs	Topics covered	Methodology
1300-1700	Office Scenarios	Lecture Group Discussion Demonstration Group Exercises

Time Blocks - Course Outline (list the methodologies used in each time frame) you may break this down into whatever time allotments you need for each topic or task.

Classroom Setup: Group Setting

Material/Equipment needed: Defensive Tactics: Large Mat Room, Policy and Procedure Review. Classroom for Scenarios