

STC COURSE LESSON PLAN

Course Title: Arrest and Control Refresher/ JSO

Course Hours: 8

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.
- Demonstrate two self-defense techniques against a simulated attacker.

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:

Start Time	End Time	Subject Matter	Instructional Methodology:	Trainers Speaking Notes	Instructor(s)
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/ FI / 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	1030	Restraints	Trainee Practice	Belly chains, shackles, WRAP	All
1030	1200	Control holds to takedowns	Trainee Practice	Escort, straight arm bar (180), rear wrist lock, shoulder control Controlled takedowns	All
1200	1300	Lunch			
1300	1315	Warm up			
1315	1330	Control holds to takedowns... continued	Trainee Practice	Escort, straight arm bar (180), rear wrist lock, shoulder control Controlled takedowns	All
1330	1430	Personal Weapons	Trainee Practice	Palm heel, hammer strikes, elbows, kicks (A-frame, push), knees	All
1430	1530	Self-Defense 360 Defense	Trainee Practice	Counter attacks, to control hold and takedown, create space access a higher force option	All
1530	1600	Retention	Trainee Practice	Equipment	All
1600	1630	Self Defense Chokes	Trainee Practice	Prevention, with a push, static	All
1630	1700	Test	Trainee Practice	10 min per student. Use timer.	All