



**San Bernardino County Sheriff's Department
Defensive Tactics Instructor School Expanded Outline**

I. Introduction to self-defense and weaponless defense.

- A. Introduction, safety orientation and warm-up III(a)

- B. Understanding concepts of self-defense and the particular concepts and principles of weaponless defense.
 - 1. Basic Officer safety III(i)
 - a. Self control
 - b. Balance
 - c. Awareness

 - 2. Major vulnerable areas of the body
 - a. Mouth, Jaw
 - b. Shoulders, Ribs
 - c. Knees
 - d. Collar Bone
 - e. Solar Plexus

 - 3. Basic combat stances for Officer III(h)(i)
 - a. Physical movement and protection
 - b. Stability
 - c. Mobility
 - d. Protection of vulnerable areas of the body
 - e. Awareness
 - f. Maximize your safety

 - 4. Control holds with takedowns III(d)

- C. Handcuffing techniques III(e)
 - 1. Basic Handcuffing Techniques III(e)
 - a. Unknown
 - b. Medium
 - c. High

 - 2. Hobble techniques

- D. Ground fighting techniques
 - 1. Basic ground fighting and escape techniques
 - a. From the mounted position
 - b. From the guard position
 - c. From the side
 - d. Back control

- E. Searching techniques III(c)
 - 1. Basic Searching Techniques
 - a. Unknown Risk or Pat Down searches
 - b. High Risk Felony Searches
 - c. Officer Safety Tips

- F. Weapon retention and takeaway review

- G. Personal weapons
 - 1. Basic Personal Weapons, Kicks and Strikes
 - a. Front Kick
 - b. Round House Kick
 - c. Elbow Strike
 - e. Hook punch
 - f. Knee strike

II. Instructor development

- A. Fundamentals of instruction
 - 1. Organization and preparation of class
 - a. Class plan
 - b. Instructor check list
 - c. Manual
 - d. Hand out materials
 - 2. Methods of instruction
 - a. Lecture
 - b. Discussion
 - c. Video
 - d. Demonstration
 - e. Performance evaluation (Instructing the class on techniques)

III. Policies and Legal Issues III(j)

- 1. Case Law
 - a. Tennessee vs. Garner
 - b. Graham vs. Connor
 - c. Forrester vs. San Diego

- 2. Agency policy discussion
 - 3. Use of Force considerations III(g)(k)
 - a. Rendering first aid
 - 4. Verbal commands in exercises III(f)
- IV. Technique testing, Exit exam and Post Evaluations III(b)