

Defensive Tactics Ground Control Instructor

December 9-13, 2019

Training Syllabus



William Penn Mott Jr. Training Center



Memorandum

Date: August 22, 2019
To: Supervisor
From: Debbie Fredricks, Department Training Officer
Training Section
California State Parks
Subject: Employee Attendance at Formal Training

An employee from your office will soon be attending the formal training program described in the attached. Ensure that the employee is fully prepared to attend the session and that the groundwork is laid for the employee's implementation of the training upon returning to work. You can assist with capturing the full value of the training by taking the following steps:

Prior to Training

1. Make sure that **specific** employee needs are identified and, if necessary, called immediately to the attention of the Training Coordinator.
2. Review with the employee the reason for the employee's attendance.
3. Review objectives and agenda with the employee.
4. Discuss objectives and performance expected after the training.

Immediately Following Attendance

1. Discuss what was learned and intended uses of the training.
2. Review the employee's assessment of the training program for its impact at the workplace and review the due date of the Post-Training Evaluation form.
3. Support the employee's use of the training at the work place.

Three Months Following Training

1. Supervisor evaluates the effectiveness of the training on the employee's job performance and meets with employee to discuss the evaluation.

Thank you for your assistance in seeing that the full benefit of training is realized.



Debbie Fredricks
Department Training Officer

Attachment
cc: Participant

TABLE OF CONTENTS

Formal Training Guidelines.....	1
Special Attendance Requirements.....	4
Program Attendance Checklist	5
Pre-Training Assignments.....	7
Post-Training Assignment / Travel Expense Information	8
Agenda	9
Program Outline.....	14
Certification of Performance Standards	15
Maps.....	16

Mission Statement Training Section

The mission of the Training Section is to improve organizational and individual performance and productivity through consulting, collaboration, training, and development.

TRAINING SECTION STAFF

Debbie Fredricks	Training Section Chief
Ann D. Slaughter	Mott Training Center Manager
Eric Marks	Leadership and Development Manager
Jack Futoran.....	EMS and LFG Training Coordinator
Jeff Beach	Training Consultant
Joel Dinnauer	Training Consultant
Ennio Rocca	Training Consultant
Sara M. Skinner.....	Training Consultant
Robert Waller	Training Consultant
Vernon Reyes.....	Instructional Designer
Jason Smith.....	Academy Coordinator
Jeremy Alling.....	Cadet Training Officer
Matt Cardinet.....	Cadet Training Officer
Lisa Anthony.....	Program Coordinator
Edith Alhambra.....	Assistant Program Coordinator
Samantha Guida	Assistant Program Coordinator
Ricky Roldan	Assistant Program Coordinator
Pamela Yaeger.....	Assistant Program Coordinator

THE MISSION

of California State Parks is to provide for the health, inspiration, and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.



FORMAL TRAINING GUIDELINES

Welcome to formal training, an essential component in your career development.

Since 1969, our Department has been providing a continuously changing number of diverse training programs at its main training facility, the William Penn Mott Jr. Training Center, and other locations including Marconi Conference Center. The Department strives to enhance your learning and job performance with formal training of the highest quality.

Our Department's dedication to training is only one aspect of its commitment to you and to the public. This commitment is costly and represents an important investment in you and your career. You and the Department realize a return on that investment by your positive participation in formal training itself and post training follow-through.

The program you will be participating in is described in this training syllabus, which outlines what you can expect from this training and what is expected of you. This syllabus details what you should do before you leave for training; what to do when you arrive; what you will be doing while in training; and, importantly, what you should be able to do when you return to your work site. Specifically:

1. **SYLLABUS:** The syllabus is now accessible on the Employee Training Management System (ETMS). You should print a copy of the syllabus to bring with you to class. Your copy of this syllabus is an important part of your training experience and should be brought with you to training. Read it before you arrive and review it following the program along with material you received at training.
2. **PRE-TRAINING ASSIGNMENTS:** Your completion of pre-training assignments is essential to the success of your training. You are responsible for all reading assignments in preparation for classroom sessions. Time will be provided during working hours to accomplish any assignments which involve either individual or group efforts and resources.
3. **TRAVEL:** Arrange your travel to and from the training site through your District or Office. (No reimbursement for travel expense – including per diem costs – will be approved for travel not specifically authorized in advance by the District Superintendent). Individuals may claim reimbursement for incidental expenses incurred as outlined in DAM 0410.6.

The cost of your travel (airfare, mileage, rental car, etc.) is paid by your District or Office **to** and **from** the location of training.

4. HOUSING: Participants will need to make their own arrangements for accommodations for this program. Your reimbursement for Santa Cruz County is \$90.00 per night. Make reservations through Concur. You may submit a reimbursement request via CalATERS for your accommodations starting the night before the program to the last day of the program. You may also submit a travel advance through CalATERS. If you wish to share a room, you need to have the hotel split the room charges so both occupants have receipts for their CalATERS claim. You must add Ann D. Slaughter as a second approver.
5. **ENROLLMENT OR HOUSING CANCELLATION POLICY:** To cancel participation in a course, the participant must have their District Superintendent or Section/Office Manager send an email to the Training Consultant assigned to the course requesting to remove the participant. If you do not need lodging or must change or cancel your reservation for lodging, you must contact the Mott Training Center or Training Consultant assigned to the course at least 2 weeks prior to your date of arrival. Lodging, registration, and associated fees will be charged to the employee's District or Section/Office if a training cancellation is received with less than two weeks' notice.

The Training Section is committed to ensuring that the reservation that has been made for you is accurate and needed.

6. MEALS: You may submit a reimbursement request via CalATERS for meals from dinner on December 8th through lunch on the last day of training. These expenses will be paid by the Training Section. Add Ann D. Slaughter as a second approver on CalATERS.
7. CLOTHING: Field uniforms as found in "Description of Required Field Uniforms", DOM Chapter 2300, Uniform Handbooks, not including optional items, will be worn daily by all uniformed employees during formal training sessions unless otherwise specified in the Program Attendance Checklist. Non-uniformed employees shall wear apparel normally worn on the job. Appropriate attire includes apparel suitable for professional office dress. It does not include such items as shorts, t-shirts, tank tops, or sandals.
8. COURSE LEADERS: The formal training you will attend is developed and, for the most part, conducted by experienced State Park employees in field and staff positions. Some courses will be conducted by qualified instructors from other agencies and educational institutions. Your course leaders have proven their ability and knowledge in their profession, and provide a level of expertise difficult to match.

9. **TRAINING SECTION STAFF:** Jeremy Alling is your Training Consultant and has been assigned the responsibility for your training group. That staff member usually serves as a Course Leader as well as a Coordinator. During the program, you may be asked to assist Training Section Staff in the logistics of your training program (organizing field trip transportation, supervising classroom breaks, etc.). Training Section Staff will do all within their power to make your training experience pleasant and meaningful.
10. **TRAINING MATERIALS:** May be made available to you at both your unit and the Mott Training Center. Handout materials issued at your unit should be brought to training for possible use. A conference binder or notebook will be issued to you at the training session for note taking and convenience in handling materials. Copies of DAM and DOM will be available to you for self-study. Bring your own pens and pencils.
11. **ATTENDANCE:** Regular attendance is a critical course requirement and your participation is important to the success of this training. An absence of more than 10% of the course hours constitutes grounds for dropping a participant from the course. The Department Training Officer may modify this requirement based upon participant knowledge level and/or the portion of the course missed. All absences, except those of an emergency nature, must be approved in advance by the Training Specialist.
12. **CELL PHONES:** As a courtesy to your fellow participants and course leaders ensure that your cell phone is turned off during classes. Participants should not be receiving or making cell phone calls during class time. Limit those calls to your breaks.
13. **POST-TRAINING ASSIGNMENT:** In connection with formal training are to be completed under the direction of your supervisor.

SPECIAL ATTENDANCE REQUIREMENTS

Note: Defensive Tactics Ground Control Instructor Training Group 6 held at Pacific Institute of Defensive Tactics Dojo, 4626 Soquel Drive, Soquel, CA 95073 (map on page 16 of syllabus).

Carpool to and from the motel strongly encouraged.

Class concludes at 1200 noon on Friday, December 13, 2019.

PROGRAM ATTENDANCE CHECKLIST

In addition to the required clothing and personal items specified elsewhere in this syllabus, participants are requested to comply with the following instructions:

1. **EXERCISES:** To prepare for defensive tactics, wrist limbering and strengthening exercises, leg-strengthening exercises, and back limbering exercises are necessary. Suggestions for wrist exercises are push-ups, squeezing a tennis or handball and using a lightweight dumbbell. Conditioning through physical training such as warm-up exercises, jogging, running, bicycling, etc., is highly recommended.
2. **UNIFORMS:** Due to the nature of this program and the extensive physical training involved, uniforms will not be required. Most of the program will be conducted in a gym-type classroom facility.
3. **CLOTHING:** All clothing should be neat and clean. Clothing which allows freedom of movement such as sweat clothes or warm-up suits is necessary for this program. A long sleeved compression or rash guard style shirt is highly recommended. Shorts or tank tops are not permitted.

Shoes are not allowed on the mat surface, slip on style shoes or other rubber soled athletic shoes can be used while not on the mats. No black sole shoes are allowed due to their scuffing potential. Mat shoes are acceptable.

Socks are not recommended for this training.

4. **SAFETY GEAR:** Bring your peace officer safety equipment including baton. Participants are asked not to bring weapons or ammunition of any kind into the training area. Weapons shall be secured in your vehicle. Bring your olhandcuffs and handcuff key. It is advisable to bring a spare key if you have one.
5. **FORMAT:** Methods used to provide instruction will include lecture, demonstrations, practical exercises, group discussion, and participant instructional practice. This course will emphasize participant involvement and practice throughout the process.

Participants evaluated on a pass/fail basis. **You must meet or exceed standards in all Performance Objectives on the Certification of Performance Standards sheet at the end of this syllabus to successfully pass the course.**

6. **TRAVEL:** Arrange your travel through your District/Office.

PROGRAM ATTENDANCE CHECKLIST

7. MISCELLANEOUS:
 - A. Read and understand the Defensive Tactics Ground Control Instructor Training program syllabus prior to the first scheduled session.
 - B. The basic agenda may change to reflect the advanced level of participants.
 - C. Review Law EnFORCEment, Reasonable Force Options by Rod Sanford, pages 257, 300 -303.

8. BRING THE FOLLOWING WITH YOU TO TRAINING:
 - Peace officer safety equipment. Secure your firearm in your vehicle prior to class. No firearms or live ammunition allowed in the dojo.
 - Suitable clothes and appropriate shoes.
 - DTI Instructor Manual and lesson plans.
 - Law EnFORCEment, Reasonable Force Options by Rod Sanford
 - Reusable coffee cup, refillable water bottle, pens, and pencils.

Any questions or assistance, contact Training Consultant Jeremy Alling at (530) 893-7477 or Jeremy.Alling@parks.ca.gov

PRE-TRAINING ASSIGNMENTS

The following pre-training assignments are required in preparation for the Defensive Tactics Ground Control Instructor Group 6 and specifically for the test:

Reading Assignments

Law EnFORCEment, Reasonable Force Options by Rod Sanford
Review written text: pages 283-288 Altercation Patterns, pages 300-303 Scenario #2, and pages 421-424 Breathing Exercises.

Instructor Handbook
Review Instructor Record Keeping, Liability and Responsibilities.

POST-TRAINING ASSIGNMENT

Prior to ninety days after the completion of this program, the employee and his/her supervisor should discuss the impact and assess the effectiveness this program has had on the employee.

The post-training evaluation process is intended to provide a bridge between classroom instruction and the on-the-job application of training. The information obtained through this process will assist the training participant, supervisor, and Training Section in providing a return on the investment the Department has on training.

TRAVEL EXPENSE CLAIMS INFORMATION

You will need to submit a Travel Expense Claim (TEC) in a timely manner after the class. As a reminder:

- Districts are responsible for your time, your travel to/from training, and incidentals
- Training covers meals and lodging (you will need a receipt from the hotel)
- For your claim:
 - Charge to: "DTGCI 6"
 - Select "Detail Accounting" and enter the following
 - Field one: 2019 (Fiscal Year)
 - Field two: Index Number (Your reporting location index number)
 - Field three: 14001 (PCA)
 - Field four: Leave blank
 - Field five: 067LET00 (Project Number)(This is the account and settings to charge your room and food)

If you receive error messages, contact Assistant Program Coordinator Pamela Yaeger at (831) 649-2954 or Pamela.Yaeger@parks.ca.gov to have you added to the system.

NOTE: List Ann D. Slaughter as an Additional Approver on your claim

DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 6 AGENDA

December 9-13, 2019

Instructor Rod Sanford

Sunday

December 8

1500 REGISTRATION: *If travel guidelines are met, check-in at selected hotel*

Monday

December 9

Methodology: Lecture

0800-0830 Course Registration, Introduction, Orientation

0830-0900 Course Objectives, Course Safety Procedures

0900-1030 Use of Force

Psychological and Physiological Aspects of Use of Force

Force Assessment, Legal Issues

1030-1200 Principles and Concepts

Hazards in Approaching a Suspect, Positioning, Mind and Body Dynamics, Power Development, Rice Pattern, Use of Energy, Personal Weapons, Vulnerable Areas of the Body

1200-1300 *Lunch*

Methodology: Practical

1300-1400 Power Development

Stance and Balance, Movement Patterns

Personal Weapons and Vulnerable Areas of the Body

Standing and on the Ground

Blocking Exercise

1400-1430 Completion of Techniques

Move Away, Verbal Commands, Establish Control

Prone Control

Handcuff, Search

First Aid as Necessary

1430-1500 Ground Defense: Officer Down, Suspect Standing

Position #1, Position #2, Position #3, Standing Up

1500-1600 Ground Control Basics

Shrimp, Bridge, Sprawl, Table Tilt

Roll and Recovery

Down and Up Exercise, Forward Roll, Backward Roll

Methodology: Lecture/Discussion

1600-1700 Breathing Exercises

Stress Management

DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 6 AGENDA

December 9-13, 2019

Instructor Rod Sanford

Tuesday

December 10

Methodology: Practical

- 0800-0930 Defense against a High Charge and Mid Charge
Throw Suspect and Move Away
Take Down to Prone Control
Low Charge Sweep Suspect to the Side and Move Away
Throw Suspect and Move Away
Take Down to Prone Control
- 0930-1115 Defense against Take down Attempt
Escape from Leg Grab: Pull Leg from Grasp
Escape from Leg Grab: Elbow to the Back, Bar Hammer Lock
Escape from Leg Grab: Russian Head Lock, Bar Hammer Lock
Escape from Leg Grab: Trading Places
- 1115-1200 Hip Press
Basic Hip Press Position, Hip Switch, 360 Spin
- 1200-1300 *Lunch*
- 1300-1545 Upper Body Control
Sprawl and Move to Hip Press Position
Inside Arm Grab
Outside Arm Grab
Suspect Pushing Up
2-on-1 Rock-out

Methodology: Lecture

- 1545-1700 Preparing for the Ground Control Course
Course Development, Planning, Instructor Liability,
Record Keeping

Wednesday

December 11

Methodology: Practical

- 0800-0915 Mount Position
Suspect in Mount (Top), Officer on their Back
Basics of the Position
Move from Under Suspect
Officer in Mount (Top), Suspect on their Back
Basics of the Position
Suspect in Mount (Top), Officer Supine
Move to Prone Position

DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 6 AGENDA

December 9-13, 2019

Instructor Rod Sanford

Wednesday

December 11

Methodology: Practical

0915-1200 Defenses: Suspect in Mount, Officer on their Back
Dismount
Defense against a Punch
Defense against a Choke
Gun Retention

1200-1300 *Lunch*

1300-1600 Guard Position
Officer on their Back, Suspect in Officer's Guard
Basics of the Position, Officer in Suspect's Guard
Basics of the Position, Escapes from Suspect's Guard
Escape the Guard and Move Away
Pass the Guard to Sprawl
Escape Guard: Palm Heel Strike
Suspect in Officer's Guard
Scissor Sweep
Gun Retention

Methodology: Lecture

1600-1700 Teaching Ground Control
Instructional Techniques, Instructional Methodology,
Coaching Techniques, Correction Techniques,
Team Teaching, Safety

Thursday

December 12

Methodology: Practical

0800-1200 Defense against Neck Compression Holds
Neck Compression Hold Escape: Officer Standing
Officer Standing Straight
Officer Standing and Pulled Back #1
Officer Standing and Pulled Back #2
Neck Compression Hold Escape: Officer Seated
Use of C-clamp and Scissors Neck Compression
Hold Escape: Officer on Hands and Knees
Table Tilt
Neck Compression Hold Escape: Officer Prone
Frog to Turtle Position

DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 6 AGENDA

December 9-13, 2019

Instructor Rod Sanford

Thursday

December 12

1200-1300

Lunch

1300-1530

Review Defense against High Charge, Mid Charge and Low Charge

Review Defense against Take down Attempt

Escape from Leg Grab: Pull Leg from Grasp

Escape from Leg Grab: Elbow to the Back

Escape from Leg Grab: Russian Head Lock

Escape from Leg Grab: Trading Places

Review Upper Body Control

Sprawl and Move to Hip Press Position

Inside Arm Grab

Outside Arm Grab

Suspect Pushing Up

2-on-1 Rock-out

Review Defenses: Suspect in Mount, Officer on their Back

Suspect in Mount, Officer Supine, Move to Prone Position

Dismount

Defense against a Punch

Defense against a Choke

Gun Retention

Review Guard Position

Officer on their Back, Suspect in Officer's Guard

Escape the Guard and Move Away

Pass the Guard to Sprawl

Escape Guard with Palm Heel Strike

Review Suspect in Officer's Guard

Scissor Sweep

Gun Retention

Methodology: Lecture

1530-1700

Tactical Communications

Elements of Tactical Communications, Tactical

Communications within the Use of Force Scale, Officer Safety

DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 6 AGENDA

December 9-13, 2019

Instructor Rod Sanford

Friday

December 13

Methodology: Practical Review

0800-0900 Review Defense against Neck Compression Holds
Neck Compression Hold Escape: Officer Standing (1 - 3)
Neck Compression Hold Escape: Officer Seated
Neck Compression Hold Escape: Officer Prone

Methodology: Testing

0900-1130 Physical Performance Evaluation

1. Ground Defense
 - a. Three Positions
2. Mount Position
 - a. Officer Supine: Move to Prone Position
 - b. Dismount
 - c. Defense against a Punch
 - d. Defense against a Choke
 - e. Gun Retention
3. Guard Position
 - a. Escape the Guard and Move Away
 - b. Pass the Guard to Sprawl
 - c. Escape Guard: Palm Heel Strike
 - d. Suspect in Officer's Guard, Scissor Sweep
 - e. Suspect in Officer's Guard, Gun Retention
4. Defense against a Take down Attempt
 - a. Defense against a Leg Grasp to Prone Control
 - b. Escape from Leg Grasp: Trading Places
5. Upper Body Control
 - a. Sprawl to Hip Press Position
 - b. Inside Arm Grab
 - c. Outside Arm Grab
 - d. Suspect Pushing Up
 - e. 2-on-1 Rock-out
6. Defense against Neck Compression Holds
 - a. Neck Compression Hold Escape: Officer Standing
 - b. Neck Compression Hold Escape: Officer Seated
 - c. Neck Compression Hold Escape: Officer on Hands and Knees with Table Tilt
 - d. Neck Compression Hold Escape: Officer Prone

Methodology: Discussion

1130-1200 Course Evaluation by Students
Course Summary and Closing

DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 6

<u>PROGRAM OUTLINE</u>	HOURS
<u>Program Administration and Registration</u>	1.5
<u>Principals and Concepts</u>	5.0
Use of Force	
Physical Stress	
Tactical Communications (Tac Com)	
<u>Stances/Positions</u>	7.25
Ground Control Basics	
Ground Defense	
Mount	
Guard	
<u>Practical Application</u>	13.50
<u>Instructor Development</u>	2.25
Course Development	
Instruction Techniques	
<u>Review</u>	4.0
<u>Testing</u>	2.5
TOTAL HOURS	36.0

CERTIFICATION OF PERFORMANCE STANDARDS

Defensive Tactics Ground Control Instructor must perform objectives at the meets or exceeds standard level to pass course.

Name: _____ Signature: _____
 (Print Legibly)

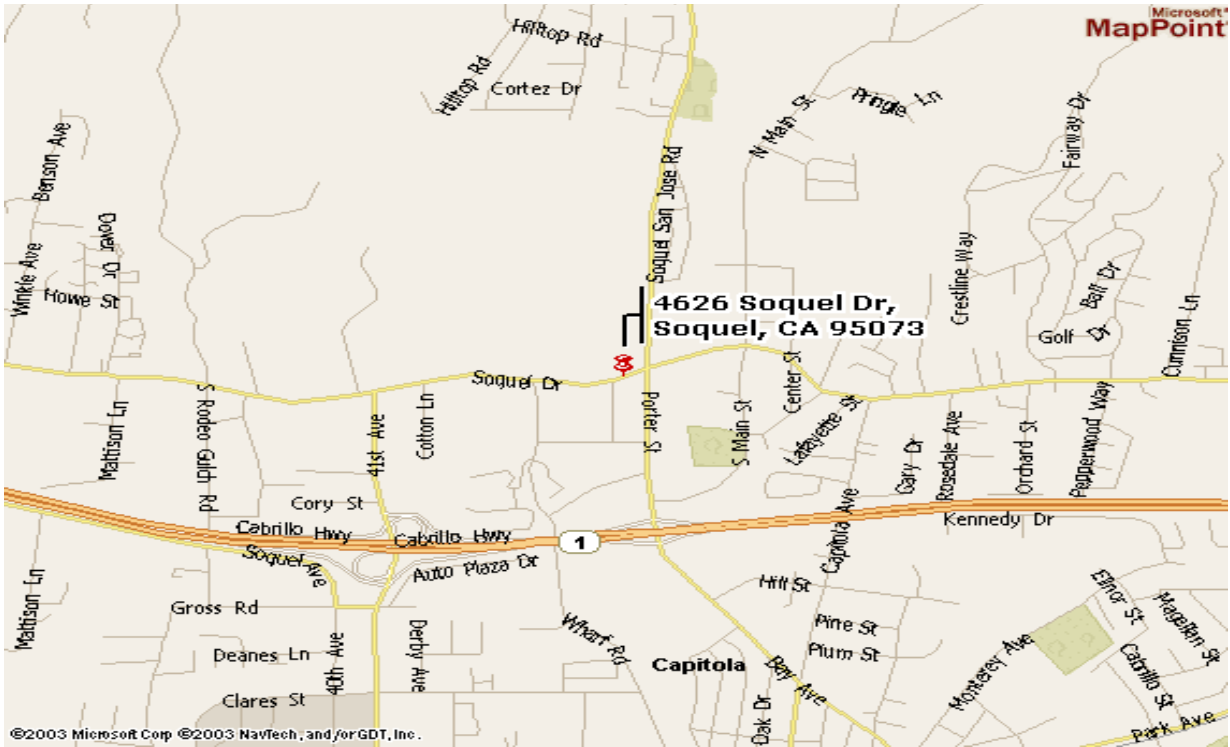
	Below Standard	Meets or Exceeds Standard
1. Ground Defense		
a. Name and demonstrate the three Positions	_____	_____
2. Mount Position		
a. Officer supine: Move to prone position	_____	_____
b. Dismount	_____	_____
c. Defense against a punch	_____	_____
d. Defense against a choke	_____	_____
e. Gun retention	_____	_____
3. Guard Position		
a. Escape the guard and move away	_____	_____
b. Pass the guard to sprawl	_____	_____
c. Escape guard: Palm heel strike	_____	_____
d. Suspect in officer's guard, scissor sweep	_____	_____
e. Suspect in officer's guard, gun retention	_____	_____
4. Defense against a takedown attempt		
a. Defense against a leg grasp to prone control	_____	_____
b. Escape from leg grasp: Trading places	_____	_____
5. Upper body control		
a. Sprawl to hip press position	_____	_____
b. Inside arm grab	_____	_____
c. Outside arm grab	_____	_____
d. Suspect pushing up	_____	_____
e. 2-on-1 rock-out	_____	_____
6. Defense against neck compression holds		
a. Neck compression hold escape: Officer standing	_____	_____
b. Neck compression hold escape: Officer seated	_____	_____
c. Neck compression hold escape: Officer on hands and knees with table tilt	_____	_____
d. Neck compression hold escape: Officer prone	_____	_____
7. Actively participate in classroom and gym discussion	_____	_____
8. Shows ability to instructor techniques to the satisfaction of the Staff Instructors	_____	_____

_____ has performed all objectives at the required level to pass and certified to instruct Ground Control techniques.

 Staff Instructor Signature (Print Legibly and Sign)

 Date

**Pacific Institute of Defensive Tactics
4626 Soquel Drive, Soquel, CA (831) 475-9676**



**Best Western Seacliff Inn
7500 Old Dominion Court, Aptos, CA (831) 688-7300**

