

# Defensive Tactics Ground Control Instructor

May 10-15, 2015

Training Syllabus



William Penn Mott Jr. Training Center



## Memorandum

**Date:** April 21, 2015

**To:** Supervisor

**From:** Theresa Bober, Department Training Officer  
Training Section  
California State Parks

**Subject:** Employee Attendance at Formal Training  
Defensive Tactics Ground Control Instructor Group 1

An employee from your office will soon be attending the formal training program described in the attached. Please 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.
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.

Attachment  
cc: Participant

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***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

Theresa Bober ..... Department Training Officer  
Ann D. Slaughter ..... MTC Manager  
Jack Futoran ..... EMS and LG Training Coordinator  
Sara M. Skinner ..... Training Specialist  
Karyn Lombard ..... Training Specialist  
Dave Galanti ..... Training Specialist  
Matt Cardinet ..... Cadet Training Officer  
Travis Gee ..... Cadet Training Officer  
Pamela Yaeger ..... Assistant Program Coordinator  
Edith Alhambra ..... Assistant Program Coordinator  
Lisa Anthony ..... Assistant Program Coordinator

## THE MISSION

*of the 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

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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). 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: Accommodations for this program will be at the Best Western Seacliff Inn, 7500 Old Dominion Court, Aptos, CA 95003-3807, (831) 688-7300 (map on page 17). See the Special Attendance Requirements on page 4 of this syllabus for information regarding the training location. Housing will be assigned to you on a shared-room basis. Check-in is after 3:00 p.m. on Sunday, May 10, 2015 and checkout is 12:00 noon on Friday, May 15, 2015.

**Note: You are assigned a room at a motel while attending training. You may be asked to present a valid credit or debit card while checking in to your room. Many motels require a credit card to cover charges incurred such as telephone calls, damages to rooms and/or furnishings, fees to clean rooms that have been smoked in that are not designated as smoking rooms, etc. Be prepared to handle this appropriately.**

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 Specialist 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 Specialist 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 Mott Training Center is committed to ensuring that the reservation that has been made for you is accurate and needed.**

6. MEALS: Breakfast is provided by the hotel. You may submit a reimbursement request via CalATERS for all other meals from dinner on November 16 through lunch on the last day of training. These expenses will be paid by the Training Section. All other expenses should be coded to your District.
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.

Because we are on the conference grounds with many other groups, and the image we project as State Park employees is important not only during working hours but off duty hours as well, your informal sportswear should be appropriate.

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:** Connie Breakfield is your Training Specialist 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 ASSIGNMENTS:** 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 1 will be held at the Pacific Institute of Defensive Tactics' Dojo, 4626 Soquel Drive, Soquel, CA 95073 (map on page 17 of syllabus).

Accommodations will be available Sunday, May 10, 2015 at:

Best Western Seacliff Inn  
7500 Old Dominion Court  
Aptos, CA 95003-3807  
(831) 688-7300

A block of rooms has already been reserved for participants. **DO NOT** call the hotel for reservations. Upon your arrival, the hotel will have participant names and room assignments. **Check-in no later than 9:00 p.m. on Sunday, May 10, 2015.** Carpooling to and from the hotel is strongly encouraged.

## 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:** 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. All clothing should be neat and clean. Shorts or tank tops are not permitted.

Tennis shoes or other rubber sole athletic shoes and athletic socks are required. (No black sole shoes are allowed due to their scuffing potential.) Mat shoes are acceptable.

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 handcuffs 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 will be evaluated on a pass / fail basis. **You must meet or exceed standards in all of the Performance Objectives listed on the Certification of Performance Standards sheet at the on page 16 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, you will be tested on the first day of class.
- D. 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 will be allowed in the dojo.**
  - Suitable gym clothes and appropriate shoes.
  - DTI Instructor Manual and lesson plans.
  - Law EnFORCEment, Reasonable Force Options by Rod Sanford.
  - Reusable coffee cup, reusable water bottle, pens, and pencils.

If you have any questions or need assistance, contact Training Specialist Connie Breakfield at (831) 649-2958 or most accessible via email [Connie.Breakfield@parks.ca.gov](mailto:Connie.Breakfield@parks.ca.gov).

## **PRE-TRAINING ASSIGNMENTS**

The following pre-training assignments are required in preparation for the Defensive Tactics Ground Control Instructor Group 1 program and specifically for the test:

### **Reading Assignments:**

Law EnFORCEment, Reasonable Force Options by Rod Sanford:

Review written text pages 283 to 288 Altercation Patterns, pages 300 to 303 Scenario #2, and Breathing Exercises pages 421-424.

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.

**DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 1**  
**May 10-15, 2015**

Instructors: Rod Sanford, Stuart Organo, Mike Selbo, Mark De Leon, Jennifer Ayala

**Sunday**

**May 10**

1500 Check-in at the Best Western Seacliff Inn, Aptos All

**Monday**

**May 11**

**Methodology: Lecture**

0800-0830 Course Registration, Introduction, Orientation Staff

0830-0900 Course Objectives, Course Safety Procedures Staff

0900-1030 Use of Force Sanford

Psychological and Physiological Aspects of Use of Force  
 Force Assessment, Legal Issues

1030-1200 Principles and Concepts, Hazards in Approaching a Suspect Sanford  
 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 Staff

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 Staff

Move Away, Verbal Commands, Establish Control

Prone Control

Handcuff, Search

First Aid as Necessary

1430-1500 Ground Defense: Officer Down, Suspect Standing Staff

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

1500-1600 Ground Control Basics Staff

Shrimp, Bridge, Sprawl, Table Tilt

Roll and Recovery

Down and Up Exercise, Forward Roll, Backward Roll

**Methodology: Lecture / Discussion**

1600-1700 Breathing Exercises Sanford

Stress Management

**DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 1**  
**May 10-15, 2015**

**Tuesday**

**May 12**

**Methodology: Practical**

- |           |   |               |
|-----------|---|---------------|
| 0800-0900 | Defenses against a High Charge and Mid Charge<br>Throw Suspect and Move Away<br>Takedown to Prone Control<br>Low Charge<br>Sweep Suspect to the Side and Move Away<br>Throw Suspect and Move Away<br>Takedown to Prone Control                | Staff         |
| 0900-1115 | Defense against Takedown Attempt<br>Escape from Leg Grab: Pull Leg from Grasp<br>Escape from Leg Grab: Elbow to the Back, Bar Hammer Lock<br>Escape from Leg Grab: Russian Head Lock, Bar Hammer Lock<br>Escape from Leg Grab: Trading Places | Staff         |
| 1115-1200 | Hip Press<br>Basic Hip Press Position, Hip Switch, 360 Spin   | Staff         |
| 1200-1300 | <i>Lunch</i>  |               |
| 1300-1545 | Upper Body Control<br>Sprawl and Move to Hip Press Position<br>Inside Arm Grab<br>Outside Arm Grab<br>Suspect Pushing Up<br>2-on-1 Rock-out   | Staff         |
|           | <b>Methodology: Lecture</b>   |               |
| 1545-1700 | Preparing for the Ground Control Course<br>Course Development, Planning, Instructor Liability,<br>Record-keeping  | Sanford/Selbo |

**Wenesday**

**May 13**

**Methodology: Practical**

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

**DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 1**  
**May 10-15, 2015**

**Wednesday**

**May 13**

**Methodology: Practical**

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

1200-1300 *Lunch*

1300-1600 Guard Position Staff  
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 Sanford  
Instructional techniques, Instructional Methodology, Coaching  
Techniques, Correction Techniques, Team Teaching, Safety

**Thursday**

**May 14**

**Methodology: Practical**

8000-1200 Defense Against Neck Compression Holds Staff  
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 1**  
**May 10-15, 2015**

**Thursday**  
**May 14**

**Methodology: Practical**

1200-1300

*Lunch*

1300-1600

Review Defense against High Charge, Mid Charge and Low Charge

Staff

Review Defense against Takedown 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

Sanford

Elements of Tactical Communications, Tactical

Communication within the Use of Force Scale, Officer Safety





**DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR GROUP 1**  
**May 10-15, 2015**

**Friday**

**May 15**

**Methodology: Discussion**

1130-1200 Course Evaluation by Students  
Course Summary and Closing

Sanford

## DEFENSIVE TACTICS GROUND CONTROL INSTRUCTOR

<b><u>PROGRAM OUTLINE</u></b>	<b>36 HOURS</b>
<u>PROGRAM ADMINISTRATION AND REGISTRATION</u> .....	1.5
<u>PRINCIPLE AND CONCEPTS</u> .....	5
Use of Force	
Physical Stress	
Tactical Communication (TacCom)	
<u>STANCES / POSITIONS</u> .....	7.25
Ground Control Basics	
Ground Defense	
Mount	
Guard	
<u>PRACTICAL APPLICATION</u> .....	13.5
<u>INSTRUCTOR DEVELOPMENT</u> .....	2.25
Course Development	
Instruction Techniques	
<u>REVIEW</u> .....	4
<u>TESTING</u> .....	2.5
<b>TOTAL HOURS</b> .....	<b>36</b>

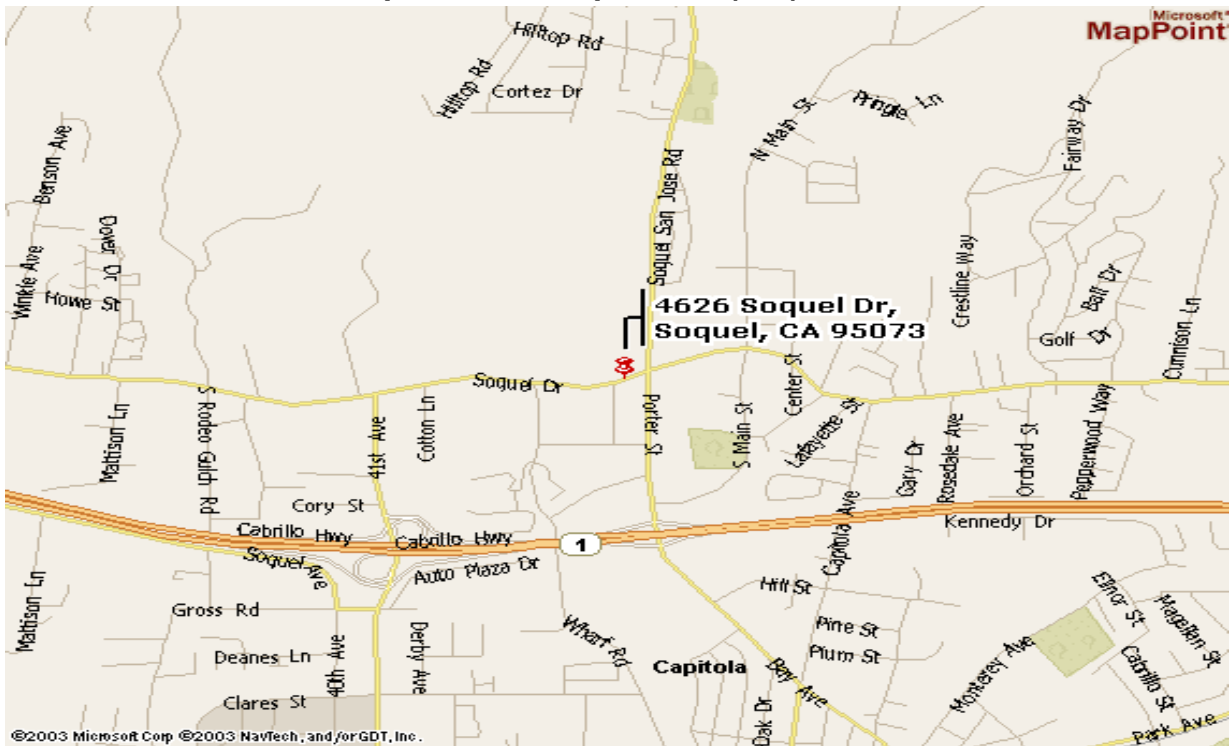
## CERTIFICATION OF PERFORMANCE STANDARDS

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

Name: \_\_\_\_\_

	Print Name and Sign		Below Standard	Meets or Exceeds Standard
1. Ground Defense				
a. Name and demonstrate the three Positions			_____	_____
2. Mount Position				
a. Officer supine: Moves 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			_____	_____

**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**

