



Course Outline

Use of Force and Defensive Techniques Training programs

Program Coordinator; Diverse Training Concepts Pty Ltd (DTC)

Learn how to safely and effectively manage an aggressive person with empty hand techniques. This program is designed to provide you with effective options when confronted with dangerous situations. The techniques taught are highly recommended and used by law enforcement agencies worldwide as they provide the greatest safety for the officer and stop the offenders quickly, easily and cause minimal injury.

This program is conducted through practical training, scenarios, role plays and group discussions.

Main points covered include but are not limited to;

- Explain objectives of defensive techniques training incorporating Batons and levels of Protection.
- Governance
- Powers
- Communication
- Duty of care and responsibility of subjects (PRA)
- Awareness re infectious diseases transfer
- Correct application and use of Handcuffs
- Combination / communication footwork and strikes
- Strike areas (PPCT)
- Non advised strike areas
- Evasion and footwork drills

Duration: 2 Days

Dates: TBA on website www.rtodtc.com.au

Cost: \$360.00 per person + GST Live

All resource materials are included

Please see Course Outline below.

Training Program	Use of Force and Defensive Techniques Training Courses	Delivered By; Diverse Training Concepts Pty Ltd
Lesson Plan	Two Day Program (Day 1)	Methodology
Sequence and Timings	Activity	Training Aids/Resources Required
Day One Session 1 9am to 9.45am	<p>Introduce staff/participants outline of course structure and proceedings</p> <ul style="list-style-type: none"> • Explain objectives of defensive techniques training incorporating Batons and levels of Protection. • Equipment issue and recording • Set up of equipment for carriage (ie handcuff and baton carriers.) 	<p>Whiteboard Interactive class participation, Research and documentation Facilitators assessments Batons / handcuffs & carriers Slash resistant vests Ballistic Helmets</p>
Session 2 9.45am to 10.45am	<ul style="list-style-type: none"> • Governance • Powers • Communication • Non Verbal Communication (NVC) • Level of Protection familiarization & History • Nomenclature of Handcuffs • Correct application and use of Handcuffs • Care and maintenance • Revision 	<p>Written Material Whiteboard Powerpoint Interactive class participation Lightpro Slash resistant Vests</p>
10.45am to 11.15am	<i>Morning Tea Break</i>	
Session 2 Con't 11.15am to 12.30pm	<ul style="list-style-type: none"> • Outline of assessment criteria • Nomenclature of ASP Baton • target areas (PPCT) • Nomenclature of ASP " Baton • Care and maintenance • Carriage of baton 	<p>Whiteboard Powerpoint Interactive class participation Course documentation ASP expandable Baton & Carrier</p>
12.30pm to 1.30pm	<i>Lunch Break</i>	
Session 3 1.30pm to 2.30pm	<p>Conduct practical exercises and relay constructive comments and feedback</p> <ul style="list-style-type: none"> • Safety Brief • Medical disclaimer • Warm up (15min) • Baton – Basic strikes • Close mode • Rapid reaction • Open mode – Basic Strikes • Master side strike • Non master side strike • Front strike • Retention of baton 	<p>Practical Exercise Facilitator assessments and notes. Safety Brief Mobile Phone Medical Kit Soft floor area ASP expandable baton & carriers Strike pads – Baton</p>

2.30pm to 2.45pm	Short Break	
Session 4 2.45pm To 3.30pm	<ul style="list-style-type: none"> • Revision of safety brief • Warm up • Revision of session 3 • Introduction of footwork • Combination / communication footwork and strikes 	Practical Exercise Facilitator assessments and notes. Safety Brief Mobile Phone Medical Kit Soft floor area ASP expandable baton & carriers Strike pads – Baton
3.30pm to 3.50pm	Afternoon Tea Break	
Session 5 3.50pm To 4.20pm	<ul style="list-style-type: none"> • Duty of care and responsibility of subjects (PRA) • Awareness re infectious diseases transfer Summation of the day's activities and briefing re day two.	Facilitator interaction Participant notes Written material

Lesson Plan	Two Day program (Day 2)	Methodology
Sequence and Timings	Activity	Training Aids/Resources Required
Day two Session 1 9am to 9.30am	<ul style="list-style-type: none"> • Safety Brief • Warm up • Revision of Day 1 with questions, comments. 	Interactive class participation, Research and documentation Facilitator assessments
Session 2 9.5am to 10.45am	<ul style="list-style-type: none"> • Introduction to open / closed hand defensive strikes • Strike areas (PPCT) • Non advised strike areas • Evasion and footwork drills • Palm heel strike (Soft hand) • Straight punch (Hard hands) • Horizontal elbows • Vertical elbows 	Practical Exercise Facilitator assessments and notes. Safety Brief Mobile Phone Medical Kit Soft floor area ASP expandable baton & carriers Strike pads – Baton
10.45am to 11.05am	Morning Tea Break	
Session 3 11.05am to 12.20pm	<ul style="list-style-type: none"> • Revision session 2 • Biracial plexus origin stun • Hammer fist (Suprascapular) • Knee Strike (Common Peroneal) • Knee Strike (Femoral Nerve) • Round kick (Common Peroneal) • Stop kick 	Practical Exercise Facilitator assessments and notes. Safety Brief Interactive class participation

12.20pm to 1.10pm	Lunch Break	
Session 4 1.10pm to 2.30pm	<ul style="list-style-type: none"> • Introduction to Take Downs • Positional awareness • Arm bar take down • Iron wrist take down • Figure of four take down • Wrist locks • Positioning for handcuffing • Duty of care (PRA) Conduct practical exercises and relay constructive comments	Practical Exercise Facilitator assessments and notes. Safety Brief Interactive class participation
2.30pm To 2.50pm	Afternoon Tea Break	
Session 5 2.50pm to 4.20pm	<ul style="list-style-type: none"> • Escort Holds • Communication & Stance 	Interactive class participation, Powerpoint Facilitator assessments and notes.
4.20pm to 4.30pm	Summation of the day's activities and de-brief <ul style="list-style-type: none"> • Participants evaluations and feedback • Officially close the course and present Awards and Certificates 	

Upon Successful completion of this program participants will receive a Statement of Attainment towards the Certificate III in Security Operations with the following units of Competency.

- CPPSEC3013A Control persons using empty hand techniques
- CPPSEC3014A Control persons using baton
- CPPSEC3015A Restrain persons using handcuffs
- CPPSEC3002A Manage conflict through negotiation