

**HIBBING COMMUNITY COLLEGE
COURSE OUTLINE**

COURSE NUMBER & TITLE: LAW 2511: Defensive Tactics and Physical Preparation

CREDITS: 3 (Lec 0 / Lab 3)

PREREQUISITES: LAW 1550 Street Survival; pass the HCC Law Enforcement physical test with a minimum of 74% or instructor approval

CATALOG DESCRIPTION:

Defensive Tactics includes basic techniques on how to best defend against certain common types of attack and the reasonable force necessary to overcome the resistance being offered. Analyses of physical confrontations and principles are demonstrated with practical exercises. This course aids in reducing the likelihood of injury to the peace officer, minimizing the use of excessive force, and creating a positive self image with physical and mental conditioning.

OUTLINE OF MAJOR CONTENT AREAS:

- I. Stances
 - A. Open stance
 - B. Ready stance (interview stance)
 - C. Defensive stance and relative position
- II. Control techniques
 - A. Pain compliance
 - B. Escort or come-along
 - C. Officer Presence - verbal and nonverbal skills
- III. Levels of control
 - A. Empty hand control, both soft and hard
 - B. Intermediate weapons
 - C. Lethal force
- IV. Active counter measures
 - A. Kicks
 - B. Knee
 - C. Punches
- V. Techniques for levels: types of resistance
 - A. Passive
 - B. Defensive
 - C. Active aggression
 - D. Aggravated active aggression
- VI. Baton tactical applications
 - A. Collapsible baton
 - B. Strikes
 - C. Identify authorized force
 - D. Blocks
 - E. Impact weapons - basic techniques

- VII. Weapon retention and disarming techniques (Handgun/Long Gun/Other LE weapons)
 - A. Reactionary gap
 - B. Survival considerations
 - C. Approach
- VIII. Lifestyle techniques
 - A. Mental and physical conditioning
 - B. Professional conduct
 - C. Health and fitness
- IX. Chemical agents
 - A. Exposed to agent
 - B. Use and considerations
 - C. First Aid
- X. Defensive considerations from ground position.
- XI. Handcuffing
 - A. Handcuffing – cooperative and non-cooperative subjects
 - B. Application and tactical positioning
 - C. Technique considerations
 - D. In custody deaths
 - E. Systematic search and difference between Terry Pat and In custody Search.
- XII. Use of force
 - A. Minnesota state statutes pertaining to use of force
 - 1. Authorized use of force, M.S.A 609.06
 - 2. Authorized use of deadly force by a peace officer, M.S.A. 609.066
 - 3. Justifiable taking of a life, M.S.A. 609.065
 - 4. When force may be used to make an arrest, M.S.A. 629.33
- XIII. TASER
 - A. Course work for the currently recognized electronic control device and written test.
 - B. Familiarization with same ECD.
 - C. Firing of two cartridges of the same ECD.
- XIV. Excited Delirium
 - A. Response
 - B. Transport
- XV. A. Strength Conditioning
 - 1. Upper Body
 - 2. Abdominal
 - 3. Grip
 - 4. Legs
 - B. Anaerobic Conditioning
 - 1. Run/walk
 - 2. Bicycling
 - 3. Jumping rope
 - C. Flexibility and Stretching

COURSE GOALS/OBJECTIVES/OUTCOMES:

Students will

1. demonstrate relative and tactical positioning.
2. demonstrate self-discipline.
3. demonstrate alert/interrogation stance.
4. demonstrate baton tactic defense.
5. demonstrate capability adjustment.
6. demonstrate approach.
7. demonstrate interpretation of body language.
8. demonstrate lifestyle for health and fitness.
9. demonstrate proper balance familiarization.
10. demonstrate performance test.
11. demonstrate pretest evaluation.
12. demonstrate preventative disarmament employment.
13. demonstrate professional verbal skills.
14. demonstrate speed, and quick reactions.
15. demonstrate ground fighting tactics.
16. demonstrate scenarios - redman decisions.
17. demonstrate safe firing of the ECD.
18. demonstrate the proper loading of cartridges of the ECD.
19. demonstrate sighting of and engaging targets with the ECD.
20. demonstrate basic swimming strokes.
21. demonstrate basic life saving techniques.
22. execute come-alongs.
23. execute active counter measures.
24. execute basic take-down defense.
25. execute distraction techniques.
26. execute joint manipulations.
27. execute pressure points.
28. execute knife defense.
29. execute handcuffing and searching.
30. exhibit professionalism in use of defensive tactics.
31. exhibit safe work practices and compliance with rule, policy, and procedure.
32. identify authorized force.
33. identify chemical agent capabilities.
34. identify chemical agent limitations.
35. identify chemical agent self-protection.
36. identify chemical agent use and considerations.
37. identify chemical agents and exposure to agent.
38. identify force continuum - levels of resistance and control.
39. identify mental and physical conditioning.
40. identify personal weapons.
41. identify physical encounter pitfalls.
42. identify restrained control and diffusing aggression.
43. identify risk in physical confrontation.

44. identify vulnerable areas.
45. identify sudden in custody death syndrome.
46. identify the components of the TASER ECD.
47. identify target areas for TASER ECD.
48. exhibit safe handling and firing of two (2) TASER cartridges.
49. perform strength and conditioning techniques
50. perform anaerobic conditioning techniques
51. perform flexibility and stretching techniques

MNTC GOALS AND COMPETENCIES MET:

N/A

HCC COMPETENCIES MET:

Working Productively and Cooperatively
Communicating Clearly and Effectively
Thinking Creatively and Critically
Social/Civic Responsibility

STUDENT CONTRIBUTIONS:

Attendance is critical in this class. The student is expected to attend all class sessions, participate in class activities, participate and implement input into class discussions, and hand in outside assignments when due.

**STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS
SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.**

**SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS
MATERIALS, ETC.)**

We cannot plan, and subsequently establish training for every conceivable eventuality or situation which an officer will confront. However, we intend to increase awareness of risks and show various tactics at a basic entry level with the understanding that procedures may change from department to department.

AASC APPROVAL DATE: April 29, 2015

REVIEW DATE: April 2020

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