

PPB IN-SERVICE 2009
Defensive Tactics
4 Hours

Instructors: TBD
Time: Tuesday 1345-1800
Wednesday 0800-1215, 1345-1800

- I. Warm Up/Stretch/Strikes (50 minutes total)**
- a. ½ card deck (15 min.)
 - b. Stretch (15 min.)
 - 1. neck
 - 2. wrists
 - 3. shoulders
 - 4. truck twists
 - 5. low back roll
 - 6. leg figure 4
 - 7. personal stretch
 - c. Striking (20 min.)



Break (10 min.)

- II. Ground Defense (50 minutes total)**



Break (10 min.)

III. Frisks (50 minutes total)
a. Low Profile, Full Body Frisk
b. Standing Frisk

Break (10 min.)

IV. Handcuffing and search (50 minutes total)
a. High risk prone
 1. outside wingspan
 2. blind side
 3. proper handcuffing
 4. proper pick-up
b. 2 on 1 handcuffing (new style)
c. Full body search
 1. show system
 2. search w/ hides
d. Kneeling custody (if time allows)