



## OFFICER SAFETY DEFENSIVE TACTICS COURSE

**Prerequisites:** None

**Course Summary:**

This course is a “must take” class as it combines mental and physical officer safety defensive tactics.

**Course Length / Hours:** 8 hours. 0900 – 1700 Hrs.

**Topics May Include:**

Threat zones	Conflict Preparation
Stances and Balance	Communication
Training Preparation	Equipment
Falling Techniques	Rolls
Movements/how to move	Arm Strikes
Blocks	Leg Strikes
Grabs	Chokes & Holds
Response Drills	Self-triage / First-Aid.

**Gear Requirements:**

Students should bring their duty belt and gear (if applicable), Uniform, Uniform footwear and ballistic vest. Or tennis shoes, appropriate gym clothing, and a water bottle or other hydration system

**Training Location Information:**

TBD.

**Course Cost:**

Introductory price of \$150 tuition includes refreshments, instruction, and a certificate of completion. It is recommended that students bring food and additional snacks.