



ARMA TRAINING

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EMPTY HAND INSTRUCTOR - ICP

This 4.5-day (40 hours) agency Defensive Tactics Instructor level certification program is of a series of programs offered by ARMA in this subject and is designed for agencies to update, train and certify departmental Instructors in Empty Hand Control Tactics for handling passive or combative subjects. This course is designed to enhance the instructor's development in the combination and using verbalization techniques with physical alternatives, single and multiple officer control techniques, limb and hinge control methods. This course concentrates on use of anatomically correct techniques that allow for the natural movement of limbs without twisting and bending for control. Instruction is based on realistic use and applications of control methods in the use of force situations. For successful completion Instructor certifications are issued in empty Hand Control for Defensive Tactics.

Topics covered in the program include:

- Importance of laying the verbal foundation
- Passive Control tactics
- Intergraded force options with hand, elbows, knees and feet
- Zones of approach and escape
- Single and Multiple officer takedown and stabilization techniques
- Tactical Combinations for disengaging or engaging the subject
- Identifying the danger areas controlling the distance
- Grappling Positioning
- Intergraded use of force option with empty hands
- Handling close quarter attacks
- Ground positioning and stabilization tactics
- Documentation and use of force options
- Escapes from Grips and Grabs
- Countering Tactics for submission and other body holds
- Power Development for striking
- Body Conditioning
- And much more!

Duration 4.5 Days

Tuition \$899

Equipment Required: Clothing and footwear for defensive tactics instruction, with whistle and lanyard. Duty belt with holster, training weapons, inert aerosols, body armor, impact weapon, protective equipment, groin protection and mouthpiece.

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1/1/2015