

AVADE[®]

WORKPLACE VIOLENCE PREVENTION



DEFENSIVE TACTICS SYSTEM[™]

| INSTRUCTOR COURSE OUTLINE |

Education, Prevention, and Mitigation for Violence in the Workplace

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The **AVADE**[®] **Defensive Tactics System**[™] Training program is designed to **empower officers, increase awareness, knowledge, and skills** in use-of-force, self-defense, and defense of others with defensive tactics techniques.

This instructor course involves exercises, group interaction, discussion, lecture, and hands-on training. **AVADE**[®] **Defensive Tactics System**[™] Training is modular-based and can be adapted into a variety of scheduling and training dynamics.

AVADE[®] **DEFENSIVE TACTICS SYSTEM**[™] **INSTRUCTOR CERTIFICATION COURSE**

Upon successful completion of the 2-Day (16-Hour) **AVADE**[®] **Defensive Tactics System**[™] Training program, Instructors will receive the following:

- **AVADE**[®] **Defensive Tactics System**[™] 3-year In-House Instructor Certification

Authorization to Train and Certify Staff in the:

- **AVADE**[®] **Defensive Tactics System**[™] 1-Day Certification Course
- **AVADE**[®] **Defensive Tactics System**[™] Recertification Course
- **AVADE**[®] **Defensive Tactics System**[™] Modular-Based Training

The **AVADE**[®] **Defensive Tactics System**[™] Instructor Package Includes:

- Access to the **AVADE**[®] **Defensive Tactics System**[™] Instructor Portal
- **AVADE**[®] **Defensive Tactics System**[™] Instructor Manual
- **AVADE**[®] **Defensive Tactics System**[™] Student Handouts and Training Forms
- Be Safe Not Sorry - The Art and Science of Keeping YOU and Your Family Safe From Crime and Violence
- Maintenance of Training Records
- Continual Support From **AVADE**[®] | Personal Safety Training Inc.

▶ **Module One - Use of Force & Self-Defense**

- Awareness of Liability Risks
- Agency Policies & Procedures
- What is Self-Defense?
- Lawful Use of Force & Self-Defense
- Levels of Force Continuum
- Subjects Actions | Officer's Actions
- Increasing the Level of Force
- Vulnerable Areas of the Body
- Low Risk Target Areas
- Medium Risk Target Areas
- High Risk Target Areas

▶ **Module Two - Defensive Tactics Fundamentals**

- Fundamentals
- The Bladed Stance
- Defensive Movements
- Core Energy Principle
- Defensive Verbalization
- The Art of Distraction
- Escape Strategies
- Reactionary Gap
- Hand Positions

▶ **Module Three - Contact & Cover Team Positioning**

- Initial Contact | 1 Person
- Initial Contact | 2 Person
- Contact & Cover Positioning

› **Module Four - Escort Strategies & Techniques**

- Escort Technique | 1 Person
- Escort Technique | 2 Person
- Hands-On Escort Technique | 1 Person
- Hands-On Escort Technique | 2 Person

› **Module Five - Control & Decentralization Techniques**

- One Arm Takedown
- Prone Control Positions
- Positional Asphyxia
- Rear Arm Control Technique | Part 1
- Rear Arm Control Technique | Part 2

› **Module Six - Handcuffing Techniques**

- Handcuffing Nomenclature
- General Handcuffing Guidelines
- Proper Fit & Placement | Double Locking
- Standing Handcuffing Techniques
- Kneeling Handcuffing Technique
- Prone Handcuffing Technique
- Standing the Prone Handcuffed Subject
- Escorting the Handcuffed Subject

▶ **Module Seven - Defensive Blocking Techniques**

- Shoulder Block Defense
- Elbow Block Defense
- Shoulder Block Defense
- Turtle Block Defense
- High Block Block Defense
- Middle Block Defense
- Outside Block Defense
- Low Block Defense

▶ **Module Eight - Personal Defense Skills & Techniques**

- Palm Heel Defense
- Fist Defense
- Hammer Fist Defense
- Forearm Defense
- Elbow Defense
- Knee Defense
- Kick Defense

▶ **Module Nine - Weapon Retention Techniques**

- Holstered Weapon Retention
- Elbow Retention Technique
- Single Hand Retention Technique
- Two Hand Retention Technique

▶ Module Ten - Post-Incident Response & Documentation

- Post-Incident Response
- Post-Incident Documentation
- Elements of Reporting Force

▶ AVADE[®] DTS[™] Instructor Training Requirements

- Once Certified, the Instructor Shall Provide Training in the **AVADE[®] Defensive Tactics System[™]** Training Program to Individuals in YOUR Agency Only.
- Each Person Trained by The Certified **AVADE[®] Defensive Tactics System[™]** Instructor Must Receive an **AVADE[®] Defensive Tactics System[™]** Student Guide for Initial Certification and Every Two Years Thereafter. The **AVADE[®] Defensive Tactics System[™]** Instructor is Responsible for Purchasing the Student Guides From Personal Safety Training Inc. **Copying of the Guides is Strictly Prohibited by Copyright Laws.*
- Instructor Must Pass the Thirty Five Question Written Exam with an 85% or Better.
- Instructor Must Pass a Trainers Presentation With an Acceptable Rating.
- Instructor Must Pass a Proficiency Skills Test With an Acceptable Rating.
- Instructor Must Adhere to All Requirements and Guidelines Set Forth in this Instructors Manual.
- Recertification as an Instructor is Required Every Three Years.