

# AVADE<sup>®</sup>

WORKPLACE VIOLENCE PREVENTION



## DEFENSE BATON<sup>™</sup>

| INSTRUCTOR COURSE OUTLINE |

**Education, Prevention, and Mitigation** for *Violence in the Workplace*

1.866.773.7763 • [personalsafetytraining.com](http://personalsafetytraining.com) • [avadetraining.com](http://avadetraining.com)

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The AVADE® Defense Baton™ Program is designed to **educate, prevent, and mitigate** the risk of escalation, aggression, and violence to individuals in the workplace.

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This instructor course involves exercises, group interaction, discussion, lecture, and hands-on training. AVADE® Defense Baton™ training is modular-based and can be adapted into a variety of scheduling and training dynamics.

### AVADE® Defense Baton™ Instructor Certification Course

The AVADE® Defense Baton™ training program is designed to empower officers, increase awareness, knowledge, and skills, and responses with regard to using force and defending yourself or others with a defensive baton.

Upon successful completion of the 1-day (8-hour) AVADE® Defense Baton™ training program, instructors will receive the following:

- AVADE® Defense Baton™ 3-year In-House Instructor Certification
- Authorization to train and certify staff in the:
  - AVADE® Defense Baton™ 4-hour Certification Course
  - AVADE® Defense Baton™ 1-day Certification Course
  - AVADE® Defense Baton™ Recertification Course
  - AVADE® Defense Baton™ Modular-based Training

The AVADE® Defense Baton™ Instructor package includes:

- Access to the AVADE® Defense Baton™ Instructor Portal
- AVADE® Defense Baton™ Instructor Manual
- AVADE® Defense Baton™ 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.

## Introduction

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- AVADE<sup>®</sup> Defense Baton<sup>™</sup>
- AVADE<sup>®</sup> Training Safety Rules
- AVADE<sup>®</sup> Defense Baton<sup>™</sup> Modules and Objectives

## Module 1: Baton Awareness

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- Awareness of Liability Risk
- Types of Batons
- Care, Maintenance, and Operation
- *Exercise: Opening the Baton*
- *Exercise: Closing the Friction Lock Baton*

## Module 2: Baton Use of Force

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- Awareness of Liability Risk
- Center for Medicaid Services
- What Is Self-Defense?
- Lawful Use of Defense
- Levels of Force Continuum
- Subject's Actions vs. Officer's Actions
- Lawful Use of Force
- Subject and Officer Factors
- Increasing Levels of Force
- Vulnerable Areas of the Body

## Module 3: Baton Nomenclature

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- Baton Nomenclature
- Baton Manufacturers
- *Exercise: Gripping the Baton: One-Handed and Two-Handed*

## Module 4: Defensive Tactics Fundamentals

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- Defensive Tactics Fundamentals Overview
- On Target Training
- *Exercise: Stance | Balance | Stability: Bladed Stance*
- *Exercise: Defensive Movements—Forward Shuffle*
- *Exercise: Defensive Movements—Rear Shuffle*
- *Exercise: Defensive Movements—Side-to-Side Shuffle*
- *Exercise: Defensive Movements—Forward and Rear Pivoting*
- *Exercise: Robot Exercise*
- *Exercise: Core Energy Principle*
- Defensive Verbalization
- The Art of Distraction
- Escape Strategies
- *Exercise: Reactionary Gap*
- Hand Positions

## Module 5: Baton Handling Positions

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- Exercise: Baton Handling Positions (One-Handed, Two-Handed, and Outside the Arm)
- Exercise: Baton Strong Side Draw
- Exercise: Baton Cross (Support Side) Draw
- Exercise: Baton Holders

## Module 6: Baton Blocking Techniques

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- Exercise: Baton High Block Defense
- Exercise: Baton Outside Block Defense
- Exercise: Baton Middle Block Defense
- Exercise: Baton Low Block Defense

## Module 7: Baton Defensive Counter Techniques

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- Exercise: Front Jab Counter Defense
- Exercise: Rear Jab Counter Defense
- Exercise: Grip End Counter Defense
- Exercise: Long End Counter Defense
- Exercise: Middle Portion Counter Defense
- Exercise: Outside Arm Frontal Counter Defense
- Exercise: Reverse Frontal Counter Defense
- Exercise: Closed Baton Counter Defense

## Module 8: Baton Control and Decentralization Techniques

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- Exercise: Strong Side Rear Wrist Control
- Exercise: Strong Side Rear Wrist Control with Escort
- Exercise: Strong Side Rear Wrist Control with Take-Down
- Exercise: Strong Side Rear Wrist Control with Prone Control
- Exercise: Support Side Rear Wrist Control
- Exercise: Strong Side Rear Wrist Control with Escort
- Exercise: Strong Side Rear Wrist Control with Take-Down
- Exercise: Strong Side Rear Wrist Control with Prone Control
- Positional Asphyxia
- Exercise: Frontal Block with Take-Down

## Module 9: Baton Retention Techniques

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- Exercise: Carry Retention in Holder
- Exercise: One-Handed Baton Retention
- Exercise: Two-Handed Baton Retention

## Module 10: Post-Incident Response and Documentation

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

## AVADE® Defensive Tactics System™ Instructor Training Requirements

- Once certified, the instructor shall provide training in the **AVADE® Defense Baton™** training program to individuals in *your agency only*.
- Each person trained by the certified **AVADE® Defense Baton™** Instructor must receive an **AVADE® Defense Baton™** Student Guide for initial certification and every two years thereafter for recertification. The **AVADE® Defense Baton™** Instructor is responsible for purchasing the Student Guides from **Personal Safety Training Inc.** **Note: Copying of the guides is strictly prohibited by copyright laws.**
- The instructor must pass the 35-question written exam with an 85% or better.
- The instructor must pass a Trainer's Presentation with an acceptable rating.
- The instructor must pass a Proficiency Skills Test with an acceptable rating.
- The instructor must adhere to all requirements and guidelines set forth in the Instructor's Manual.
- Recertification as an Instructor is required every three years.



## CONTACT US TODAY!

Get started by requesting a **FREE** Training Proposal  
Reach us at **866.773.7763** or **avadetraining.com**