



Home > Course Certifications > Course Certification Info

Course Certification Info

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Weaponless Self Defense

Type: RFC Annual

Status: Approved

Version: 1.0

Cert. Number: 128-16408

Certification Date: 1/1/1900

Expiration Date: 1/22/2022

Created By:

Created Date: 1/1/1900

Last Modified By:

Last Modified Date: 1/22/2020

Course Information

Est. Class Size: 20

Course Hours: 4

Primary Population: Adult Corrections Officer

Agency Specific: No

Delivery Method: ILT – Instructor Lead Training

Course Summary:

During this 4 hour course, instructors will explain and demonstrate how to apply wrist locks, twist locks and escape moves including knife escapes, bear hug escapes and head locks. Students will demonstrate the ability to deal with a passive resistor using pain compliance techniques. Departmental policy will be reviewed.

Contact: Training Mgr
Phone: (530) 265-1291

Provider Information

Provider Name: Nevada County Sheriff's Office

Contact: Training Manager
Phone: 530-265-1598
Fax: (530) 470-8538

950 Maidu Avenue
Nevada City, CA 95959

Course will exceed the STC maximum tuition of \$12.50 an hour? No

Performance Objectives

- a) Demonstrate how to control an inmate using wrist locks, twist locks & take downs
- b) Demonstrate how to escape from head locks and choke holds using open handed techniques
- c) Demonstrate knife escapes and passive resistance moves
- d) Identify departmental policy

Testing Procedures (if applicable)

Performance (Behavior Skills)

Assurance Statement

By submitting this course you are assuring that you are following the STC Policies and Procedures Manual for Training Providers, including the requirement to have a lesson plan on file for this course. I further certify that the information included in this request is accurate to the best of my knowledge.

Assured by Provider: Yes

Versions

Previous versions of this certification				
Cert #	Course Title	Expires	Last Changed ▲	Status
128-16408	Weaponless Self Defense	1/1/1900	1/18/2018	Archived
128-16408	Weaponless Self Defense	1/1/1900	1/22/2020	Archived

Change History

Changes made to this certification			View All
Change	Action	Changed Date	
outline day-1	edited	1/22/2020	

Attachments

Attachments for this certification

Instructors

Course instructors	<input type="button" value="Edit"/>	<input type="button" value="Delete"/>
<ul style="list-style-type: none"> <input type="checkbox"/> Harner, Don <input type="checkbox"/> Schnitzius, Michael 		

0800	0800	0820	Introduction and warm up / departmental policy. Safety briefing with all class attendees to go over any pre-existing injuries and go over safety protocols for class.	Lecture	Harner, Don Schnitzius, Michael
	0820	0910	Escort and control holds, wrist locks and twist locks	Group Discussion Demonstration Group Exercise	Harner, Don Schnitzius, Michael
0900	0910	1010	Take downs	Group Discussion Demonstration Group Exercise	Harner, Don Schnitzius, Michael
	1010	1100	Releases and escapes from head locks and choke holds	Group Discussion Demonstration Group Exercise	Harner, Don Schnitzius, Michael
1100	1100	1120	Knife escapes	Group Discussion Demonstration Group Exercise	Harner, Don Schnitzius, Michael
	1120	1135	Passive resistance	Lecture Group Discussion Demonstration	Harner, Don Schnitzius, Michael
	1135	1200	Test & evaluations	Lecture Evaluation	Harner, Don Schnitzius, Michael
1200					