

CONTROLLED F.O.R.C.E.

TACTICAL TRAINING SYSTEMS

“Building Block” Training Produces Dynamic Results for U.S. Marines

Thirteen front line instructors with the Marine Corps Security Force Training Company (MCSFTC) and two instructors with the Marine Corps Fleet Antiterrorism Security Team (FAST) recently received instructor certification and development training in the Controlled F.O.R.C.E. Anti-Terrorism / Force Protection training system. Tony Grano, International Controlled F.O.R.C.E. Instructor, and Jim Roncal, Master Controlled F.O.R.C.E. Instructor, conducted the supplemental instructor services during the week of January 22-26, 2007 at Chesapeake, Virginia.

The USMC Security Force Training Company non-lethal instructor team have identified the inherent challenges of teaching effective non-lethal subject control skills to a large student body with varying experience and skill levels. Specific reference has been given to what team leaders described as the challenges of transferring information in short periods of time and in a manner that ensures that trainees will retain the perishable skills after leaving the training. Controlled F.O.R.C.E. was solicited and brought in to help this team meet these challenges.





MCSFTC Front Line Instructors with Controlled F.O.R.C.E. Instructors Grano (L) and Roncal (R)

Controlled F.O.R.C.E. utilizes a “building block” instructional design model that delivers maximum content in minimum time frames with high rates of retention. Each technique of the Controlled F.O.R.C.E. system progressively builds into the next so that the units of knowledge transferred reinforce the trainee’s knowledge-base at an exponential rate. As the front line instructors at Chesapeake learned each new technique of the system, they were at the same time drilling the previous techniques, maximizing proficiency.



Controlled F.O.R.C.E. Level 1, Mechanical Advantage Subject Control, was covered in the first half of the week to teach the front line instructors how to recognize body resistance, utilize “recovery” methods to maintain control of their own movements, and respond to non-compliance with minimum force application (i.e. just enough force to bring the subject under control). Furthermore, Level 1 gave the front line instructors skills to engage a non-compliant suspect and transition to necessary positioning options, such as flexcuff positioning, escort positioning, prone positioning.

Controlled F.O.R.C.E. Level 2, Survival Force Reactionary Defense, was covered in the second half of the week to teach the front line instructors how to respond to surprise elements while maintaining control of their own movements to successfully minimize damage from an initial attack and transition to Level 1 techniques or escalate force. Throughout both levels of training, enhancements were integrated (including options from Controlled F.O.R.C.E. Level 3, Combative Counter Measures) to give these front line instructors redundant skills-sets that they can fall back on when any given technique or skill fails, ensuring that the Marine is at all times in control of himself and his environment.



On day four of training, the front line instructors were given the opportunity to immediately transfer their newly acquired skills when over 80 Marines were brought in during class for a 90 minute test bed training. The front line instructors were tasked to teach 80-plus Marines effective

body movement skills, 250 control hold combinations, and transitions to takedown and flexcuff positioning techniques - all within 90 minutes.



First, the front line instructors conveyed all aspects of the five major elements of the Level 1 Body Positioning Drills in one minute drill increments, delivering an average of 4 repetitions per drill per Marine. With visible command of the techniques, one Marine expressed his amazement at how quickly they had learned the drills and that “it takes a seasoned wrestler years to learn how to move like this, and you guys did it in 30 minutes flat.”

Next, the front line instructors taught the Mechanical Advantage Control Holds (M.A.C.H.), and in 30 minutes these 80-plus Marines had achieved a full ability to perform 250 combinations of holds and transitions. Next, takedown and flexcuff positioning options were added in, and at the end of 90 minutes, all 80-plus Marines were moving fluidly and confidently through the M.A.C.H. drills

These front line instructors were able to deliver eight hours of content in 90 minutes with 100% accuracy and dynamic, measurable results. Mr. Grano explained that “if you give these Marines (or any instructors) a ‘building block’ foundation to work from, there is no limit to the amount of content they can deliver.”

Upon completion of the five days of training, these front line instructors were able to demonstrate an understanding of and ability to perform the following aspects of the Controlled F.O.R.C.E. system:

- Body Positioning Drills
- Hand-to-Hand / Mechanical Advantage Control Holds
- Controlled Takedowns
- Flexcuff Control Positioning
- Baton Transitions
- Takedowns with Baton
- Flexcuff Positioning with Baton
- Working as a TEAM to achieve control of a resisting subject
- Minimizing damage from sudden attacks and gaining control
- Baton Defense
- Knife Defense
- Ground Defense and Escapes
- Weapon Retention and Weapon Disarms
- Defense against Multiple Attackers
- Environment Awareness / Control Drills



Controlled F.O.R.C.E. Instructors Tony Grano (Executive Director) and Jim Roncal (President, APG Training) were pleased with the results from this week of AT/FP training. Mr. Roncal, as a former Marine, expressed what an honor it was to be there training Marines. “Marines never let up,” stated Roncal, “and the more we delivered to these Marines, the stronger they became. It was an honor to serve my country then, and it is an honor to serve our Marines now that are serving to protect our freedom.”

The MCSFTC front line instructors, several of whom were recently trained in Controlled F.O.R.C.E. at the 2006 U.S.N.S.T.A. Training Conference, were likewise impressed with the immediate results of the training, recognizing how valuable this “building block” method of instruction is to their pre-deployment preparation requirements and how that will correlate to in-theater performance.



MCSFTC Front Line Instructors with Marine test bed class

