

CONTROLLED F.O.R.C.E.

TACTICAL TRAINING SYSTEMS

JUVENILE STAFF, SHERIFF'S DEPUTIES, POLICE OFFICERS DEVELOP SUBJECT CONTROL SKILLS IN TWO-DAY INSTRUCTOR CLASS

April 17, 2007

ELBURN, IL - Departmental instructors from DuPage County Juvenile Detention, Cook County Sheriff's Office, and Aurora Police Department attended a defensive tactics instructor certification class at the Controlled F.O.R.C.E. home office just outside of Chicago, IL on April 16-17. The class covered instructor certification and development training in five categories of Controlled F.O.R.C.E. Level 1: Mechanical Advantage Subject Control.

Controlled F.O.R.C.E. Master Instructors Heath Jackson and Jim Roncal, both with Adrenalin Proving Grounds LLC, came from Greenville, TX to teach the class and to work toward National Instructor status (*see below*).



While some attendees were training for their initial Controlled F.O.R.C.E. Level 1 instructor certification, most people were in the class to renew their departmental instructor certifications. Several officers were re-certifying for the fourth or fifth time in as many years. These officers explained how the Controlled F.O.R.C.E. system has helped them “significantly reduce injuries” within their department. “The drop in injuries we have seen since integrating the system into our program has been so dramatic that we simply can't afford to *not* maintain our certifications,” states one long-time certified instructor. “And the updates and enhancements they include when we re-certify,” the instructor adds, “only give us that many more tools we can use to keep our guys safe.”



Class attendees worked on the use of body movement and momentum as a tool to keep a resisting subject off-balance while maintaining control of their own bodies. In addition, attendees developed teamwork skills for engaging, controlling, and positioning a resisting subject for handcuff application.

After running through the Mechanical Advantage Control Holds™ (M.A.C.H.) and the M.A.C.H. Takedowns and Handcuff Positioning, the class integrated the baton into the subject control training. Even for attendees who do not carry batons, such as juvenile staff members, the baton can be used as a *training tool* that allows students to improve their empty-hand skills. Instructor Heath Jackson made the point that when teaching the M.A.C.H. holds during in-service training, the baton can help students get a better feel for the positioning and movements. “If a student struggles with the empty-hand M.A.C.H. holds,” explains Jackson, “just have him or her run the drills with the baton. When you

take the baton away, the student will immediately notice how fluid and natural the empty-hand techniques become.”

Controlled F.O.R.C.E. departmental instructor certification training helps departmental instructors develop skills for transferring subject control skills to their fellow officers and staff. The systematic approach to training gives instructors a simple yet effective method for delivering defensive tactics skills with a high rate of retention and muscle memory.

Controlled F.O.R.C.E. Departmental Instructor Certification authorizes the instructor to teach and certify others within his/her department for a period of two years. Within the two year certification term, the instructor can attend any Controlled F.O.R.C.E. Level 1 instructor certification class at no charge. Attending a class within the two year term allows the instructor to refresh his/her skills, but does not extend the certification term. At the end of two years, the instructor must renew his/her certification to be able to teach and certify others within his/her department.



Team Arrest Tactic: M.A.C.H. 3 Handcuff Positioning with Step Over Option

TWO ADVANCE TO ELITE NATIONAL INSTRUCTOR STATUS

Based on their past instructor performance and their thorough knowledge of the program as proven by their teaching of the Level 1 instructor class in April 2007, Controlled F.O.R.C.E. is pleased to announce the advancement of Mr. Heath Jackson and Mr. Jim Roncal to the elite level of National Instructor. Only thirteen other law enforcement trainers have achieved this status, including the founders of the program: Tony Grano and Don Roberts.

Mr. Jackson and Mr. Roncal are both highly experienced instructors for law enforcement, military, and executive protection. They are both nationally recognized by the United States National Standards of Training Association (U.S.N.S.T.A.).

National Instructor Certification authorizes the instructor to teach and certify anyone in law enforcement, security, executive protection, and corrections as Departmental Instructors or End Users anywhere within the United States.



Controlled F.O.R.C.E. National Instructors
Jim Roncal (L) and Heath Jackson (R) with
prototype of the new look of Freddy