

DETROIT METRO POLICE GETS REAL WORLD TACTICAL TRAINING

April 20, 2007



DETROIT - Police officers here received real world training designed to give them confidence in the ability to physically handle themselves in situations with non-compliant suspects. During April 18-20, five U.S.N.S.T.A. National Instructors provided supplemental force response training to over 30 officers from throughout the Detroit Metropolitan Police Department.

The U.S.N.S.T.A., United States National Standards of Training Association, organized the training seminar based on the specific requests made by Sergeant Kristy Cross, training coordinator for the Detroit Metro Police Department.

Sergeant Cross regularly attends the U.S.N.S.T.A.'s annual training conference, which brings law enforcement instructors from across the country together to share ideas on training. Based on her experiences at the conference, Sergeant Cross determined that several training programs offered by the U.S.N.S.T.A. would benefit the officers that she is responsible for preparing for duty on the street.



With only three days available to complete the training, the U.S.N.S.T.A. was tasked with providing content that covers close quarters hand-to-hand control tactics up to armed response to deadly force encounters. Sergeant Cross selected two hand-to-hand subject control training programs and a tactical firearms program for the U.S.N.S.T.A. to deliver in the three day period. Each program was covered in one eight-hour session.



Detroit Police Officers went through U.S.N.S.T.A. Controlled F.O.R.C.E. Level 1 on day one. This class was taught by Controlled F.O.R.C.E. International Instructors Tony Grano and Don Roberts. On day two, officers were trained in U.S.N.S.T.A. Rapid Assault Tactics, which was taught by Controlled F.O.R.C.E. National Instructor Jeff Clancy, Special Agent DEA. The seminar concluded on day three with U.S.N.S.T.A. APG Tactical Firearm taught by Controlled F.O.R.C.E. National Instructors Heath Jackson and Jim Roncal, operators of Adrenalin Proving Grounds, LLC.

The training seminar began with Controlled F.O.R.C.E. Level 1, which the U.S.N.S.T.A. utilizes as its cornerstone program because it provides a strong and consistent foundation of body control skills on which all other training concepts can be built. As one officer put it, "This training reinforces skills from our in-house training, but also teaches us new things; gives us other options." Controlled F.O.R.C.E. is based on a series of five Mechanical Advantage Control Holds (M.A.C.H.) that instilled the importance of body movement and transitions between holds rather than reliance on any particular hold.

Training continued with Rapid Assault Tactics (R.A.T.), which gave officers skills to survive an assault on their person. R.A.T. instructed officers to avoid an exchange of blows with an attacker by instead disrupting the attacker's balance and countering the attack in order to gain control of the subject. Once control is gained, the officer was taught to transition to M.A.C.H. arrest techniques or escalate force if necessary.





Training concluded with APG Tactical Firearm, which provided officers with skills to respond to deadly force encounters in crisis situations. The training covered the engagement of multiple targets, unconventional shooting positions, cover and concealment, and force on force exercises.

Upon completion of the training, officers performed written and skills testing to determine proficiency. In addition, all officers will receive Departmental Instructor Certification in Controlled F.O.R.C.E.

Level 1, and a Certificate of Completion in U.S.N.S.T.A. Force Response. More important, though, these officers gained practical knowledge and skills that will help them perform with improved confidence in non-compliant situations. More plainly stated by one officer, "This is real world training that will get me home."



The U.S.N.S.T.A. serves as a clearinghouse that brings together the best training and the best instructors in the fields of law enforcement, corrections, military, and security, and makes that combined expertise available to all forces working to protect our communities and our homeland. The annual U.S.N.S.T.A. training conference held in Las Vegas each December provides a vast pool of knowledge and training resources that departmental instructors such as Sergeant Cross can draw from for the betterment of their respective agencies.



U.S.N.S.T.A. Detroit '07



U.S.N.S.T.A. Instructors (left to right):
Jeff Clancy, Heath Jackson, Jim Roncal, Tony Grano



Baton Disruption Techniques

Controlled F.O.R.C.E.
at U.S.N.S.T.A. Detroit '07
Force Response Seminar



Sgt. Kristy Cross, Controlled F.O.R.C.E. Master Instructor
Training Coordinator, Detroit Metro Police Department Academy

