

# CONTROLLED F.O.R.C.E.<sup>®</sup>

TRAINING MANAGEMENT SYSTEMS

## 32 HOUR DEFENSIVE TACTICS DEPARTMENTAL INSTRUCTOR CERTIFICATION

- Real-Life Application
- Quick Memory Retention
- Camera Friendly Techniques
- Officer Street Survival Skills
- Legally, Medically, and Technically Acceptable System

PA CLEE #00830, #00831, #00832, #00833



### ARREST CONTROL TACTICS & M.A.C.H.<sup>™</sup> TRAINING

Develops Skills for Handling and Detaining Non-Compliant Subjects

#### Covers:

- Body Positioning Drills
- Mechanical Advantage Control Holds
- M.A.C.H.<sup>™</sup> Takedowns
- M.A.C.H.<sup>™</sup> Handcuff Positioning
- M.A.C.H.<sup>™</sup> Team Arrest Tactics
- M.A.C.H.<sup>™</sup> Baton Subject Control

### SURVIVAL TACTICS

Develops Skills for Defending Against Sudden Attacks

#### Covers:

- Hand-to-Hand Protection / Disruption
- Baton Protection / Disruption
- Edged Weapon Awareness & Defense
- Ground Defense & Escapes
- In/Out-of-Holster Weapon Retention
- Weapon Disarms

HOSTED BY

**Northwest  
Regional Police  
Department**

## TRAINING DETAILS

### TRAINING DATE / TIME

September 16 – 19, 2019  
8:00am – 5:00pm

### TRAINING LOCATION

Lancaster Public Safety  
Training Center  
101 Champ Blvd.  
Manheim, PA 17545

### TRAINING LOCATION CONTACT

Ofc. Seth Arnold  
Phone: (717) 367-8481  
[sarnold@NWRPD.org](mailto:sarnold@NWRPD.org)

### REGISTRATION CONTACT

Controlled F.O.R.C.E.  
Phone: 630-365-1700  
[info@controlledforce.com](mailto:info@controlledforce.com)

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**REQUIRED**

\* \* \* \* \*

**MUST BRING DUTY RIG  
WITH TRAINING SIDEARM  
THAT FITS HOLSTER**

### COMBATIVE COUNTER MEASURES TRAINING

Develops Advanced Hands-On Skills and Other Use of Force Options

#### Covers:

- M.A.C.H.<sup>™</sup> 1-5 in Reverse
- M.A.C.H.<sup>™</sup> 6-10
- Counter Measure Hand to Hand Drills
- Counter Measure Collar Ties Drills
- \* Rapid Deployment of Baton
- \* Rapid Deployment of OC Spray
- \* Rapid Deployment of Stunning Options
- \* Rapid Deployment of Fire Arm

### IMPORTANT INFORMATION ABOUT THIS COURSE:

- Authorizes you to teach the program within your agency for 2-Year Term
- Re-Certification required at end of 2-Year Term (re-certification fees apply)
- Free Refresher training is available throughout 2-Year Term
- Includes access to online e-Manual that contains full documentation of course
- You must be a member of the Controlled F.O.R.C.E.<sup>®</sup> Network to receive certificates
- Certificates are issued electronically via e-mail

**THIS COURSE IS OPEN TO LAW ENFORCEMENT PERSONNEL ONLY**

Non-Law Enforcement Personnel Call 630-365-1700 for Clarification on Eligibility

APPROVED BY THE UNITED STATES NATIONAL STANDARDS OF TRAINING ASSOCIATION (U.S.N.S.T.A.) [www.usnsta.com](http://www.usnsta.com)

Join the Controlled F.O.R.C.E.<sup>®</sup> Network at [www.CFORCENETWORK.NING.com](http://www.CFORCENETWORK.NING.com)

# CONTROLLED F.O.R.C.E.®

TRAINING MANAGEMENT SYSTEMS

## > Level 1: Mechanical Advantage Subject Control

Controlled F.O.R.C.E. Level 1 teaches personnel how to control a non-compliant subject utilizing body positioning, movement, momentum, and joint manipulation. The system is based on five Mechanical Advantage Control Holds (M.A.C.H.™) that use a subject's resistance against himself/herself. Each technique of Controlled F.O.R.C.E. can be taught in minutes, saving valuable training time. These tactics greatly reduce the risk of injury to operators and to the subjects they encounter.

### CONTROLLED F.O.R.C.E.

#### Subject Control Training

was developed with the specific needs of the law enforcement officer in mind. Some of the system's hallmarks that thousands of officers have found useful for police work include:

- **SIMPLICITY OF USE**
- **HIGH RETENTION**
- **FUNCTIONALITY**
- **ADAPTABILITY**
- **TEAMWORK**
- **EFFECTIVENESS**



### THE MECHANICAL ADVANTAGE

Because the system emphasizes Mechanical Advantage over pressure points or pain compliance, the techniques work on any subject regardless of size, strength, skill, psychological state, or level of intoxication or chemical influence.

**Controlled F.O.R.C.E. is appropriate and proven to work for:**

- Law Enforcement
- Adult Corrections
- Juvenile Justice
- Security
- Protective Services
- Military



#### 1> BODY POSITIONING DRILLS

This category helps to understand the importance of body control. Without the use of hands, concentration is centered on how the body moves and reacts. These drills are called "Sticky Situations." These components give the ability to control an opponent with increased effectiveness and safety for all involved, and to gain advantage over an opponent through positioning, movement, leverage, transition and teamwork.

#### 2> MECHANICAL ADVANTAGE CONTROL HOLDS

M.A.C.H.™ is a series of five techniques that use positioning, movement, body momentum, and resistance to subdue a subject in a controlled manner. These five holds can flow from one to another in any sequence, allowing adjustment to the subject's unpredictable actions. M.A.C.H.™ holds respond to a subject's resistance, meaning the subject determines the amount of force needed to gain control.



#### 3> M.A.C.H.™ TAKEDOWNS & HANDCUFFING

This category teaches verbal and physical communication skills and tactics for use when two or more personnel have exhausted all alternatives and are forced to physically gain control of a resisting subject. Focuses on the relationship between communication and safety in teamwork tactics.

#### 4> M.A.C.H.™ TEAM ARREST TACTICS

This category teaches verbal and physical communication skills and tactics for use when two or more personnel have exhausted all alternatives and are forced to physically gain control of a resisting subject. Focuses on the relationship between communication and safety in teamwork tactics.



#### 5> M.A.C.H.™ BATON SUBJECT CONTROL

This category teaches personnel how to use the baton as a TOOL to increase leverage and control while applying the M.A.C.H.™ techniques. While Controlled F.O.R.C.E. does not teach strikes, this category answers the question of what to do with the baton once it is drawn and striking is unnecessary.

# CONTROLLED F.O.R.C.E.<sup>®</sup>

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## > Level 2: Survival Force Reactionary Defense

Controlled F.O.R.C.E. Level 2 teaches personnel how to survive a surprise attack and then transition to control tactics. The system builds upon the basic principles of body movement and positioning learned in Level 1. Where Level 1 teaches personnel how to control and arrest an aggressive subject, Level 2 prepares the operator for the sudden and violent situations that are not expected. These techniques are proven to save lives.

### P.O.S.T. APPROVED

Controlled F.O.R.C.E. has been used by federal, state, and local agencies and is P.O.S.T. Approved or equivalent in 28 states.

### CERTIFICATIONS:

- **POST Approval** - Peace Officer Standards and Training-Certified in 28 states (call for list of states)
- **CLEA** - Council of Law Enforcement Education
- **USNSTA** - United States National Standards of Training Association



If budget constraints are preventing you from maintaining a current Controlled F.O.R.C.E. Instructor Certification, you can now re-certify for a fraction of the cost of hands-on training.

*Don't get caught with the Liability*

**CALL FOR DETAILS**  
**1-800-301-9292**



### 6> HAND-TO-HAND DISRUPTION TECHNIQUES

This category teaches personnel how to protect themselves from a sudden open-hand attack and use "strikes with a purpose" to disrupt the assault. Lead Hand Drills develop eye/hand coordination and teach skills for moving from the inside to the outside position of advantage.

### 7> BATON DISRUPTION TECHNIQUES

This category teaches personnel how to use the baton as a TOOL to disrupt a sudden attack and to protect the head and face from damage. Personnel are taught how to use the baton to increase their blocking surface and to use "strikes with a purpose" to disrupt the attack.



### 8> EDGED WEAPON AWARENESS AND DEFENSE

This category teaches personnel how to avoid getting cut in a sudden edged-weapon attack and to transition to a control tactic or escalate force as necessary. These techniques focus on SURVIVING AN EDGED WEAPON ATTACK.

### 9> GROUND DEFENSE AND ESCAPES

This category teaches personnel how to protect from attacks on the ground and to escape to a position of advantage. Incorporating M.A.C.H.™ holds and Lead Hand Drills, these techniques focus on ESCAPING FROM AN ATTACK ON THE GROUND, and do not teach ground fighting tactics.



### 10> IN/OUT OF HOLSTER WEAPON RETENTION AND DISARMS

This category teaches personnel how to retain a holstered sidearm from a weapon grab using positioning and body movement/how to retain a drawn sidearm, and teaches personnel with confidence and control, from a surprise weapon grab, and giving personnel life-saving options for situations where someone tries to grab their sidearm. These simple techniques are easy to remember and highly effective.

### Operational Design Capability

All levels of the Controlled F.O.R.C.E. Close Quarters Subject Control Training System can be absorbed in whole or in part into existing doctrine or can be configured on an as-needed basis.

**We specialize in developing unit specific modifications and additions to any or all aspects of our training.**

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## > Level 3: Combative Counter Measures Training

Combative Counter Measures Training teaches officers how to survive a combative situation when confronted and attacked by a street-wise assailant or professionally trained enemy combatant. This training program has been specifically designed to flow directly from Controlled F.O.R.C.E. Levels 1 & 2 and back again as the use of force levels escalate and de-escalate throughout a given situation. The officer will already know how to successfully react to an initial attack using Controlled F.O.R.C.E. Levels 1 & 2. Controlled F.O.R.C.E. Level 3 concentrates on officer survival in hands-on situations that continue beyond the initial attack, or in any situation that elevates above a passive level of resistance.

### INSTRUCTOR DEVELOPMENT

Controlled F.O.R.C.E. has trained more than 10,000 front-line instructors domestically and abroad such as:

- Federal Bureau of Investigations (F.B.I.)
- Drug Enforcement Administration (DEA)
- Department of Homeland Security (DHS)
- European U.S. Air Force Security Forces (USAFE)



Our Instructors have more than **20 years** experience and expertise.



### 11> M.A.C.H.™ 1-5 IN REVERSE

This category of M.A.C.H.™ holds in reverse, teaches the student how to engage the subject when caught on the inside of the attack, and get to the outside. All these holds in reverse move the subject in a forward direction.



### 12> M.A.C.H.™ HOLDS 6-10

M.A.C.H.™ 6-10 are advanced control holds that are more aggressive in nature than M.A.C.H.™ 1-5, and do not have as natural a flow of transition. These advanced holds have a devastating ability to overwhelm a subject, so GREAT CARE MUST BE TAKEN during these drills.

### 13> COUNTER MEASURE HAND TO HAND DRILLS

This drill is designed to enhance eye/hand coordination while developing your Striking, Blocking, and Counter Striking skills. In this drill, you and your training partner are simultaneously the attacker and the defender.



### 14> COUNTER MEASURE COLLAR TIES DRILLS

These drills teach you how to gain an inside position and either disengage or takedown your opponent in situations where your attacker is too close to use other control techniques. The first two Hand Fighting Drills will develop your fundamental skills for gaining an inside position, while the subsequent drills will teach you how to control and direct an opponent and transition to disengagement, takedown, or body lock tactics.

TRAINING THE PROTECTORS OF THE UNITED STATES

MILITARY-LAW ENFORCEMENT-CORRECTIONS

FOR TRAINING SCHEDULE AND REGISTRATION, GO TO [www.controlledforce.com](http://www.controlledforce.com)

# CONTROLLED F.O.R.C.E.®

**32 HOUR**

# REGISTRATION FORM

PRINT CLEARLY / FILL OUT COMPLETELY

**FAX COMPLETED REGISTRATION TO: 630-365-1361**

LAST NAME \_\_\_\_\_ MI \_\_\_\_\_ FIRST NAME \_\_\_\_\_

POSITION/RANK \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_

DEPARTMENT/AGENCY \_\_\_\_\_ DIVISION/UNIT \_\_\_\_\_

DEPT MAILING ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ WORK FAX ( \_\_\_\_\_ ) \_\_\_\_\_

WORK E-MAIL \_\_\_\_\_ MOBILE PHONE ( \_\_\_\_\_ ) \_\_\_\_\_

**E-MAIL ADDRESS IS REQUIRED**

DEPARTMENTAL TRAINING COORDINATOR / ALTERNATE CONTACT \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ PERSONAL E-MAIL \_\_\_\_\_

**ALL CERTIFICATES WILL BE SENT ELECTRONICALLY TO WORK E-MAIL ADDRESS UNLESS OTHERWISE SPECIFIED**

**ENTER THE LOCATION / STATE / DATE OF THE COURSE YOU WILL ATTEND:**

\_\_\_\_\_

LOCATION STATE DATE

**SELECT CERTIFICATION OPTION:**

<p><u>NEW DEPARTMENTAL INSTRUCTOR CERTIFICATION</u></p> <p><input type="checkbox"/> 16 HOUR INSTRUCTOR CERTIFICATION -- \$595</p> <p><input type="checkbox"/> 24 HOUR INSTRUCTOR CERTIFICATION -- \$670</p> <p><input type="checkbox"/> 32 HOUR INSTRUCTOR CERTIFICATION -- \$870</p>	<p><u>INSTRUCTOR DEPARTMENTAL RE-CERTIFICATION</u></p> <p><input type="checkbox"/> 16 HOUR RE-CERTIFICATION -- \$285</p> <p><input type="checkbox"/> 24 HOUR RE-CERTIFICATION -- \$570</p> <p><input type="checkbox"/> 32 HOUR RE-CERTIFICATION -- \$670</p>
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**Provide Certification ID Numbers Below if Available:**

[ Level 1 Certification ID \_\_\_\_\_ ]

[ Level 2 Certification ID \_\_\_\_\_ ]

[ Level 3 Certification ID \_\_\_\_\_ ]

**SELECT PAYMENT OPTION:** *Your department will be invoiced upon receipt of registration form*

PURCHASE ORDER: P.O. Number (if available) \_\_\_\_\_

CREDIT CARD PAYMENT: VISA MC DISC [ CC# \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ EXP \_\_\_\_\_ / \_\_\_\_\_ ]

CHECK PAYMENT: **Make Payable To** Controlled F.O.R.C.E.® 335 N. River St. Suite 200 Batavia, IL 60510

ENTER TUITION ASSISTANCE REFERENCE # OR SAVINGS CODE:

**THIS IS A PHYSICAL TRAINING SEMINAR**  
**NO REFUNDS IF UNABLE TO COMPLETE CLASS**

Space can only be reserved upon receipt of registration. Certificates will only be issued when full payment is received. Registrants who withdraw at least fifteen (15) business days before the first day of class will receive a full refund. Registrants who withdraw less than fifteen (15) business days before the first day of class will receive a refund minus \$250 per course per officer. Any refunds will be issued via check within 2- 3 weeks of cancellation. In any case of withdraw on the first day of class or no show, Controlled F.O.R.C.E.® can provide a full credit to our next scheduled class, but no refunds will be issued. **Questions? Call 630-365-1700**

REVISION: JAN-19; 1-NOV-18; 7-FEB-18; 17-MAY-16; 15-FEB-2013; 30-NOV-2012;

# IMPORTANT INFORMATION ABOUT THIS COURSE

The Controlled F.O.R.C.E. Departmental Instructor Certification Course develops skills for quickly and effectively transferring maximum amounts of close range subject control content in short periods of time with high levels of retention.

## DETAILS

- Authorizes you to teach the program within your agency for 2-Year Term
- Re-Certification required at end of 2-Year Term (re-certification fees apply)
- Free Refresher training is available throughout 2-Year Term
- Includes access to online e-Manual that contains full documentation of course

**You must be a member of the Controlled F.O.R.C.E. Network to receive certificates.**

Go to [www.cforcenetwork.ning.com](http://www.cforcenetwork.ning.com) to join.

Upon completion of this course, certificates will be sent directly to your email.

Allow 6 - 8 weeks for delivery of certificates.

## LEGAL SUPPORT

Controlled F.O.R.C.E. takes stringent measures to maintain the integrity of our system, remain viable in the ever changing legal environment, and to adequately document our certification process. Our system is very recognizable, and we stand behind it 100%. Providing a Certified Departmental Instructor can demonstrate that they teach the system according to our lesson plan, and not beyond, there should never be a question as to the reasonableness of what was taught. As you know, there are too many variables as to how a system is applied in a response to resistance situation for a company to guarantee that the techniques used will work as expected or be the appropriate response. However, Controlled F.O.R.C.E. will gladly provide expert testimony should the techniques that we teach ever be questioned in a court of law.

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**REQUIRED**

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**MUST BRING DUTY RIG  
WITH TRAINING SIDEARM  
THAT FITS HOLSTER**

All required Training Equipment available at  
[www.cforcegear.com](http://www.cforcegear.com)



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Phone: 630-365-1700  
Fax: 630-365-1361  
[info@controlledforce.com](mailto:info@controlledforce.com)