

Controlled F.O.R.CE. Level 1 Practical Skills Sheet

STUDENT NAME:

DATE:

INSTRUCTOR:

LOCATION:

Note: Student must pass in 9 of 10 evaluated areas (90%).

PASS FAIL

1. The student was able to explain and demonstrate all warm-up and training drills effectively.		
2. The student was able to explain and demonstrate proficiency all M.A.C.H. 1-5 drills separately.		
3. The student was able to explain and proficiency transition between M.A.C.H. Holds when combining drills.		
4. The student was able to explain and demonstrate proficiency in all M.A.C.H. Takedowns 1 – 5.		
5. The student was able to explain and demonstrate proficiency in all M.A.C.H. 1-5 Handcuffing Positioning.		
6. The student was able to explain and apply all aspects of the M.A.C.H. 1-5 Team Arrest Tactics. (communication - anchor - sweep the feet)		
7. The student was able to transition smoothly between the M.A.C.H. 1-5 Team Arrest Tactics.		
8. The student was able to explain and demonstrate proficiency in Subject Control with the Baton.		
9. The student was able to explain and demonstrate proficiency in Subject Control Takedowns and Handcuffing with the Baton.		
10. The student was able to explain and demonstrate proficiency in In-Holster Weapon Retention skills.		

NOTES:

PASS/FAIL

REMEDIAL/PASS/FAIL

