

# Controlled F.O.R.C.E. Level 2 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 proficiency in all warm up and Lead Hand Protection Drills.		
2. The student was able explain and demonstrate proficiently in all Hand Drills with Disruption Techniques.		
3. The student was able to explain and demonstrate proficiency in all transitions between M.A.C.H. Holds when combining drills.		
4. The student was able to explain and demonstrate proficiency in Baton Protection Drills.		
5. The student was able to explain and demonstrate proficiency in Baton Protection Drills with Disruption Techniques.		
6. The student was able to explain and demonstrate proficiency with the Baton during Takedowns.		
7. The student was able to explain and demonstrate proficiency in Edged Weapon Awareness/Defense Drills and Techniques.		
8. The student was able to explain and demonstrate proficiency in the Ground Defense and Escape Drills.		
9. The student was able to explain and demonstrate proficiency in Out-of-Holster Weapon Retention and Disarm skills.		
10. The student was able to explain and demonstrate proficiency in Out-of-Holster Weapon Retention/Disarm skills in Close Quarters.		

**NOTES:**

**PASS/FAIL**

**REMEDIAL/PASS/FAIL**