Impact Weapons Tactics Unit - 1 of 4

Learning Goal

*In order to promote safe and efficacious use of the various types of impact weapons typically carried by officers, the participant will learn and understand the various components of impact weapon use. Instruction will include, but not limited to the situations that allow for baton use and proper techniques involved in its employment.*

Total Unit hours – 10 hours

The impact weapons Tactics unit covers a limited number of tactics with various types of impact weapons e.g. flashlights, expandable and standard batons. There is a strong emphasis on transition to control tactics via movement/flow drills in order to enhance field application success. Skills include SAB, Wrap SAB, BAB, Propeller TD and. Many of the skills build on skills learned in other training sessions such as Control/Defensive Tactics and handcuffing. Consequently emphasis should be placed on the movement commonalities of these skills.

Block/Class duration – 2 Hours Instructional content:

1. Opening and closing expandable baton?-(this may not be possible due to agency not providing equipment?)
2. Proper gripping method and weapon-hand-alignment for CS, Nomenclature
3. Closed Circle strike to student held Thai pads checking hand on Thai pads to thrusting elbow entry
4. Discussion of Use of Force Considerations, Primary, Secondary and Tertiary Targets
5. Green Man Drills with Duty Batons – work up to one minute rounds as time allows
6. 4-count Closed CS to Backhand-check-hand with forward, backward and circular movement,
* *Supp*. *Horizontal Strikes (3-4)* Add a *Hi/low forehand prefix to backhand* *strike series. Or forehand entry to SAB. Or BCC with baton or flashlight, Downward Figure 8 on Thai Pads, stationary.*

NOTE: *progression will be to SAB, BAB from “X”-entry. Wrap SAB with flashlight along with variations on elbow-pull including one or both permutations of hand-elbow-clamp pull.*

**Drill Progression (Run as separate stations as staffing allows)**

* Backhand/Closed Circle Strike
	+ cut the flower/hit the rock
	+ wipe the sweat (angle wrist, knuckles to forehead)
	+ join above two drills
	+ Emulation Practice
* Angles 1-2
	+ Emulation Practice
	+ 2-lead hand check- Thai Pads
	+ 1-BHC-2-Check – Thai Pads
* Green Man Drills (30 sec- 1 minute rounds) with Duty Baton
	+ 1-BHC-2
	+ Downward 8

Equipment Needed

Equipment List: Thai pads, rattan sticks, (expandable batons) and gym space.

Warm-up Evolution: Freshman Warm Up should be followed

Always check to ensure latest version of warm up routine.

Related performance objectives

1. Given a practical closed skill test, the student will correctly demonstrate a variety of impact weapon strikes and transition to control tactics. More specifically the 4-count prefix striking progression to BAB.

Backhand Circle Strike: is the single most versatile and accurate strike that when learned correctly it can adapt to a variety of ranges and angles.

1. Begin with the stick-&-rock drill; imagine you’re hitting a rock with a stick (ball and racket, etc.). Follow through of the striking motion is of vital importance.
	1. Target (ball) between feet (Air drills)
	2. Follow thru after swinging as hard as you can (over your head).
	3. Shorten follow thru movement by wiping forehead then forearm under chin.
	4. Drills – see drill sheet for explanation
2. Target acquisition:
	1. Progress to lead-leg forward position – target at lead-hand side
	2. Point grip-end forward and complete the bottom half of the circle – Follow thru!
	3. Move to Thai pads. Demo how to hold in “A”-frame position at the correct height.
	4. Movement forward, backward, circle left and right.
	5. Backhand check to T-pads.

Bent Arm Bar takedown – optional at this point……..

1. Follows circle block and thrusting elbow best to obtain in a dynamic situation.
	1. Elbow/wrist, Wrist/elbow positioning.
	2. Step to the side during transition to lock-up
	3. Go all the way to the ground/ pull to the ground
	4. Or transition to Propeller if warranted.
2. Entries
	1. Thrusting elbow.
	2. Circle block
	3. Backhand dive with grip end of baton (proactive or reactive).
	4. “X” entries
	5. Front armbar
	6. Drills – see drill sheet for explanation

Deployment of expandable (collapsing) baton.

1. Opening can be opened in 1 of 6 ways…insert from 0126/2073
2. Be cognizant of your environmental surroundings as to not unintentionally strike an object/person.
3. Methods for deterrence:
4. Methods for lower profile or confined spaces.

BATON NOMENCLATURE

1. Nomenclature or jargon EXPEDITES and increases the accuracy and efficiency of communication within a given subject area.

1.1. Long end--the rounded end of baton opposite the grip end (thrusting tactics).

1.2. Tip--the terminal 2 inches of the long portion (highest speed and may contain the "sweet spot").

1.3. Long portion--the portion from the stopper, grommet or grip to the tip (used for trapping and pushing).

1.4. Grip Portion--synonymous with handle or grip; covers approximately 7 inches from the butt end toward the long end (Hooking tactics.)--The most simple, practical, inexpensive and versatile handle shape is the non-textured grip, generally accompanied by some form of durable foam or textured rubber.

1. pommelled and palm grips handicap the natural balance and maneuverability of the baton.

2. rings, flutes or grenade grips provide a firm (especially with gloves) holding surface, but weaken material, and can "hurt" the hand and leave distinct bruises as well as enhancing cutting of violator.

3. knurling on metal batons suffer from the same ills.

4. textured grips are best left with riot batons, since gloves are more likely to be worn.

5. the cam-grip

1.5. Grip end or tail end--the rounded end of the baton that is directly adjacent to the portion used for gripping (thrusting tactics).

PROPER GRIP OF THE BATON

1. Correct grip

a. grip the baton tightly between the thumb and index finger (if needed use middle finger), letting it move freely within the other three fingers.

b. hand snap --remaining fingers tighten around the baton as it nears, and just prior to striking, its target.

c. to achieve the greatest power in a forward grip strike, combine the above "hand snap force" with elbow, shoulder and hip forces (summation of forces).

2. Weapon hand.

1. your weapon hand should be held in such a manner as to protect it from attack.

2. your opponent's "weapon hand" and the upper limbs are preferred targets.

3. Swinging motion and baton path of movement.

1. the baton should move in an elliptical or parabolic path during a long strike.

2. keep hand inside the “box”.

3. edge of hand leads the way

4. Empty hand.

1. your free hand should be kept in a central position to be used for augmenting the weapon hand, defense (checking) and offense (striking).

2. Generally, the empty hand moves in the opposite direction or "beat" of the weapon.

3. the empty hand is for medium and close range use only and not for long range.

5. Remember your other "weapons," (Level I & II D.T.)

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| 1. FOREHAND STRIKE LONG HIT-Odd # Angles RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. CORRECT FOLLOW THRU ❑
5. SUFFICIENT SPEED❑
6. HIP TWIST❑
 | 1. AUTOMATICITY❑
2. WEAPON CONTACT❑
3. VERBAL COMMANDS❑
4. FOOT POSITION❑
5. SECONDARY HAND❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
2. WIND-UP
 |
| COMMENTS/SCORE:  |
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| 2. BACKHAND STRIKE LONG HIT-Even # Angles RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. CORRECT FOLLOW THRU ❑
5. HIP TWIST
6. SUFFICIENT SPEED❑
 | 1. AUTOMATICITY❑
2. WEAPON CONTACT❑
3. VERBAL COMMANDS❑
4. FOOT POSITION❑
5. SECONDARY HAND❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |
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| 3. BACKHAND CIRCLE STRIKE LONG HIT RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. CORRECT FOLLOW THRU ❑
5. SUFFICIENT SPEED ❑
 | 1. AUTOMATICITY❑
2. WEAPON TIP CONTACT❑
3. VERBAL COMMANDS❑
4. FOOT POSITION❑
5. SECONDARY HAND STOPS FOREARM FOLLOW THRU
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. BODY DROP AND KNEE BEND
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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| 4. FOREHAND CIRCLE STRIKE LONG HIT RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. SHOULDER TWIST ❑
5. CORRECT FOLLOW THRU ❑
6. BODY ANGLE❑
7. SUFFICIENT SPEED ❑
 | 1. AUTOMATICITY
2. TIP WEAPON CONTACT
3. VERBAL COMMANDS
4. FOOT POSITION
5. SECONDARY HAND
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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| 5. SINGLE HAND THRUST RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP❑
2. SUFFICIENT SPEED❑
3. PROPER WRIST POSITION ❑
4. HAND-ELBOW SHOULDER ALIGNMENT❑
5. HIP ROTATION❑
6. FOLLOW THRU❑
 | 1. AUTOMATICITY
2. TIP WEAPON CONTACT
3. VERBAL COMMANDS
4. FOOT POSITION
5. SECONDARY HAND
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
2. OVER EXTENSION /TOO MUCH FOLLOW THRU
 |
| COMMENTS/SCORE:  |

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| 6. FLASHLIGHT STRIKE SERIES THRUST RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HAND-ELBOW SHOULDER ALIGNMENT
5. PROPER CONTACT
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. HIP ROTATION
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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| 7. FLASHLIGHT STRIKE SERIES HOOKING RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HAND-ELBOW SHOULDER ALIGNMENT
5. PROPER CONTACT
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. HIP ROTATION
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE: peg board, corkscrew wrist gripping  |

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| 8. FLASHLIGHT STRIKE SERIES TRAPPING RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HAND-ELBOW SHOULDER ALIGNMENT
5. PROPER CONTACT
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. HIP ROTATION
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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| 9. FLASHLIGHT STRIKE SERIES Hammer strikes RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HAND-ELBOW SHOULDER ALIGNMENT
5. PROPER CONTACT
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. HIP ROTATION
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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| 10. FLASHLIGHT WRAP S-A-B TAKEDOWN outside dive entry RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. WRAP FOREARM TIGHT ❒
2. ELBOW LOCKED ❒
3. SPINAL FLEXION ❒
4. CLOSE TO CENTER DURING PIVOT ❒
5. PRESSURE ON TRICEPS/ELBOW ❒
6. PROPER SEQUENCE ❒
7. SPEED 3 SEC OR < ❒
 | 1. FLUID-MOVE-PATTERN ❒
2. ANGLE CHANGE ❒
3. VERBAL COMMANDS ❒
4. ENTRY/DISTRACTION ❒
5. CORRECT CUFFING ❒
 | 1. AUTOMATICITY
2. POWER
3. ADAPTS TO BENT ARM
4. FLOW FROM OTHER TECH.
 | 1. SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

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| 11.FLASHLIGHT B-A-B TAKEDOWN Front arm-bar entry RATER:  |
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| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. ELBOW BENT❑
2. PRESSURE ON ELBOW❑
3. SPINAL FLEXION❑
4. PULL ELBOW TO CHEST❑
5. REMAIN CLOSE TO CENTER❑
6. PRESS FOREARM W/ TIP
 | 1. AUTOMATICITY
2. STUN ENTRY
3. CUP BICEP
4. ANGLE CHANGE
5. VERBAL COMMANDS
6. FOLLOW TO GROUND
7. SUFFICIENT SPEED❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. ADAPTS TO STRAIGHT ARM
4. PROPELLER TAKEDOWN
5. FLOW TO SAB COUNTER
 | 1. LACK OF SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

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| 12. PROPELLER TAKEDOWN B-A-B ENTRY RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. SHOULDER TURN❑
2. STEP TO OPPOSITE HIP❑
3. SCOOP ARM❑
4. 70° SPINAL FLEXION❑
5. HEAD PUSH ❑
6. SUFFICIENT SPEED❑
 | 1. AUTOMATICITY❑
2. VERBAL COMMANDS❑
3. IMMEDIATE PIN WITH KNEE
4. HEAD / FACE TURN & PIN❑
5. MAINTAIN ARM CONTROL
6. ROLL OVER
 | 1. HIGH SPEED
2. POWER
3. FLUID-MOVE-PATTERN
 | 1. TOO FAR AWAY.
2. NO SPINAL FLEX
 |
| COMMENTS/SCORE:  |

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| 13. REAR DOUBLE-KNEE TAKEDOWN Outside scoop entry RATER:  |
| PRIMARY | PRIMARY | SECONDARY | COMMON ERRORS |
| 1. SCOOP ENTRY ❒
2. HIP GRAB ❒
3. OFFICER 70° KNEE FLEX ❒
4. EAR TO BACK /WAIST ❒
5. BATON BELOW KNEES ❒
6. SHOULDER IN CRACK ❒
7. LIFT W/ LEGS ❒
 | 1. PROPER KNEE PIN FOLLOW UP ❒
2. AUTOMATICITY ❒
3. LOOK TO THE SKY
4. SUFFICIENT SPEED ❒
5. PROPER SEQUENCE ❒
 | 1. HIGH SPEED❒
2. POWER❒
3. FLUID-MOVE-PATTERN❒
4. CROTCH PROTECTED ❒
5. VERBAL COMMANDS❒
 | 1. TOO FAR AWAY. ❒
2. POOR KNEE FLEXION ❒
3. CROTCH OPEN ❒

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| COMMENTS/SCORE:  |

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| 15. BATON BACKHAND circle strike TAKEDOWN SERIES RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. FOREHAND❑
2. B-CIRCLE STRIKE❑
3. BACKHAND❑
4. HAND STRIKE/CHECK ❑
5. ENTRY-DIVE/FOREHAND❑
6. SUFFICIENT SPEED❑
 | 1. AUTOMATICITY❑
2. ODD & EVEN SIDES❑
3. LOCK-UP-NECK/BAB❑
4. VERBAL COMMANDS ❑
5. FOLLOW TO GROUND❑
6. ROLL OVER❑
 | 1. POWER❑
2. FLUID-MOVE-PATTERN
3. ADAPTS TO STRAIGHT ARM
4. ANGLE CHANGE❑
5. PRESSURE ON ELBOW❑
 | 1. LACK OF SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

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| 16. BATON FOREHAND circle strike TAKEDOWN SERIES RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. BACKHAND❑
2. HAND STRIKE/CHECK ❑
3. F-CIRCLE STRIKE❑
4. FOREHAND❑
5. ENTRY-DIVE/FOREHAND❑
6. SUFFICIENT SPEED❑
7. ❑
 | 1. AUTOMATICITY❑
2. ODD & EVEN SIDES❑
3. LOCK-UP-NECK/BAB/PROP/WIPE❑
4. VERBAL COMMANDS ❑
5. FOLLOW TO GROUND❑
6. ROLL OVER❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. ADAPTS TO STRAIGHT ARM
4. ANGLE CHANGE❑
5. PRESSURE ON ELBOW❑
 | 1. LACK OF SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

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| 17. 2-Hand grip baton BAB series RATER:  |
| PRIMARY | PRIMARY | SECONDARY | COMMON ERRORS |
| 1. ELBOW BENT❑
2. PRESSURE ON ELBOW❑
3. SPINAL FLEXION❑
4. PULL ELBOW TO CHEST❑
5. REMAIN CLOSE TO CENTER❑
6. PRESS FOREARM W/ TIP
 | 1. AUTOMATICITY
2. STUN ENTRY
3. CUP BICEP
4. ANGLE CHANGE
5. VERBAL COMMANDS
6. FOLLOW TO GROUND
7. SUFFICIENT SPEED❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. ADAPTS TO STRAIGHT ARM
4. PROPELLER TAKEDOWN
5. FLOW TO SAB COUNTER
 | 1. LACK OF SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

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| 18. STRAIGHT ARM BAR TAKEDOWN Low backhand strike entry RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. TRAP HAND/WRIST ON ENTRY
2. CIRCULAR REAR STEPPING ❒
3. PULL HAND TO HIP ❒
4. PRESSURE ON TRICEPS/ELBOW ❒
5. SPEED 3 SEC OR < ❒
6. PROPER SEQUENCE ❒
 | 1. ELBOW LOCKED
2. FLUID-MOVE-PATTERN
3. ANGLE CHANGE
4. VERBAL COMMANDS
5. DISTRACTION
6. >80o SPINAL FLEXION ❒
7. CORRECT CUFFING
 | 1. AUTOMATICITY
2. POWER
3. ADAPTS TO BENT ARM
4. FLOW TO OTHER TECH.
5. SWEEP
 | 1. SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

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| 19. STRAIGHT ARM BAR (DRAG) TAKEDOWN Failed BAB entry RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. TRAP HAND/WRIST ON ENTRY
2. CIRCULAR REAR STEPPING ❒
3. PULL HAND TO HIP ❒
4. PRESSURE ON TRICEPS/ELBOW ❒
5. SPEED 3 SEC OR < ❒
6. PROPER SEQUENCE ❒
 | 1. ELBOW LOCKED
2. FLUID-MOVE-PATTERN
3. ANGLE CHANGE
4. VERBAL COMMANDS
5. DISTRACTION
6. >80o SPINAL FLEXION ❒
7. CORRECT CUFFING
 | 1. AUTOMATICITY
2. POWER
3. ADAPTS TO BENT ARM
4. FLOW TO OTHER TECH.
5. SWEEP
 | 1. SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

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| 20. O.T. SHOULDER TAKEDOWN from failed S.A.B. entry RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. HOOK BENT ELBOW
2. ELBOW OVER BICEPS❒
3. PIVOT, STEP AWAY❒
4. DROP CENTER FOR TAKEDOWN❒
5. SPEED 3 SEC OR <❒
6. PROPER SEQUENCE ❒
 | 1. AUTOMATICITY
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS
4. PROPER ROLL OVER FOLLOW UP
5. TRAP HOOK
 | 1. HIGH SPEED
2. POWER
3. KNEE BUCKLE
 | 1. STEP INTO VIOLA
2. ELBOW TO HIGH
 |
| COMMENTS/SCORE:  |

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| 21. Expandable Baton deployment 3 Cross draws RATER:  |
| PRIMARY | PRIMARY | SECONDARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. CORRECT FOLLOW THRU ❑
5. HIP TWIST
6. SUFFICIENT SPEEDD❑
7. PRESSURE ON ELBOW❑
 | 1. AUTOMATICITY❑
2. WEAPON CONTACT❑
3. VERBAL COMMANDS❑
4. FOOT POSITION❑
5. SECONDARY HAND❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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| 22. Expandable Baton deployment same-side to same/cross RATER:  |
| PRIMARY | PRIMARY | SECONDARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. CORRECT FOLLOW THRU ❑
5. HIP TWIST
6. SUFFICIENT SPEEDD❑
7. PRESSURE ON ELBOW❑
 | 1. AUTOMATICITY❑
2. WEAPON CONTACT❑
3. VERBAL COMMANDS❑
4. FOOT POSITION❑
5. SECONDARY HAND❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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| 23. Expandable Baton deployment series Circle Strike RATER:  |
| PRIMARY | PRIMARY | SECONDARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. CORRECT FOLLOW THRU ❑
5. HIP TWIST
6. SUFFICIENT SPEEDD❑
7. PRESSURE ON ELBOW❑
 | 1. AUTOMATICITY❑
2. WEAPON CONTACT❑
3. VERBAL COMMANDS❑
4. FOOT POSITION❑
5. SECONDARY HAND❑
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

Name of drill: hit the golf ball drill – rock w/ stick drill

Purpose of drill: develop the “feel” for correct follow-through in a CCS

Technique enhanced by drill CLOSED/BACKHAND CIRCLE STRIKE

Optimal use of drill LIMITED USE AT COGNATIVE STAGE

Equipment needed BEST IF BOTH RATTAN & FIELD BATON

Procedure(s)

Frequency of use: AT INTRODUCTION using implicit learning methods & as needed with difficult learners

Intensity of physical participation: very low

Level of resistance used by partner: N/A

Repetitions: 20-50 Time restrictions on reps: 3-5 MIN

Gym/student configuration:

* Ensure all are facing with their weapon side toward from of “classroom”
* Left-handed will be opposite of right-handed officers

Specific safety considerations: recall that loose grip will cause batons to “fly” to the rear

Miscellaneous: