Open Skill Testing

**LEARNING GOALS**

1. In order to promote Effective, Efficient and Ethical use of control level force, the student will learn the various components of Control Tactics, including the situations and resistance levels that allow for its lawful use and the proper psychomotor skills involved in its employment.
2. In order to effectively and efficiently deal with assaultive-level resistors, the Participant will learn and understand the various components of Defensive Tactics and Impact Weapon Tactics. These components include the situations that allow for the use of Impact tactics, targeting principles, proper psychomotor skills involved in their employment.

Total Unit hours – 8 hours

The Open Skill Practice Unit is designed to familiarize students with a more open skill environment when applying C/DT techniques including impact weapons and ground survival skills. This unit is also designed to emphasize “bridging” or range-changing techniques that allow students to approach and control suspects providing more realistic resistance.

Block/Class duration – 4 Hours

Instructional Content:

* Open SkillTesting Stations
  + Control Tactics Station –Open, Variable Feeds,
    - Passive- bent and straight arms feeding control holds (Gooseneck, SWTL)
    - Static-straight arms, bent arms, pushing away, fetal or turtle position
    - Egressive-walk away, swarm of bees, arm pull up, arm pull horizontal, slap away
  + Baton Station – Open Variable Feeds
    - Aggressive – straight punches, posturing, wide hook punches, upright charge, takedown attempt
  + DT/Standing Aggressive Station-Blind Variable Feed
    - posturing
    - straight punches
    - wide hook punches
    - standing tackle attempt
    - leg takedown attempt
  + Ground Survival Station – Blind, Variable feeds (student officer seated, blind or open)
    - grappling attack- sides
    - grappling attack-front (striking)
    - grappling attack – rear choke attempt

Equipment Needed

List of equipment: mats and gym space, IRS gear, boxing gloves, mouthpiece, groin protection for IRS Drill Actors. Mouthpiece, groin protector, gun belt, patrol gloves, inert pistol/SIRT pistol for students.

Safety note: “Kings X” is the safety phrase. No full contact to the actor’s head. No striking to the joints. Keep strikes on pads. Students must keep fingers out of mask. No choking techniques. LVNR™ certified students may apply LVNR during testing when appropriate. Students and Actors should wear mouthpieces. Students should wear gloves.

Warm-up Evolution: Freshman Warm Up

Always check to ensure latest version of warm up routine.

Related performance objectives

* Given an open skill test against an active resistor, the student will correctly demonstrate a variety of control tactics including:
  + counter joint takedowns,
  + counter-joint control holds
  + Combative handcuffing.
* Given an open skill test against an active aggressive resistor, attacking with straight punches, hook punches, single and double leg takedown the student will correctly demonstrate a variety of impact impedance/defensive tactics including:
  + blocks, deflections, hand strikes, elbow strikes, knee strikes, and kicks each of which will lead to a takedown kicks, round kicks, and neck restraints in an open skill environment.
  + Ground survival techniques, including escapes and strikes.
* Given an open skill test against an active aggressive resistor, the student will correctly demonstrate the use of a limited number of baton strikes leading to the application of a various Defensive Tactics and Control/takedown tactics including:
  + BAB,
  + SAB,
  + head hook,
  + waist control,
  + single and/or double leg takedowns.

LAST FIRST M.I.

RECRUIT NAME:

RECRUIT #:

SESSION:

DATE:

TEST TRACKING PASS FAIL

STANDING STATIC/EGRESSIVE SUSPECT TEST

*COMMENTS*:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STANDING AGGRESSIVE SUSPECT TEST

*COMMENTS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

GROUND SURVIVAL TEST

*COMMENTS*:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STANDING IMPACT WEAPON TEST

*COMMENTS*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION #1 AGGRESSIVE SUSPECT, STANDING.

Last First # SESSION: DATE:

EVALUATOR: Score: Fail= 1 / Meets Standard= 2/Exceeds Standard =3

TIME: 3 MINUTES

PRIMARY

* PROPER BRIDGING –REACTIVE
* PROPER BRDIGING-PROACTIVE
* SUFFICIENT SPEED
* SUFFICIENT POWER
* PROPER TRANSITION TO GROUND CONTROL
* APPROPRIATE FORCE RESPONSE FOR LEVEL OF RESISTANCE
* MAINTAINS COMPOSURE

SECONDARY

* AUTOMATICITY
* EFFECTIVE VERBAL SKILLS

TERTIARY

* HIGH POWER
* HIGH SPEED

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. RECRUIT PERFORMANCE DESCRIPTORS | | | | |
| MOVEMENT | BODY POSITIONING | FLOW | STRATEGY | COMBINATIONS |
| 1. TIMED WITH TECHNIQUE 2. EFFICIENT MOVEMENT 3. FOOT WORK 4. SUFFICIENT SPEED | 1. PROTECTS HEAD 2. ENTRY/DISTRACTION 3. KNEES BENT 4. HAND UP 5. ANGLED BODY WHEN NEEDED | 1. HIGH SPEED 2. POWER 3. FLUID-MOVE-PATTERN 4. AUTOMATICITY 5. PROPER FOLLOW UP | 1. PROTECT GUN 2. PERIPHERAL VISION 3. HARD TO SOFT 4. 2 HANDS ON… 5. TACTICS FITS RANGE | 1. HIGH – LOW 2. Flow Combo’s make sense |

TECHNIQUES USED:

DIVE DEFENSE (INSIDE, OUTSIDE, SPLIT), PALM STRIKE/CHECK, REAR HAND STRIKE

SLAP HOOK, UPPERCUT/SHOVEL HOOK, SHIN KICK, STOP KICK, HORIZONTAL ELBOW STRIKE

VERTICAL ELBOW STRIKE, THRUST KNEE STRIKE, LVNR, DEFENSIVE BLOCKS (HIGH COVER, HOOK BLOCK, KICK JAMMING)

SPRAWL

STATION #2 – STATIC/EGRESSIVE SUSPECT, STANDING , Kneeling and prone

EVALUATOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FAIL=1 MEETS STANDARD=2 EXCEEDS STANDARD=3

TIME: 3 MINUTES

PRIMARY

 PROPER BRIDGE/ENTRIES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 APPROPRIATE FORCE RESPONSE FOR LEVEL OF RESISTANCE

*    5 COUNTER JOINT TAKEDOWNS OR CONTROL HOLD TECHNIQUES IN 3 MINUTES

 SUFFICIENT SPEED/POWER

 ABLE TO TRANSITION TO GROUND CONTROL POSITION

* CORRECT COMBATIVE HANDCUFFFING TECHNIQUE (POSITION \_\_\_\_\_\_\_\_\_\_\_\_\_)

 ABLE TO IMPLEMENT STRATEGY & ADAPT TO VIOLATOR RESISTANCE

SECONDARY

 AUTOMATICITY

 FLUID MOVEMENT PATTERN

 EFFECTIVE VERBAL SKILLS

TERTIARY

 HIGH SPEED

 HIGH POWER

TECHNIQUES USED:

* CONTROL HOLDS: GOOSENECK, SWTL, U-HOLD, Z-HOLD, FINGER LOCK
* STRAIGHT ARM BAR
* BENT ARM BAR
* ARMPIT OVER
* WRAP ARM BAR
* HUG ARM BAR
* FIGURE FOUR OTS THROW
* LVNR/XVNR
* FAR HAND CROSS FACE
* NEAR HAND CROSS FACE
* HEAD AND ARM THROW WITH LEG SWEEP
* WRIST OUT TURN
* FINGER LOCK TAKEDOWN
* BRIDGING TECHNIQUES-PUSH/PULL WITH CORKSCREW, WINDSHIELD WIPER, IN/OUT SPLIT, HI- LOW SPLIT, OUTSIDE DIVE,

STATION #3 AGGRESSIVE SUSPECT- GROUND SURVIVAL

EVALUATOR:\_\_\_\_\_\_\_\_\_\_\_FAIL=1 MEETS STANDARD=2 EXCEEDS STANDARD=3

TIME: 2 MINUTES

PRIMARY

* APPROPRIATE FORCE RESPONSE FOR LEVEL OF RESISTANCE
* SUFFICIENT POWER
* ABLE TO APPLY EFFECTIVE TECHNIQUE TO ESCAPE
* MAINTAINS COMPOSURE

SECONDARY

* ABLE TO TRANSITION TO CONTROL TACTICS
* AUTOMATICITY
* FLUID MOVEMENT PATTERN
* EFFECTIVE VERBAL SKILLS

TERTIARY

* HIGH SPEED
* HIGH POWER

TECHNIQUES USED:

* BUCK AND ROLL ESCAPE
* SIDE CONTROL ESCAPE
* PRONE MOUNT ESCAPE
* ESCAPE FROM GUARD
* WEAPON RETENTION TECHNIQUES
* INVERTED FIGURE FOUR/KIMURA FROM GUARD
* LVNR/XVNR
* BENT ARM BAR
* STRAIGHT ARM BAR
* FAR HAND/NEAR HAND CROSS FACE
* HORIZONTAL/VERTICAL ELBOW
* KNEE STRIKES
* HAND STRIKES

STATION #4 AGGRESSIVE SUSPECT- STANDING WITH IMPACT WEAPON

EVALUATOR FAIL=1 MEETS STANDARD=2 EXCEEDS STANDARD=3

PASS/FAIL TIME: 3 MINUTES

PRIMARY

* ABLE TO EXECUTE A PROACTIVE STRAIGHT ARM BAR TAKEDOWN USING THE IMPACT WEAPON (NO MORE THAN 3 ENTRY STRIKES)
* ABLE TO EXECUTE A PROACTIVE BENT ARM BAR TAKEDOWN USING THE IMPACT WEAPON (NO MORE THAN 3 ENTRY STRIKES)
* PROPER TARGET ACQUISITION
* PROPER TECHNIQUE MECHANICS
* SUFFICIENT SPEED
* SUFFICIENT POWER
* APPROPRIATE FORCE RESPONSE FOR LEVEL OF RESISTANCE
* MAINTAINS COMPOSURE

SECONDARY

* AUTOMATICITY
* STRIKES WITH CHECKING HAND
* EFFECTIVE VERBAL SKILLS

TERTIARY

* LEVEL CHANGE
* FLUID MOVEMENT PATTERN

TECHNIQUES USED

* ANGLE 1
* ANGLE 2
* ANGLE 3
* ANGLE 4
* ANGLE 5
* CLOSED CIRCLE STRIKE
* OPEN CIRCLE STRIKE
* STRAIGHT ARM BAR
* BENT ARM BAR
* SINGLE LEG TAKEDOWN
* DOUBLE LEG TAKEDOWN
* HEAD AND ARM TAKEDOWN
* KEY LOCK TAKEDOWN (BACKHAND ANGLE 5 ENTRY)
* INSIDE DIVE
* OUTSIDE DIVE
* HI/LOW SPLIT DIVE