Closed Skill Testing –Midterm

**Learning Goal:** In order to effectively and efficiently evaluate performance at the session halfway point, C/DT Instructors must use standardized closed skill testing. Instructors must evaluate student skill level in a variety of skills in order to determine proficiency.

Total Unit hours – 4 hours

The Closed Skill Testing unit covers primary techniques in Control Tactics, Handcuffing, Striking, Ground Survival and Baton units.

Block/Class duration – 2 Hours

* Instructional content: Students will demonstrate the following techniques in a closed environment:
	+ Baton Long Strikes- Angle 1, Closed Circle Strike, Angle 2
	+ Lead Hand Check
	+ Rear Hand Strike
	+ Lead Hand Slap Hook
	+ Upward Knee
	+ Lead Leg Thai Kick
	+ Lead Leg Stop Kick
	+ Horizontal Elbow Strike
	+ Vertical Elbow Strike
	+ Compliant Cuffing-Standing (SWTL)
	+ High Risk Prone Cuffing
* Students will be instructed to maintain testing integrity by offering each other no verbal or physical assistance during testing
* Students will contact instructors at testing stations, where they will be evaluated on the above listed techniques.
* Contract instructors will evaluate students on a 4 point scale. 1=Fail, 2,3,4 = Pass
* Students must show proficiency in each technique during a limited number of repetitions. Instructors will give feedback as to whether the technique was a pass or fail and as to what primary skill element was not executed in the event of a failure.

Equipment/Instructors Needed

* 4 contract instructors are needed for this test
* List of equipment: mats and gym space, handcuffs, civilian clothing, inert weapons and contraband

Warm-up Evolution: Freshman Warm Up

 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 the above listed techniques.

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| COMPLIANT CUFFING – SWTL variation

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| 1. Preparatory Phase RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT INITIAL GRIP ON CUFF
2. CORRECT INITIAL GRIP ON VIOLATOR’S HAND
3. CUFF LOADED BY FEEL
4. PROPER SEQUENCE
5. PUSH/PULL
6. CUFF KEPT IN ONE HAND
7. GAUGE CUFF/ DOUBLE LOCK
 | 1. AUTOMATICITY
2. VERBAL COMMANDS
3. CORRECT APPROACH
4. PROPER BODY POSITION
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VIOLATOR’S FOREARM VERTICAL
4. TAKEDOWN IF NEEDED
 | 1. AMBIGUOUS COMMANDS
2. IMPROPER CUFF GRIP
 |
| COMMENTS/SCORE:  |

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| HIGH RISK CUFFING COERSIVE PRONE RATER:  |
| PRIMARY | PRIMARY | SECONDARY  | COMMON ERRORS |
| 1. CLEAR VERBALS
2. WEAPON CONTROL ❒
3. SCOOP THE ARM❒
4. HUG TO CHEST ❒
* KNEE ON NECK/ KNEE ON DECK ❒
* PAT THE WAIST
 | 1. CORRECT CUFFING SEQUENCE ❒
2. SUFFICIENT SPEED❒
 | 1. HIGH SPEED
2. POWER
3. AUTOMATICITY
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| COMMENTS/SCORE:  |

**Impact Impedance Tactics** these should be evaluated in the flow pattern

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| 1. OPEN HAND STRIKE Lead hand, CHECK/ PALM STRIKE RATER:  |
| PRIMARY | PRIMARY | SECONDARY  | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HAND-ELBOW SHOULDER ALIGNMENT
5. SLIGHT HIP ROTATION
 | 1. THUMB Vertical
2. SLIDE STEP into strike
3. FORWARD LEAN
4. REAR LEG DRIVE
5. -PATTERN
 | 1. POWER
2. SPEED
3. VERBAL COMMANDS
4. OPPOSITE HAND UP
 | 1. OPPOSITE HAND DOWN
2. HAND ROTATED “IN”
 |
| COMMENTS/SCORE:  |

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| 2. OPEN HAND STRIKE Slap-Hook RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. HAND-ELBOW SHOULDER ALIGNMENT
3. FOOT PIVOT
4. HIP ROTATION
5. SUFFICIENT SPEED
6. PROPER SEQUENCE
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. (SPD) COMPLETE HEEL CHANGE/STOMP
4. THUMB ADDUCTED
5. PROPER TARGET CONTACT
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS
4. HEAD POSITION
 | 1. OPPOSITE HAND DOWN
2. Wrong wrist position
3. NO HIP ROTATION
4. NO FOOT PIVOT
 |
| COMMENTS/SCORE:  |

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| 3. CLOSED HAND STRIKE Solar Plexus Rear hand Punch RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. HAND-ELBOW SHOULDER ALIGNMENT
3. HIP ROTATION
4. SUFFICIENT SPEED
5. PROPER SEQUENCE
6. FOOT PIVOT
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. 2 KNUCKLE CONTACT
4. STEP & SLIDE
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS

HEAD SHOULDER ALIGNMENT | 1. OPPOSITE HAND DOWN
2. No foot pivot
3. No HIP ROTATION
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| COMMENTS/SCORE:  |

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| ELBOW STRIKE: horizontal RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND-ELBOW SHOULDER ALIGNMENT
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. FOOT PIVOT
5. HIP ROTATION
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. FLUID-MOVE-PATTERN
 | 1. POWER
2. IMMEDIATE RECOVER
3. VERBAL COMMANDS
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE:  |

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

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| 13. UPWARD KNEE Against Partner / “Plum” Drill RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. HIPS OVER KNEE
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. PULLING WITH ARMS
 | 1. AUTOMATICITY
2. BODY ALIGNMENT
3. “S” SOUND/ Teeth Together
4. Neck Grasp
 | 1. POWER
2. FLUID-MOVE-PATTERN
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| COMMENTS/SCORE:  |

**Baton Strikes Closed Skill Midterm**

*The student will engage the green dummy with their issued duty baton and execute the below listed striking pattern. A second student should hold the dummy stationary.*

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| 1. Long Strikes –Angle 1, Backhand Circle Strike-Angle 2 Dominant hand only 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
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| COMMENTS/SCORE:  |

**Kicks / Knees**

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| LEAD LEG STOP KICK RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HIPS FORWARD OF FOOT
5. CORRECT FOOT CONTACT
 | 1. AUTOMATICITY
2. HANDS UP
3. VERBAL COMMANDS
4. HIP EXTENSION
5. FOOT PIVOT
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. HANDS DOWN
 |
| COMMENTS/SCORE:  |

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| --- |
| LEAD LEG SHIN KICK RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. SUFFICIENT SPEED
2. PROPER SEQUENCE
3. CORRECT CONTACT AREA
4. HIP ROTATION
5. FOOT PIVOT
 | 1. AUTOMATICITY
2. CORRECT UP HAND POSITION
3. VERBAL COMMANDS
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. HANDS DOWN
 |
| COMMENTS/SCORE:  |