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   |  |  |  |  | | --- | --- | --- | --- | | 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 |  |
| 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 |
| 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 |  |
| 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 |
| 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: | | | |