Closed Skill Testing –Final

**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 a small number of techniques involving the custodial or post-arrest search of suspects. This unit should build upon previously learned techniques, including control tactics and handcuffing.

Block/Class duration – 2 Hours

* Instructional content: Students will demonstrate the following techniques in a closed environment:
	+ Straight Wrist Twist Lock
	+ Gooseneck
	+ Arm Pull Takedown
	+ Bent Arm Bar Takedown
	+ Figure 4 Takedown
	+ Buck and Roll Escape
	+ Baton Long Strikes- Angle 1, Closed Circle Strike, Angle 2
	+ Baton Takedowns- Outside Line, Inside Line
* 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 3 point scale. 1=Fail, 2,3, = 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.

**Control Techniques**

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| --- |
| GOOSENECK Push- Pull to Hug Escort RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP. ❒
2. PULL ON V'S ELBOW ❒
3. ELBOW STABILIZED ❒
4. WRIST FLEXED80o ❒
5. COMPRESS ON MPJ ❒
6. PROPER SEQUENCE ❒
7. SUFFICIENT SPEED ❒
 | 1. FLUID-MOVE-PATTERN
2. ENTRY/DISTRACTION
3. VERBAL COMMANDS
4. THUMBS CLEAR OF WRIST
5. FOOT TRAP
6. CORRECT HAND ON TOP
 | 1. AUTOMATICITY
2. POWER
3. VIOLATOR’S FOREARM VERTICAL
4. TAKEN FROM FLOW
 | 1. FLEXION FORCE NOT OVER MP JOINTS
2. WRONG HAND ON TOP
3. LACK OF FLEXION
 |
| COMMENTS/SCORE: \_\_\_\_\_\_  |

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| --- |
| STRAIGHT WRIST TWIST LOCK Push Pull to Hand or Finger escort entry RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP. ❒
2. V'S ELBOW FLEXED > 60 ❒
3. STRAIGHT WRIST WITH PRONATION FORCE ON 5TH M.P.J. ❒
4. SUFFICIENT SPEED ❒
5. PROPER SEQUENCE ❒
 | 1. FLUID-MOVE-PATTERN
2. ENTRY/DISTRACTION
3. VERBAL COMMANDS
4. FOOT TRAP
5. CORRECT HAND ON TOP
6. HANDS AT CENTERLINE
7. SLIGHT WRIST EXTENSION
 | 1. AUTOMATICITY
2. POWER
3. VIOLATOR’S FOREARM VERTICAL
4. FLOW FROM OTHER TECH.
 | 1. WRONG HAND ON TOP
2. FORCE ON 5TH M.P.J.
3. POOR GRIP
4. HIGH HOLD OFF CENTER LINE
 |
| COMMENTS/SCORE:  |

DATE: \_\_\_\_\_\_\_\_\_\_\_ CLASS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LAST \_\_\_\_\_\_\_\_\_\_\_\_\_\_ FIRST

**Takedowns**

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| --- |
| ARM-PULL TAKEDOWN                           P/P entry                                 RATER:                                   |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. BICEP/TRICEPS GRIP. 
2. REAR STEP 
3. CORRECT PULL ANGLE            
4. PALM TO GROUND 
5. SUFFICIENT SPEED 
6. PROPER SEQUENCE  
 | 1. FLUID-MOVE-PATTERN
2. ELBOW PULL TO CUFFING
3. VERBAL COMMANDS
4.
5.
 | 1. AUTOMATICITY
2. POWER
3. VIOLATOR’S ELBOW UP ON TAKEDOWN
4.
 | 1. GRIP
 |
| COMMENTS/SCORE:                                                                                                                                                                                                                                                                                                           |

|  |
| --- |
| FIGURE 4 TAKEDOWN Front Arm-Bar Entry RATER:  |
| PRIMARY | SECONDARY | TERTIARY |
| 1. PIVOT, STEP AWAY❒
2. ELBOW TIGHT TO BODY❒
3. DROP CENTER FOR TAKEDOWN❒
4. SPEED 3 SEC OR <❒
5. PROPER SEQUENCE ❒
 | 1. FLUID-MOVE-PATTERN
2. ENTRY/DISTRACTION
3. VERBAL COMMANDS
4. PROPER ROLL OVER TO CUFFING FOLLOW UP
 | 1. HIGH SPEED
2. AUTOMATICITY
3. POWER
 |
| COMMENTS/SCORE:  |

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| --- |
| BENT ARM BAR TAKEDOWN Front Arm-Bar Entry RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. ELBOW BENT ❒
2. SPINAL FLEXION ❒
3. PULL ELBOW TO CHEST ❒
4. REMAIN CLOSE TO CENTER
5. PRESSURE ON ELBOW ❒
6. SUFFICIENT SPEED ❒
7. PROPER SEQUENCE ❒
 | 1. AUTOMATICITY
2. STUN ENTRY
3. CUP BICEP
4. ANGLE CHANGE
5. VERBAL COMMANDS
6. FOLLOW TO GROUND
7. Wrist 2 elbow/Elbow 2 Wrist
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. ADAPTS TO STRAIGHT ARM
 | 1. LACK OF SPINAL FLEX
2. TOO FAR FROM VIOLATOR
3. PRESS ON SHOULDER
 |
| COMMENTS/SCORE:  |

DATE: \_\_\_\_\_\_\_\_\_\_\_ CLASS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LAST \_\_\_\_\_\_\_\_\_\_\_\_\_\_ FIRST \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Ground Defense**

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| SUPINE BUCK & ROLL *Escape from (mount)* bottom controlled position RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. COVER HEAD
2. BUCK AND ROLL
3. ELBOW WRAP
4. SUFFICIENT SPEED
5. ARCH BACK
 | 1. TRAP ATTACKERS FEET
2. ENTRY/DISTRACTION
3. PROTECT GUN
4. PLANT FEET
5. PROPER FOLLOW UP
 | 1. HIGH SPEED
2. POWER
3. FLUID-MOVE-PATTERN
4. AUTOMATICITY
 | 1. ROLL WRONG DIRECTION
 |
| COMMENTS/SCORE:  |

DATE: \_\_\_\_\_\_\_\_\_\_\_ CLASS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LAST \_\_\_\_\_\_\_\_\_\_\_\_\_\_ FIRST \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Baton Strikes Takedown Series Closed Skill Test**

*Feeder will be equipped with Redman arms, chest shield, and shin guards. The feeder will walk forward and backward on a straight line for inside line and outside line takedowns, forcing the recruit to adapt to the movement. The recruit must be able to flow to a takedown on both the outside and inside line.*

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| Angle 1-Angle 4 Entry to Outside Line Takedown RATER: |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| * CORRECT GRIP ❑
* WRIST POSITION ❑
* W-H-L ALIGNMENT ❑
* FOLLOW THRU MOVEMENT PATTERN❑
* SUFFICIENT SPEED❑
* FLOW TO TAKEDOWN
 | * AUTOMATICITY
* WEAPON CONTACT
* VERBAL COMMANDS
* HIP TWIST
* FOOT POSITION
* SECONDARY HAND
 | * POWER
* FLUID-MOVE-PATTERN
 | * OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Backhand Circle Strike to Inside Line Takedown RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. FOLLOW THRU MOVEMENT PATTERN❑
5. SUFFICIENT SPEED❑
6. FLOW TO TAKEDOWN
 | * AUTOMATICITY
* WEAPON CONTACT
* VERBAL COMMANDS
* HIP TWIST
* FOOT POSITION
* SECONDARY HAND
* PEGBOARD ENTRY
* HOOK BLOCK TO V-ELBOW
 | * POWER
* FLUID-MOVE-PATTERN
 | * OPPOSITE HAND DOWN
* WIND-UP
 |
| COMMENTS/SCORE:  |

DATE: \_\_\_\_\_\_\_\_\_\_\_ CLASS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LAST \_\_\_\_\_\_\_\_\_\_\_\_\_\_ FIRST \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Baton Striking Pattern Closed Skill Test**

*The student will engage the green dummy with their duty baton and will execute the below listed strike pattern..*

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| BACKHAND CIRCLE STRIKE Angle 1, Backhand Circle Strike, Angle 2 RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT GRIP ❑
2. WRIST POSITION ❑
3. W-H-L ALIGNMENT ❑
4. FOLLOW THRU MOVEMENT PATTERN❑
5. SUFFICIENT SPEED❑
 | 1. AUTOMATICITY
2. WEAPON CONTACT
3. VERBAL COMMANDS
4. HIP TWIST
5. FOOT POSITION
6. SECONDARY HAND
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
 |
| COMMENTS/SCORE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |