IRS Isolation Drills 4-4

**Learning Goal**

In order to promote Effective, Efficient and Ethical use of force, the student will learn the various components of Control and Defensive Tactics, including the situations and resistance levels that allow for its lawful use and the proper psychomotor skills involved in its employment

Total Unit hours – 8 hours

The IRS Isolation Drills Unit is designed to familiarize students with a more open skill environment when applying C/DT techniques. 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 – 2 Hours

Instructional Content:

* Inside/Outside Dive Entry, Windshield Wiper Entry, Double Down/Up Entry, Pegboard Entry, flow to CJ takedowns, Thai clinch, striking techniques.
* Student/Actor drills should emphasize full contact to IRS gear.
* Instructors will run related drills and will rotate students to stations with IRS actors so that students get multiple short rounds (2 minutes suggested) with several IRS actors.
* Student/Student bridging drills should run to supplement IRS drills.
* Supplemental Drills: Firearm draw response, use of SIRT as number of actors/time allows

Drill Progression

* Open Skill Station Practice- CT, DT, Baton, Ground as actors/time allow
* Control Tactics Station –Variable Feeds, can be run as open or blind 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 – Variable Feeds, can be run as blind or open feeds
  + Aggressive – straight punches, posturing, wide hook punches, upright charge, takedown attempt
* DT/Standing Aggressive Station-variable feeds, can be blind or open feed
  + Posturing
  + straight punches
  + wide hook punches
  + standing tackle attempt
  + leg takedown attempt
* Ground Survival Station – 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, focus mitts, mouthpiece, groin protection for IRS Drill Actors. Mouthpiece, groin protector, gun belt, patrol gloves, inert pistol/SIRT pistol for students.

Safety note: while IRS drills are active, the instructor should be monitoring the IRS stations to make sure that the drills do not get out of control. Other students should be periodically given drills to work on that supplement the IRS action but that are slower in pace. Students will be instructed to keep strikes on IRS pads. Actor’s head is off limits for striking.

Warm-up Evolution: Freshman Warm Up

Always check to ensure latest version of warm up routine.

Related performance objectives

At the conclusion of training, students will be able to:

1. Demonstrate proficiency in a C/DT techniques in an open skill environment.