

ALBANY POLICE DEPARTMENT

WEAPONLESS DEFENSE COUSE

ARREST AND CONTROL - PERISHABLE SKILLS

HOURLY DISTRIBUTION SCHEDULE

1000 – 1100	Class room: Course Overview and Objectives Safety Orientation, Class rules Search of Instructors, students to ensure no guns or ammunition, Use of Force Overview/ Options Available, Department Policy and Case Law Review, Report Writing/ Evidence Photography, Medical Care and Issues Physical/ Mental Conditioning Video Clips	Primary Instructor Secondary Instructor
1100 - 1130	Warm Up Exercises	
1130 – 1150	Footwork and Drills	
1150 – 1415	Control Holds/ Takedowns Searches/ Cuffing Techniques, Leg Restraint (Safe Wrap) Test and remediate if needed	
1415 – 1445	Lunch	
1445 – 1515	Search of Instructors/ students for guns Video Clips and Warm Up Exercises	
1515 – 1600	Gun Retention/ Ground Fighting Techniques Test and remediate if needed	