ALBANY POLICE DEPARTMENT

WEAPONLESS DEFENSE COURSE

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

1600 - 1630  Introduction to Carotid Restraining and Review

1630 – 1800  Practice Carotid Restraining, Written and Practical
Test and remediate if needed