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

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 Restraint and Review  (SUSPENDED)

1630 – 1800  Practice Carotid Restraint, Written and Practical
             Test and remediate if needed  (SUSPENDED)