# ALBANY POLICE DEPARTMENT

## WEAPONLESS DEFENSE COURSE

## ARREST AND CONTROL - PERISHABLE SKILLS

### HOURLY DISTRIBUTION SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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| 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 |