

CLOSE RANGE SUBJECT CONTROL / ARREST CONTROL

DEPARTMENTAL INSTRUCTOR CERTIFICATION COURSE

HOSTED BY

**VIRGINIA BEACH
SHERIFF'S OFFICE**

THIS COURSE IS OPEN TO LAW ENFORCEMENT PERSONNEL ONLY
Non-Law Enforcement Personnel Call 630-365-1700 for Clarification on Eligibility

THIS COURSE MEETS REQUIREMENTS FOR IN-SERVICE TRAINING CREDIT

APPROVED FOR VIRGINIA DCJS CREDIT

Controlled F.O.R.C.E. Level 1 Mechanical Advantage Subject Control

Develops Skills for Handling and
Detaining Non-Compliant Subjects

Level 1 Covers:

- Body Positioning Drills
- Mechanical Advantage Control Holds™
- M.A.C.H. Takedowns
- M.A.C.H. Handcuff Positioning
- M.A.C.H. Team Arrest Tactics
- M.A.C.H. Baton Subject Control
- In-Holster Weapon Retention

Controlled F.O.R.C.E. Level 2 Survival Force Reactionary Defense

Develops Skills for Defending
Against Sudden Attacks

Level 2 Covers:

- Hand-to-Hand Protection / Disruption
- Baton Protection / Disruption
- Knife Awareness & Defense
- Ground Defense & Escapes
- Out-of-Holster Weapon Retention
- Weapon Disarms

Pre-Requisite: Completion of Level 1

The Controlled F.O.R.C.E. Level 1 & 2 Departmental Instructor Certification Course develops skills for quickly and effectively transferring maximum amounts of close range subject control content in short periods of time with high levels of retention.

IMPORTANT INFORMATION ABOUT THIS COURSE:

- Authorizes you to teach the program within your agency for 2-Year Term
- Re-Certification required at end of 2-Year Term (re-certification fees apply)
- Free Refresher training is available throughout 2-Year Term
- Includes DVD Training Manual that contains full documentation of course
- You must be a member of the Controlled F.O.R.C.E. Network to receive certificates
- Certificates are issued electronically via e-mail

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REQUIRED

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**MUST BRING DUTY RIG
WITH TRAINING SIDEARM
THAT FITS HOLSTER**

All required Training Equipment
available at CF PRO SHOP

www.cforceproshop.com

All purchases qualify your
department for Training Credits
CALL 630-365-1700 FOR DETAILS

TRAINING DETAILS

TRAINING DATE / TIME

April 25-28 / 9:00am – 5:00pm

TRAINING LOCATION

Virginia Beach Sheriff's Office
411 Integrity Way
Virginia Beach, VA 23451

TRAINING LOCATION CONTACT

Corporal William Midgette
Phone: 757-385-6972
wmidgette@vbso.net

REGISTRATION CONTACT

Controlled F.O.R.C.E.
Phone: 630-365-1700
info@controlledforce.com

APPROVED BY THE UNITED STATES NATIONAL STANDARDS OF TRAINING ASSOCIATION (U.S.N.S.T.A.) www.usnsta.com

Join the Controlled F.O.R.C.E. Network at www.controlledforce.com

CONTROLLED F.O.R.C.E.® LEVEL 1 & 2 REGISTRATION FORM

PRINT CLEARLY / FILL OUT COMPLETELY

FAX COMPLETED REGISTRATION TO: 630-365-1361

LAST NAME _____ MI _____ FIRST NAME _____

POSITION/RANK _____ HEIGHT _____ WEIGHT _____ AGE _____ GENDER _____

DEPARTMENT/AGENCY _____ DIVISION/UNIT _____

DEPT MAILING ADDRESS _____ CITY _____ STATE _____ ZIP _____

WORK PHONE (_____) _____ WORK FAX (_____) _____

WORK E-MAIL _____ MOBILE PHONE (_____) _____

E-MAIL ADDRESS IS REQUIRED

DEPARTMENTAL TRAINING COORDINATOR / ALTERNATE CONTACT _____

HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE (_____) _____ PERSONAL E-MAIL _____

ALL CERTIFICATES WILL BE SENT ELECTRONICALLY TO WORK E-MAIL ADDRESS UNLESS OTHERWISE SPECIFIED

ENTER THE LOCATION / STATE / DATE OF THE COURSE YOU WILL ATTEND:

LOCATION STATE DATE

SELECT CERTIFICATION OPTION:

NEW DEPARTMENTAL INSTRUCTOR CERTIFICATION

LEVEL 1 INSTRUCTOR CERTIFICATION -- \$595.00 LEVEL 2 INSTRUCTOR CERTIFICATION -- \$595.00

LEVEL 1 & 2 COMBINED INSTRUCTOR CERTIFICATION -- \$870.00 [10 Instructor Certifications @ \$87 per Category]

INSTRUCTOR CERTIFICATION RENEWAL (NOTE: Must pay full instructor cost if last certified more than 24 months ago)

LEVEL 1 RE-CERTIFICATION -- \$285 [Level 1 Certification ID _____]

LEVEL 2 RE-CERTIFICATION -- \$285 [Level 2 Certification ID _____]

LEVEL 1 & 2 RE-CERTIFICATION -- \$570 [Level 1 ID _____] - [Level 2 ID _____]

SELECT PAYMENT OPTION: *Your department will be invoiced upon receipt of registration form*

PURCHASE ORDER: P.O. Number (if available) _____

CREDIT CARD PAYMENT: VISA MC DISC [CC# _____ / _____ / _____ / _____ EXP _____ / _____]

CHECK PAYMENT: **Make Payable To** Controlled F.O.R.C.E. 609 Thryselius Dr. (Unit B) Elburn, IL 60119

ENTER TUITION ASSISTANCE REFERENCE # OR SAVINGS CODE:

THIS IS A HIGHLY PHYSICAL TRAINING SEMINAR - NO REFUNDS IF UNABLE TO COMPLETE CLASS

Space can only be reserved upon receipt of registration. Certificates will only be issued when full payment is received.

Registrants who withdraw at least fifteen (15) business days before the first day of class will receive a full refund. Registrants who withdraw less than fifteen (15) business days before the first day of class will receive a refund minus \$50 per course per officer. Registrants who do not withdraw before the first day of class, and who fail to show for class, will receive a refund minus \$100 per course per officer. In any case of withdraw or no show, Controlled F.O.R.C.E. can provide a full credit to another officer or to our next scheduled class in lieu of a refund.



CONTROLLED F.O.R.C.E.

CLOSE RANGE SUBJECT CONTROL

> Level 1: Mechanical Advantage Subject Control

Controlled F.O.R.C.E. Level 1 teaches personnel how to control a non-compliant subject utilizing body positioning, movement, momentum, and joint manipulation. The system is based on five Mechanical Advantage Control Holds™ (M.A.C.H.) that use a subject's resistance against himself/herself. Each technique of Controlled F.O.R.C.E. can be taught in minutes, saving valuable training time. These tactics greatly reduce the risk of injury to operators and to the subjects they encounter.

CONTROLLED F.O.R.C.E. Subject Control Training was developed with the specific needs of the law enforcement officer in mind. Some of the system's hallmarks that thousands of officers have found useful for police work include:

- SIMPLICITY OF USE
- HIGH RETENTION
- FUNCTIONALITY
- ADAPTABILITY
- TEAMWORK
- EFFECTIVENESS



THE MECHANICAL ADVANTAGE

Because the system emphasizes Mechanical Advantage over pressure points or pain compliance, the techniques work on any subject regardless of size, strength, skill, psychological state, or level of intoxication or chemical influence.

Controlled F.O.R.C.E. is appropriate and proven to work for:

- Law Enforcement
- Adult Corrections
- Juvenile Justice
- Security
- Protective Services
- Military



1> MECHANICAL ADVANTAGE CONTROL HOLDS™
M.A.C.H. is a series of five techniques that use positioning, movement, body momentum, and resistance to subdue a subject in a controlled manner. These five holds can flow from one to another in any sequence, allowing adjustment to the subject's unpredictable actions. M.A.C.H. holds respond to a subject's resistance, meaning the subject determines the amount of force needed to gain control.

2> M.A.C.H. TAKEDOWNS & HANDCUFF POSITIONING

This category teaches transitions from the M.A.C.H. holds to controlled takedowns into a handcuff position. The category re-emphasizes the importance of body control and momentum while taking a subject down to the prone position. Personnel learn how to observe the subject for signs of physical distress or for a willingness to comply before applying mechanical restraints.



3> M.A.C.H. TEAM ARREST TACTICS
This category teaches verbal and physical communication skills and tactics for use when two or more personnel have exhausted all alternatives and are forced to physically gain control of a resisting subject. Focuses on the relationship between communication and safety in teamwork tactics.

4> M.A.C.H. BATON SUBJECT CONTROL

This category teaches personnel how to use the baton as a TOOL to increase leverage and control while applying the M.A.C.H. techniques. While Controlled F.O.R.C.E. does not teach strikes, this category answers the question of what to do with the baton once it is drawn and striking is unnecessary.



5> M.A.C.H. IN-HOLSTER WEAPON RETENTION
This category teaches personnel how to retain a holstered sidearm from a weapon grab using positioning and body movement. These simple techniques are easy to remember and highly effective, giving personnel life saving options for situations where someone tries to grab their sidearm.

