Certain documents or portions of documents related to this training may be exempt from disclosure under the California Public Records Act on one or more of the following grounds:

a. They are records dealing with security and safety procedures that are exempt pursuant to Government Code Section 6254(f). (Northern California Police Practices Project v. Craig (1979) 90 Cal.App.3d 116, 121-122.);

b. They are materials for which the City of San Rafael does not hold the copyright or have permission to publish.

Where exempt material can be reasonably segregated from nonexempt material in these records, the exempt material has been redacted and the nonexempt material is shown. Where it is not reasonably possible to segregate out the exempt material, the Department is withholding the entire document from disclosure.
FILE DOCUMENT
SDAT
PHASE 1
95 / 96

1] SDAT REVIEW:
   STANCES
   FOOT MOVEMENT
   ASP BATON
   HANDCUFFING
   SEARCHING
   HOBBLE

2] VIDEO TAPE REVIEW:
   SAN DIEGO POLICE DEPARTMENT
   " CORD CUFF MAXIMUM RESTRAINT "
   " IN-CUSTODY DEATHS "

TRAINING OFFICER JOHN COEN
LOGISTICS:

This block of training will be held at the SAN QUENTIN RANGE #3. It will be held from 0700-1700, with a one hour lunch break. The contact person is Sgt. Robert Trono, Range Master, phone # 454-1460 ext.5852.

REQUIRED OFFICER MATERIAL:
Class C Utility uniform [ Tennis Shoes optional ]
Full Duty belt and gear [ Includes Hobble ]
Ballistic Vest
Mouth guard

INSTRUCTOR MATERIAL:
Shotguns [ 7 of them ]
Handgun, Shotgun ammo
Gray Instructors classroom box
Eye and Ear box, [ soft ear ]
Gray Tool box
Red Utility box
First Aid kit
Cardboard targets
Paper targets
Rubber bands, metal hangers
Practice batons, bags
Mats

INSTRUCTION:

See attached course outline for breakdown of the training day. Officer John Coen will be the Lead Instructor for this block of training. The course dates are as follows:

THURSDAY AUGUST 10 [ INSTRUCTOR DAY ]
MONDAY AUGUST 14 [ SRT TEAM DAY ]
THURSDAY AUGUST 17
MONDAY AUGUST 21
TUESDAY AUGUST 22
MONDAY AUGUST 28
WEDNESDAY AUGUST 30
THURSDAY AUGUST 31

PRACTICAL APPLICATION:

All officers will receive a lecture prior to each section of training. All officers will be required to demonstrate an ability to successfully complete each section of training.

TESTING:

All officers are required to pass:
Basic Handgun Qualification Course
Basic Shotgun Qualification Course

SIGN-UPS:

Officer sign-ups are posted in the patrol briefing room. Set up date was 07/17/95
Shift supervisors are responsible for scheduling their officers.
COURSES OF FIRE:
832 PC HANDGUN QUALIFICATION COURSE
BASIC SHOTGUN QUALIFICATION COURSE
HANDGUN COMBAT SHOOTING COURSE

ATTENDANCE SHEETS

TRAINING OFFICER JOHN COEN
SAN RAFAEL POLICE DEPARTMENT
TRAINING UNIT

INTER-DEPARTMENT MEMORANDUM

DATE: 07/25/95
TO: ROBERT P KROLAK, CHIEF OF POLICE
FROM: JOHN COEN, TRAINING MANAGER
RE: 95 / 96 PHASE 1 TRAINING

COURSE:

Phase 1 of the 95 / 96 training year will include training in both firearms and SDAT. The course will cover a 10 hour training block, with one hour set aside for lunch. Firearms will include the Basic Handgun Qualification Course, S.R.P.D. Basic Shotgun Qualification Course, and a Combat Handgun course of fire. S.D.A.T. will cover Block One of S.D.A.T. [Foot Movement, Asp Baton, Handcuffing, Hobble, and Searching]. A review of two training video's will also be held at the CPO. They are from the San Diego Police Department. "In-Custody Deaths" and "Cord -Cuff Maximum Restraint".

JUSTIFICATION:

As documented in previous courses, consistent and up to date training is essential for the officers ability to react swiftly and properly to all circumstances that the officer may encounter during their work day. The first phase presented each year reviews all of the basics the officer has built their training and skill on. This training is then enhanced with stress courses and speed to target drills to push the officers ability. This strengthens the officers confidence and physical ability to handle the different situations.

OBJECTIVE:

The first objective of this phase of training is to qualify each officer in the basic weapon qualification courses. These are weapons which are available to S.R.P.D. officers during their course of duty. The second objective of this phase is to review the Block One Instruction for S.D.A.T. After completing these first two objectives, a combat handgun course of fire will be taught and practiced. This combat course will include both firearms and SDAT material.
PHASE 1 95 / 96

SET-UP OF RANGE
A] Course will consist of four parts.
B] Mats will be set up at the 50 yard line, along with practice baton and contact bags.
C] Eight targets will be set up down range, with a paper plate attached to the ( X ) ring, and the head.
D] Four cones will be set up at the 3, 7, 10, and 15 yard line.
E] Total rounds for course - 24 rounds per Officer. [ NO EXTRA ROUNDS ALLOWED ]

COMBAT COURSE OF FIRE
1] Officer will start on the mat area with 15 seconds of baton bag work. The time clock will start on the word "GO".
2] The Officer will then run to the 3 YARD LINE and engage the first two targets. The Officer will fire six rounds of spread fire, two rounds to each body, and one round to the head of each target.

ALL GUNS MUST BE HOLSTERED AND SNAPPED BEFORE RETURNING ON THE RUN. OFFICERS CAN RELOAD WHEN THEY FEEL IT IS NECESSARY.
3] The Officer will then run back to the mat and continue to strike the bag for 15 seconds.
4] The Officer will then run to the 7 YARD LINE and fire six more rounds, same as at the 3 yard line.
5] The Officer will then run back to the mat and engage two suspects holding the contact bags, again for 15 seconds.
6] The Officer will then run to the 10 YARD LINE and repeat the spread fire sequence.
7] The Officer will then run back to the mat and engage two suspects for the last 15 seconds.
8] The Officer will then run to the 15 YARD LINE and fire their final six rounds.
9] Time will stop when the Officer fires their final round.

SCORING
WRITE DOWN THE RUNNING TIME.
WRITE DOWN THE NUMBER OF HITS / TOTAL POSSIBLE HITS / 24
5 SECOND PENALTY FOR EACH MISSED SHOT ON THE PAPER PLATE
NO EXTRA POINTS FOR ADDITIONAL HITS IN A TARGET.

TOTAL SCORE - RUNNING TIME + PENALTY TIME = FINAL SCORE

EACH OFFICER RUNS THROUGH THIS COURSE OF FIRE TWICE. THE SECOND TIME THROUGH THE OFFICER RUNS TO THE 15 YARD LINE FIRST, AND THEN FINISHES AT THE 3 YARD LINE.
Range #3

6 Shots

\[ \downarrow \quad \frac{3}{\text{yards}} \]

6 Shots

\[ \uparrow \quad \frac{7}{\text{yards}} \]

6 Shots

\[ \downarrow \quad \frac{10}{\text{yards}} \]

6 Shots

\[ \uparrow \quad \frac{15}{\text{yards}} \]

MAT
TRAINING UNIT

PHASE 1  95 / 96

COURSE OUTLINE

0700- MEET AT SAN QUENTIN RANGE #3
       OUTLINE COURSE FOR THE DAY
       SET UP RANGE

0800- COURSES OF FIRE
       1] BASIC HANDGUN QUALIFICATION COURSE / 832 P.C.
       2] BASIC SHOTGUN QUALIFICATION COURSE

0900- SDAT REVIEW / WARM-UP
       1] FOOT MOVEMENT
       2] ASP BATON
       3] HANDCUFFING
       4] HOBBLE
       5] SEARCHES

1200- LUNCH

1300- COMBAT COURSE OF FIRE
       RUN THROUGH EXERCISE TWICE.

1500- CLEAN UP RANGE

1530- DRIVE TO CPO

1600- REVIEW TWO VIDEO'S.

1700- END OF CLASS
SAN RAFAEL POLICE DEPARTMENT

INTER-DEPARTMENT MEMORANDUM

TRAINING UNIT

PHASE 1 95 / 96  FIREARMS / SDAT TRAINING

LOCATION: SAN QUENTIN RANGE [ RANGE 3 ]

TIME: 0700-1700

DATES:
THURSDAY AUGUST 10  [ INSTRUCTOR DAY ]
MONDAY AUGUST 14  [ SRT TEAM DAY ]
THURSDAY AUGUST 17
MONDAY AUGUST 21
TUESDAY AUGUST 22
MONDAY AUGUST 28
WEDNESDAY AUGUST 30
THURSDAY AUGUST 31

EQUIPMENT REQUIRED:

1] CLASS C UTILITY UNIFORM  [ TENNIS SHOES OPTIONAL ]
2] DUTY BELT, HANDGUN, BATON, HANDCUFFS, HOBBLE.
3] BALLISTIC VEST
4] MOUTH GUARD

OPTIONAL EQUIPMENT:

1] SRPD BASEBALL HAT
2] WATER
3] HANDGUN CLEANING GEAR
Phase 1 of the 1995/1996 training year has now been posted in the Patrol Briefing room. Please schedule your personnel accordingly. The training will consist of both firearms and sdat training. The Lead Instructor for this phase of training will be Officer John Coen. He will be responsible for teaching on all eight days of this training block. The Secondary Instructors will be scheduled as needed. Day 1, Thursday August 10, has been set for the Instructor Training Day for all of the SRPD Training Staff. Day 2, Monday August 14, has been set for the SRT team. Day 3-8 are open for all SRPD personnel. The course will include:

**Firearms:**
- 832 PC Handgun Qualification Course
- S.R.P.D. Basic Shotgun Qualification Course
- Ruger Mini-14 Rifle Qualification Course
- Combat Course

**SDAT:**
- Asp Baton
- Handcuffing / Hobble / Searches

The course will be held at the San Quentin Range [Range 3], from 0700-1700. Required equipment has been posted in the Patrol Briefing Room. If you have any questions, please contact either Sgt. Rohrbacher or Officer Coen in training.
DATE: 08/14/95

TO: P. Robert Krolak, Chief of Police

FROM: John Coen, Training Manager

SUBJECT: Basic Handcuffing and Use of Hobble

Course:
The course will consist of a 2 hour block of instruction and training. The course will concentrate on the basics of SDAT, using review and practice with the officers. All fundamental training is based on this block of instruction.

Justification:
To provide the officer a continuous refresher on the basic building blocks for SDAT. The techniques taught in SELF DEFENSE and ARREST TECHNIQUES are techniques used every day by the officer. These techniques enable the officer to execute his daily duties with the greatest amount of protection available. This includes not only his physical ability, but his mental attitude and judgment in handling his assigned beat.

Objectives:
To allow each officer a physical and mental review of basic laws for effective self defense. To strengthen the officer's understanding of department techniques so he/she can work together as a team on the street. These techniques include, but are not limited to, handcuffing, foot movement, nerve stimulation, and basic control techniques. To help remind each officer of the severity of what can happen if the proper technique is not used, or used too late. In addition to the basic arrest techniques, we will also be introducing the "Hobble". This "Hobble" will be issued to each officer. The instruction will include a video from the manufacturer, and techniques on the application of the "Hobble".

A lecture will also include San Diego's "Final Report of the Custody Death Task Force" and video tape. This lecture will cover topics such as "positional asphyxia", use of force issues, maximum restraints, Carotid restraint holds, Transportation issues, and other such issues addressed by this report.

Logistics:
This training will be conducted at the San Quentin Range #3. All equipment will be provided by S.R.P.D. training staff.

Instruction:
Class will start with 30 minutes of stretching exercises and warm-up. The class will then review and practice the following;

1. Stances
   a. Interview stance
   b. fighting stance

2. Foot movement
   a. lunge step
   b. shuffle step
   c. right & left pivot turns
   d. reverse

3. Wrist controls
   a. bent wrist
   b. bar arm
   c. twist locks
(con't) SRPD Phase II SDAT Training

d. hammer lock

4. Take downs
a. wrist
b. hair
c. leg
d. chin

5. Pressure points (Nerve Stimulation)
a. Mastoid
b. Saliva gland
c. Arm pit
d. floating rib cage
e. collar bone
f. chest plate

6. Handcuffing (FBI Techniques)
a. Standing
b. Kneeling
c. Modified wall
e. Prone

7. Hobble Techniques
a. Application
b. Precautions
c. "positional asphyxia"
d. view video; Hobble Restraint by manufacturer


Practical Application:

Repetitive practice and review on each section of training. First demonstrated by the instructor, then practiced by the officer ¼ speed, ½ speed and last of all ¾ speed.

Testing:

The practical drill will serve as the testing procedure. There is no minimum score to pass. This course is for training only. Any re-mediation will be done by the instruction staff or forwarded to the Chief of Police and staff for recommendation.
ASP

TRAINING PROGRAM

FOR THE

SAN RAFAEL POLICE DEPT.
ASP STANDS FOR:

ARMAMENT SYSTEMS AND
PROCEDURES INC.

BOX. 1794, APPLETON
WISCONSIN.  54913

( 414 ) 735-6242
0800- ARRIVE AT TRAINING SITE
ISSUE BATONS

0830- Start of Class- Lecture
    Asp Tactical Baton history
    Models
    Parts
    Maintenance
    Asp operations
    Body mechanics
    Control components
    Striking areas
    Training terminology
    Carrying the ASP
    Closing the ASP

1030- Stretching and Warm-up

1100- Basic Stances-
    1) Interview stance
    2) Combat stance

1100- Basic Movement
    1) Lunge step
    2) Side step
    3) Reverse step

1130- Lunch

1230- Return to class
OUTLINE cont.

1230- Stretching

1300- Basic Draws / Closing the Baton
  1) Weapon hand
  2) Reaction hand

1330- ASP Strikes
  1) Weapon strike
  2) Reaction strike
  3) Straight strike

  Two Striking Modes
  1) Closed
  2) Open

  Two Positions for Striking
  1) Ready position
  2) Loaded position

1430- Practice Techniques in the Air (With Variations)
  1) Stance
  2) Draw
  3) Movement
  4) Stance
  5) Close

1500- Practical Application, Bag Work

1700- Redman Suit Drills

1830- Review, answer questions

1900- END OF CLASS
The concept of an "expandable" baton originated in the orient. The first American baton of this type, the Titan Taper, received limited exposure in the 1960's.

1) Tokushu
2) Ni Baton
3) Titan Taper
4) Cobra
5) Asp

The ASP TACTICAL BATON is a defensive, police impact weapon designed to be inconspicuous yet highly effective in a operational setting.

The ASP TACTICAL BATON has two telescoping shafts which lock into place with the flick of a wrist. This opening of the baton also presents a clear statement to a potential assailant, a final warning prior to the application of the use of force by the officer. (QUESTION # 10)

The ASP TACTICAL BATON was designed to supply an intermediate weapon which provided maximum conceivability with a high degree of reliability.
The ASP TACTICAL BATON is manufactured with textured matte or machine foam grips. It is produced in three model sizes with open lengths of 16, 21, and 26 inches.

**ASP MODEL F / 16**
Measures just over 6 inches long in the closed position, and opens to 16 inches. The baton has a one inch diameter and weighs 14 ounces. The F / 16 has a foam grip.

**ASP MODEL F / 21**
The F / 21 is a 15 ounce foam grip baton which opens to 21 inches from its closed length of 8 inches.

**ASP MODEL F / 26**
The F / 26 is a full size, 26 inch street baton with a closed length of nine inches. The baton weights 20 ounces and features a foam grip.

**ASP SCABBARDS**
Black Basket Weave finish only for uniformed officers SRPD will utilize machine foam grips
ASP TACTICAL BATON PARTS

TIP

END SHAFT

MID SHAFT

HANDLE

HANDLE CAP ( QUESTION # 11 )

RETAINING CLIP ASSEMBLY
ASP MAINTENANCE

The ASP TACTICAL BATON should be maintained in the same manner as a firearm. The baton should be kept dry. (QUESTION # 6)

If exposed to water, salt air, or perspiration, the shaft should be opened and the baton dried with a soft cloth.

The HANDLE CAP should be periodically checked to make sure it is tightly screwed onto the handle.

The ASP TIP should also be checked for looseness. If the tip breaks loose, LOC-TITE should be applied to the threads to secure it to the end section.

The baton should be periodically checked for hairline fractures or excessive wear between the sections. Fractures may occur if the baton is continually opened with too much force.

REPAIRS TO BE DONE BY THE TRAINING STAFF ONLY !!!
The ASP TACTICAL BATON is activated by holding the HANDLE and snapping the wrist. This action causes the shaft to extend.

The sudden snap of the wrist locks the shaft in place with a friction lock.

To close the Baton, the Tip must be struck sharply and directly into a non-giving surface.

When closed, the RETAINING SPRING in the HANDLE holds the shaft, preventing its accidental extension.

The force necessary to open the Baton may be adjusted using the RETAINING SPRING inside the HANDLE.

NOTE: EXTENDING THE SIDES OF THE SPRING OUTWARD WILL INCREASE THE AMOUNT OF FORCE NECESSARY TO OPEN THE BATON.

PUSHING THE SIDES OF THE SPRING TOGETHER WILL LESSON THE FORCE NECESSARY TO OPEN THE BATON.
Body Mechanics provide the foundation of all ASP techniques.

FOUR MAIN COMPONENTS OF PYRAMID CONCEPT:

1) WIDE BASE-
   Keep the feet shoulder width apart. This stance will maintain lateral balance from side to side. The body weight is equally distributed between both legs.

2) DEEP BASE-
   Linear balance (front and rear) is maintained using a deep base, placing the feet one step apart. Weapon leg is back, reaction leg is forward.

3) LOW CENTER-
   To further enhance balance, a LOW CENTER is achieved by slightly bending both knees. The body weight rests equally on both legs. (50 / 50)

4) HEAD OVER CENTER-
   This position keeps the weight of the body balanced over your base.
CONTROL COMPONENTS

The success of ASP techniques is based on BODY MECHANICS, which include:

1) CENTER-
The officer uses the PYRAMID CONCEPT in order to maintain balance during the execution of the strikes.

2) DECENTRALIZATION-
Using proper distancing techniques, the assailant is kept off balance and therefore in a weaker tactical position.

3) POSITION-
The officer uses a strong defensive position during the confrontation including a safe distance but still within striking distance of the assailant. Assaults by the assailant are re-directed.

4) POWER GENERATION-
Maximum striking power is delivered through the use of the seven components of power.
1) BALANCE-
The most basic component of power. It must be automatic, instantly fluid, present during continuous movement, and sustained as momentum increases.

2) ENDURANCE-
Primarily cardio-vascular, a rule of thumb is to run one mile a day for every three minutes of a fight.

3) FLEXIBILITY-
Rigidity presents tremendous problems during a fight. It is tied to fear, tension, nervousness and lack of confidence.

4) FOCUS-
Is the result of proper mind-body coordination and occurs when mental and physical systems compliment each other to the point of total concentration.

5) SPEED-
Is generated through continuous repetition until the technique is both mentally and physically routine.

6) STRENGTH-
The low ranking of strength in the power scale is due to the other factors which can help make it up.

7) SIMPLICITY-
Repetition of fundamentals combined with clear, systematic sequences gives tremendous power.
ASP STRIKES
There are three basic ASP strikes: (CLOSED or OPEN)  
( QUESTION # 13 )
1) WEAPON STRIKE ( STRONG HAND SIDE ) 45% angle

2) REACTION STRIKE ( WEAK HAND SIDE ) 45% angle  
Also used as a clearance strike. ( QUESTION # 5 )
3) STRAIGHT STRIKE ( STRAIGHT JAB )

ASP TARGETS
There are three principle ASP TARGET AREA'S:

1) ELBOW ( CENTER MASS of ARM ) ( QUESTION # 9 )

2) KNEE ( CENTER MASS of the LEG )

3) ABDOMEN ( CENTER MASS of TORSO )

THE LAST 3" OF THE SHAFT ARE USED FOR STRIKING  
( QUESTION # 1 )

These areas were selected for their physiological vulnerability combined with their less lethal potential. Strikes to these areas create sensory "overload" in the assailant brain.

AREA'S NOT TO BE STRUCK DUE TO THE POTENTIAL FOR SERIOUS OR FATAL INJURY. HEAD, NECK, SPINE, HEART, KIDNEY, GROIN. IF YOU ARE INVOLVED IN A LIFE THREATENING INCIDENT, OR ONE OF THESE AREA'S IS STRUCK UNINTENTIONALLY, YOU MUST BE ABLE TO ARTICULATE IN A REPORT WHY THIS AREA WAS HIT.

PAGE 13
ASP TECHNIQUE SEQUENCE CHART

DRAW ASP BATON

MODE ( VARIABLE PROFILE )
( OPEN or CLOSED )

POSITION ( THREAT LEVEL )
( READY or LOADED )

STRIKE
( WEAPON, REACTION, STRAIGHT )

SECURE / RESTRAIN

PAGE 14
THE ASP TACTICAL BATON MAY BE CARRIED ON EITHER THE REACTION SIDE OR THE WEAPON SIDE OF THE BODY.

THE BATON IS CARRIED IN THE CLOSED MODE, TIP DOWN. THIS IS TRUE FOR ON YOUR DUTY BELT, IN YOUR PURSE, OR IN YOUR POCKET.

(QUESTION # 4)
CLOSING THE ASP

THE ASP TACTICAL BATON IS CLOSED BY STRIKING THE TIP OF THE BATON ON A SOLID SURFACE.

DRIVE THE TIP OF THE BATON DOWN INTO A NON-GIVING SURFACE.

IMPACT ON A SOFT SURFACE, SUCH AS CARPETING OR WOOD, MAY NOT RELEASE THE LOCKING MECHANISM.

DO NOT VIOLENTLY CLOSE THE BATON ALL IN ONE MOVEMENT.

BREAK THE DEADLOCK AND THEN PUSH THE BATON TOGETHER. THIS PREVENTS DAMAGE TO THE RETAINING SPRING.
BATON TERMINOLOGY

OPEN TO THE SKY- OPEN BATON IN AN UPWARD MOTION. (QUESTION #7)

OPEN TO THE GROUND- OPEN BATON IN A DOWNWARD MOTION.

WEAPON HAND- STRONG SIDE, OR GUN SIDE. (QUESTION #3)

REACTION HAND- WEAK HAND SIDE.

LOADED POSITION- THE BATON IS HELD IN THE WEAPON HAND AT THE POINT OF THE SHOULDER. THIS CAN BE DONE FROM THE OPEN OR CLOSED POSITION. (QUESTION #8)

READY POSITION- BATON IS HELD BEHIND THE WEAPON LEG, OPEN OR CLOSED POSITION.

OPEN MODE- BATON IS FULLY EXTENDED.

CLOSED MODE- BATON IS FULLY CLOSED.
FIVE BASIC RULES FOR TEACHING

1) 90% RULE - RETAIN 90% OF MATERIAL NOW, 10% PROBABLY ONE YEAR LATER.

2) PRINCIPLE OF TEACHING TO THE 2's - WORK OFF OF A SCALE OF 1 - 10.

3) PYRAMID CONCEPT -

4) FORGIVING TECHNIQUES - 90% TARGET HIT, 10% MISS.

5) SIMULATION -

GROSS MOTOR SKILLS vs. FINE MOTOR SKILLS.
Baton Training Format

ASP TACTICAL BATON TECHNIQUES ARE TAUGHT USING A FOUR PART, "PROGRESSIVE" FORMAT, DESIGNED TO ENSURE THAT ALL PARTICIPANTS GAIN COMPETENCY DURING THE TRAINING SESSIONS.

EACH OF THE FOUR SEGMENTS IS STRUCTURED TO SET A DELIBERATE PACE OF INSTRUCTION AS FOLLOWS:

1) BY THE NUMBERS: THE FIRST PART OF THE FORMAT BREAKS THE VARIOUS TECHNIQUES INTO INDIVIDUAL STEPS OF MOVEMENT.

2) SLOW FOR FORM: THIS INTERMEDIATE STEP ALLOWS THE TECHNIQUE TO BE EXECUTED AS A SYSTEM OF MOVEMENT, BUT CONCENTRATES ON FORM.

3) FULL SPEED AND POWER: COMBINES THE FIRST TWO STAGES AND ADDS THE NECESSARY DIMENSIONS OF SPEED AND POWER TO THE MOVEMENT.

4) SIMULATION: PROVIDES REALISTIC, JOB RELATED, DYNAMIC USE OF THE ASP BATON UNDER SIMULATIONS OF STRESS DURING A CONFRONTATION
1) USE OF FORCE REPORT

2) THE CONFRONTATIONAL CONTINUUM  
   ( QUESTION # 12 ,# 14 )

3) PICTURE / ASP TACTICAL BATON
   LABEL COMPONENTS

4) ASP TECHNIQUE SEQUENCE CHART

5) PYRAMID CONCEPT / BODY MECHANICS
ADDITIONAL WRITTEN MATERIAL NEEDED:

1) ASP BASIC TECHNIQUES TEST. (ONE PER STUDENT)

2) WRITTEN TEST ONE PER STUDENT (14 QUESTIONS)
TRAINING DATES FOR
JANUARY 1994

DEC. 30, 1993    THUR.    SDAT INSTRUCTOR DAY

JAN. 13, 1994    THUR.    INSTRUCTOR DAY

JAN. 19, 1994    WED.    OFFICERS

JAN. 24, 1994    MON.    "

JAN. 25, 1994    TUES.    "

JAN. 26, 1994    WED.    "

JAN. 28, 1994    FRI.    "

JAN. 29, 1994    SAT.    "

FEB. 3, 1994     THUR    "

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