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SAN RAFAEL POLICE DEPARTMENT

S.D.A.T. ORIENTATION COURSE

30 HOUR COURSE

OFFICERS NAME:

INSTRUCTOR: M. PIOMBO

DATE: 8-19-03

LOCATION: N. GATE MALL

STUDENT'S SELF DEFENSE BACKGROUND:

RATING SYSTEM:

P- PASS or COMPLETED

R-1 REMEDIAL TRAINING RECOMMENDED PRIOR TO THE START OF
FTO PROGRAM.

R-2 REMEDIAL TRAINING RECOMMENDED DURING THE FTO
PROGRAM.

T/C TRAINING COMPLETE.
SECTION TAUGHT PRIOR TO CLASS, IN THE ACADEMY, OR
OTHER P.D.

N/A NOT APPLICABLE.
WILL NOT BE CARRYING ON DUTY. EQUIPMENT NOT AVAILABLE
AT THIS TIME.

IF R-1 or R-2 ARE DOCUMENTED DURING THIS COURSE, PLEASE ATTACH
A SEPARATE SHEET EXPLAINING WHY YOU RECOMMEND THE
ADDITIONAL TRAINING. PLEASE BE AS DETAILED AS POSSIBLE. ALSO
DOCUMENT ALL INJURIES SUSTAINED AND NOTIFY TRAINING
MANAGER IMMEDIATELY.

SDAT ORIENTATION COURSE DAY 1

INITIAL/RATING

1. **INTRODUCTION**

EPD 1 P

A. REGISTRATION

1. Roster
2. Equipment inspection

B. BACKGROUND

1. SDAT philosophy
2. Firearms related philosophy

C. INSTRUCTOR / STUDENT BACKGROUND

1. Physical fitness
2. Related experience

D. COURSE OUTLINE FOR 30 HOUR SDAT COURS

1. Review course

STRECHING AND WARMING UP

2. **STANCES / FOOT MOVEMENT**

EPD 1 P

- A. Interview Stance
- B. Lunge Step
- C. Combat Stance
- D. Side Step [left / right]
- E. Reverse

3. **WRIST CONTROLS**

EPD 1 P

- A. Come along [Both sides]
- B. Front wrist control
- C. Rear wrist control
- D. Bar arm [Side and Back]
- E. Arm Lock
- F. Combos- Front wrist control to Bar arm to Front wrist control to Arm lock
- G. Wrist control takedown
- H. Hair pull takedown

4. **HANDCUFFING**

EPD 1 P

- A. Standing
- B. Kneeling
- C. Prone
- D. Modified wall *N/A*
- E. Proper lifting and searching techniques

5. **HOBBLE**

 / *N/A*

- A. Application of Maximum Restraint
- B. Medical Considerations / Never leave unattended
 - 1. Check Respiration
 - 2. Check Color
 - 3. Check level of Consciousness
- C. Transportation
 - 1. Prone position, PATROL CAR IS NOT ACCEPTABLE
 - 2. Use of Ambulance or Paramedics
 - 3. Use of Van

LUNCH

STRETCHING AND WARM-UP

6. **PERSONNEL WEAPONS**

- A. Hands
- B. Elbows
- C. Feet
- D. Knees
- E. Head

EPD / *P*

7. **GROUND DEFENSE**

- A. Kick and spin
- B. Kick and roll
- C. Standing up

EPD / *P*

8. **ASP BATTON
HANDGUN CONTROL**

- A. Front grab/ outside hand
 - 1. One or two hands
- B. Front Cross grab/ opposite hand
 - 1. One or two hands

EPD / *P*

- C. Rear Grab / Either Hand
 - 1. One or two hands

9. **HANDGUN TAKEAWAY (HOSTAGE)**

____ / N/A

- A. Front
- B. Side
- C. Rear

10. **NERVE STIMULATION / TAKE DOWNS**

EJP / P

- A. Sterno-Mastoidal
- B. Head Reversal Takedown
- C. Hair-Pull Takedown
- D. Salivary Gland
- E. Gum nerve
- F. Buckle nerve
- G. Armpit

FILM: P.O.S.T. "CONTROLLING VIOLENT SUBJECTS" [Part 1]

Time viewed ALL

FILM: S.D.P.D. "IN-CUSTODY DEATHS"

Time viewed _____

CLASS DISMISSED

- **NOTE:** In a lethal confrontation nonstrike zones can become strike zones. You must be able to justify the use of deadly force.

G. BATON STRIKES (OPEN AND CLOSED MODE)

1. Weapon strike
2. Reaction strike
3. Straight strike
- * 4. Rapid response strike
5. Combinations
6. 45 degree angle strikes

STRETCHING / WARM-UP

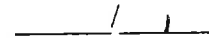
2. CARRYING / BASIC DRAWS / CLOSING THE BATON

- A. Carrying the ASP
- B. Weapon hand
- C. Reaction hand
- D. Closing



3. ASP STRIKES (BAG WORK)

- A. Striking areas / areas not to strike
- B. Weapon strike
- C. Reaction strike
- D. Straight strike
- E. Clearance strike



4. TWO STRIKING MODES (BAG WORK)

- A. Open
- B. Closed



5. TWO POSITIONS FOR STRIKING

- A. Ready Position
- B. Loaded Position



LUNCH

STRETCHING / WARM-UP

6. PRACTICE DRILLS (WITH VARIATIONS)

- A. Bag Work, one and two man opponents



SDAT ORIENTATION COURSE DAY 2

EPD P

1. LECTURE ON ASP TACTICAL BATON

A. ASP TACTICAL BATON HISTORY

1. SRPD history
2. Other impact weapons

B. TECHNICAL CHARACTERISTICS OF THE ASP BATON

1. Models
2. Parts
3. Maintenance
4. ASP Operations

C. BODY MECHANICS (PYRAMID)

1. Wide base
2. Deep base
3. Low center
4. Hand position

D. POWER GENERATION

1. Balance
2. Endurance
3. Flexibility
4. Focus
5. Speed
6. Strength

E. TRAINING TERMINOLOGY

1. Weapon side
2. Reaction side
3. Clearance strikes
4. Forgiving techniques
5. Modes OPEN/CLOSED
6. Weapon strike
7. Straight strike
8. Rapid response strike
9. 45 degree angle strike
10. Weapon hand strike
11. Reaction hand strike

F. STRIKING AREAS / NONSTRIKING AREAS

1. (Striking areas) Center mass arm, body, leg
2. (Nonstriking areas) head, neck, spine, kidneys, groin

7. **OC SPRAY**

EPO 1 P

A. Distances / Duration / Conditions

1. Minimum of 3'
2. Maximum of 15'
3. Three second burst
4. Wind condtions

B. Medical considerations

1. Flush eyes with large amount of water
2. Air face out in a breeze

FILM: P.O.S.T. "CONTROLLING VIOLENT SUBJECTS"[Part 2]

Time viewed _____

CLASS DISMISSED

STRETCHING / WARM-UP

1. **REVIEW OF DAY 1 AND DAY 2**

LUNCH

STRETCHING / WARM-UP

2. **HITMAN SINARIOS**

- A. 647(F) subject
- B. 5150 W&I subject
- C. Warrant arrest



FILM: P.O.S.T. "CONTROLLING VIOLENT SUBJECTS" [Part 3]
(2 hours) Time viewed _____

FILM: P.O.S.T. "VERBAL JUDO, TACTICAL COMMUNICATIONS"
(2 hours) Time viewed _____

CLASS DISMISSED

COMMENTS:
