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# Week # 1 - Orientation Schedule

∴ New Officers and Dispatcher

Time	Sunday	Monday 12/9	Tuesday 12/10	Wednesday 12/11	Thursday 12/12	Friday 12/13	Saturday
0700							RDO
0730						CyB. BOOK + HANDOUTS 1200	
0800						↓ 1230	
0830						↓ 1300	
0900		ID CARDS	TRAFFIC	RIDE ALONGS	SUPPORT SERVICES	TRADIO SYSTEM 1330	
0930		SWINE-1N	↓		↓	1400	
1000		↓	PARENTAL SUPPORT/INT		GRANGS	1430	
1030		TOUR OF PD	↓		↓	1500	
1100		↓	DMV/CDL VIDEO		↓	1530	
1130		LUNCH	↓		↓	1600	
1200		↓	LUNCH		LUNCH	↓ 1630	
1230		BLOODWORK PATRIGENS			↓	1700	
1300				LUNCH	SEARCH + SERVICES	DOMESTIC VIOLENCE/EPDS 1730	
1330		↓		↓		1800	
1400		UNIFORMS	COPS	TUL/PAS/ RADAR		1830	
1430						1900	
1500		↓				1930	
1530		LOCKERS + EQUIPMENT				2000	
1600							
1630							

(Schedule is subject to change)

# Week # 3 - Orientation Schedule for New Officers and Dispatcher

Time	Sunday	Monday 12/23	Tuesday 12/24	Wednesday 12/25	Thursday 12/26	Friday 12/27	Saturday
0700	RDO	EVIDENCE PROCESSING	RIDE ALONG	HOLIDAY, OFF	RIDE ALONG		RDO
0730						REPORT WRITING	
0800							
0830		JUVENILE LAW					
0900		↓					
0930		EVIDENCE LAW					
1000		↓					
1030		SEXUAL HARASSMENT					
1100		↓					
1130		LUNCH					
1200		↓					
1230		SEXUAL HARASSMENT					
1300		↓					
1330		COPING w/ STRESS					
1400		↓					
1430		INVESTIGATIONS					
1500							
1530							
1600							
1630							

(Schedule is subject to change)

# Week # 4 - Orientation Schedule for: New Officers and Dispatcher

Time	Sunday	Monday 12/30	Tuesday 12/31	Wednesday 1/1	Thursday 1/2	Friday 1/3	Saturday
0700	RDO	TRAFFIC STOPS	SDAT @ HAMILTON	HOLIDAY OFF	SDAT @ HAMILTON	HITMAN @ HAMILTON	RDO
0730							
0800							
0830							
0900							
0930							
1000							
1030							
1100							
1130							
1200		LUNCH + TRAVEL TIME					
1230							
1300							
1330							
1400		CHAPLAIN					
1430							
1500		FTO PROGRAM					
1530							
1600							
1630							

(Schedule is subject to change)

# Week # 2 - Orientation Schedule for: New Officers and Dispatcher

Time	Sunday 12/15	Monday 12/16	Tuesday 12/17	Wednesday 12/18	Thursday 12/19	Friday	Saturday
0700						RPO	RPO
0730							
0800	RIMS	RIMS			RECORDS SIT-IN		
0830							
0900			YOUTH SERVICES ↓	ACCIDENT INQUIRY	↓		
0930			IMPORTANT LOCATIONS		PATROL READINESS		
1000							
1030							
1100							
1130							
1200	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1230			↓		↓		
1300			BENEFITS		METS		
1330							
1400					DISPATCH SIT-IN		
1430							
1500							
1530							
1600			SZPA				
1630			↓				

(Schedule is subject to change)



# Week # 5 - Orientation Schedule for New Officers and Dispatcher

Time	Sunday	Monday 1/6	Tuesday 1/7	Wednesday 1/8	Thursday 1/9	Friday 1/10	Saturday
0700	RDO	FIREARMS @ RICHMOND	FIREARMS @ RICHMOND	RDO			RDO
0730							
0800							
0830							
0900							
0930							
1000					ACTIVE SHOOTER @ RICHMOND		
1030							
1100							
1130							
1200						HIGH RISK STOPS @ HAMILTON	
1230							
1300							
1330							
1400							
1430							
1500							
1530							
1600							
1630							

TO 2000 (Schedule is subject to change)



# Orientation Schedule for Sworn Officers

<u>Date &amp; Time</u>	<u>Topic</u>	<u>Instructor</u>	<u>Time Needed</u>	<u>Location</u>
<b>FIRST PRIORITY</b>				
12/9	I.D. Cards & Badges	B. Minka / Training	.50	
12/9	Tour of P.D.	Training	.50	
12/9	Swearing-In	J. Leoncini, City Clerk	.50	Council Chambers
12/9	City Council Meeting Presentation		.50	Council Chambers
4 <sup>th</sup> / 3 <sup>rd</sup> Monday 2000-2030	Health, Life & Dental Benefits (see notes below)	D. Chandler / P. Huffman	3	City Manager's Conference Room
12/17	S.R.P.A.	D. Hanlon / S. Olson	1	Briefing Room
12/17	METS Body Mechanics	T. Schwartz, METS	1.50	METS
12/12 & 12/19	Lockers & Equipment Issuance	Training	1.50	PD / Annex
12/9	Uniform Ordering	Training	3	Selix / Butlers Uniforms
12/31 & 1/2	SDAT	M. Piombo	10 x 2 days	City Hall @ Mall / Hamilton Field
1/3	Hitman (videotape for FTO Sgt.)	M. Piombo	1 hr per recruit	City Hall @ Mall / Hamilton Field
1/6 & 1/7	Firearms	M. Piombo	10 x 2 days	Richmond Rod & Gun Club
1/9	Active Shooter	M. Piombo	10	Bullseye / Richmond Rod & Gun Club
12/30 & 1/10	Regular & High Risk Stops – Day & Night (schedule after SDAT & Firearms)	M. Piombo	10-15	Hamilton Field
(best days: Thursday or Friday)	Driver Training & Awareness (covers GO's 80-21, 91-5, 82-7)	M. Crain, MCSO	8	Hamilton Field
<b>SECOND PRIORITY</b>				
<del>12/03</del> 12/12	Search & Seizure	E. Masterson	4	Annex
12/13	Emergency Protective & Domestic Violence Orders	W. Spaletta	3	Annex
12/13	Radio Systems & Practical Radio Operations	D. Fink	3	Annex
12/11	Ride-Along	Patrol Officers	4	
N/A	Computer Training (Notebook, Windows, Word, e-mail) (Computer log in access needed)	K. Lomba	3-4	Annex / Report Writing Room
12/15 & 12/16	RIMS Computer System	Records / Dispatch	16	
12/10	Community Policing	J. Kelly	3	Annex
12/27	Report Forms	A. Juge	2	Annex
12/27	Report Writing	A. Juge	4	Annex
12/18	Traffic Accident Investigation	Hanlon	7	Annex
12/11	DUI / PAS / Radar	C. Tirre	3	Briefing Room
12/12	Gang Awareness / Gang G.O.	R. Martin	2	Annex
12/23	Juvenile Law	H. Barbier	1	Annex
12/23	Coping With Stress	J. Fay	2	Annex
12/30	Chaplains	Chaplains	1	Annex
12/19	Dispatch & Dispatch Sit-In	Dispatchers	2	Dispatch
12/19	Information Services & Front Office Sit-In	M. Rohrbacher / Record Clerks	2	Front Office
12/23	Evidence Law	H. Barbier	1	Annex
12/23	Evidence Processing	R. Mayer	3	PD / Annex
12/30	FTO Program	D. Hulett & M. Keller	1-3	Patrol Office
12/13	G.O. Book & Misc. Handouts	R. Mayer	.75	Annex

	<b>THIRD PRIORITY</b>			
<del>12/12</del> <del>12/10</del>	Support Services Division	J. Rohrbacher	.50	JR's Office / Annex
12/10	Traffic Bureau	A. Juge	.50	Briefing Room
12/23	Investigations Unit	J. Franzini	.50	Annex
12/17	Youth Services	P. Carson	.50	Youth Services
N/A	<del>K-9 Unit Demo</del>		1	Back Lot
12/10	Patrol / SRT / Hostage Negotiations	D. Hulett	.50	Briefing Room
12/19	Patrol Readiness (get briefcases beforehand)	M. Miller / D. Starnes	2	Briefing Room
12/9	Bloodborne Pathogens video & quiz	M. Piombo	1.50	Annex
	<b>FOURTH PRIORITY FILL-IN TOPICS</b>			
12/23 & 12/27	Videos: Sexual Harassment, SEMS, Elder Abuse		6	Annex
<del>12/10</del>	Patrol Boat orientation	M. Hedeem	1	Marin Yacht Club
<del>12/17</del> <del>12/12</del>	Important Locations (see list)	Training	3	In-Field

For Benefits meeting (re: health, life, dental, retirement, and long-term disability) with City Personnel, the new employee must bring the following:

- ◆ certified copy of birth certificate with stamped seal (for retirement)
- ◆ California Drivers License
- ◆ original Social Security Card or valid U.S. passport (for I-9 form)
- ◆ copy of marriage certificate and spouse's Social Security number (to include spouse on medical plan)
- ◆ name of beneficiary and their Social Security number (for retirement and life insurance beneficiary)

# Week # 1 - Orientation Schedule for: New Officers and Dispatcher

Time	Sunday	Monday 12/9	Tuesday 12/10	Wednesday 12/11	Thursday 12/12	Friday 12/13	Saturday
0700				RIDE-ALONG			RDO
0730							
0800						OFF BOOK 1 1200	
0830						1230	
0900		ID CARDS	11A FILE	SUPPORT SERVICES	PHOTO SYSTEM	1300	
0930		SWEENEY-111	↓	↓	↓	1330	
1000		↓	TRUCK/UNIT	↓	↓	1400	
1030		TOUR OF PD	↓	↓	↓	1430	
1100		↓	DMV/CDL VIDEO	↓	↓	1500	
1130		LUNCH	↓	↓	↓	1530	
1200		↓	LUNCH	↓	↓	1600	
1230		FLUORESCENT PATTERNS	↓	↓	↓	1630	
1300		↓	↓	↓	↓	1700	
1330		↓	↓	↓	↓	1730	
1400		DISPATCH	↓	↓	↓	1800	
1430		↓	↓	↓	↓	1830	
1500		↓	↓	↓	↓	1900	
1530		↓	↓	↓	↓	1930	
1600		↓	↓	↓	↓	2000	
1630							

(Schedule is subject to change)



# Week # 2 - Orientation Schedule for: New Officers and Dispatcher

Time	Sunday 12/15	Monday 12/16	Tuesday 12/17	Wednesday 12/18	Thursday 12/19	Friday	Saturday
0700				DISPATCH		RPO	RPO
0730							
0800	RIMS	RIMS					
0830							
0900			YOUTH SERVICES		DISPATCH		
0930			↓		↓		
1000			IMPORTANT LOCATIONS		RECORDS SIT-IN		
1030							
1100							
1130							
1200	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1230			↓		↓		
1300			BENEFITS		DISPATCH		
1330							
1400							
1430							
1500							
1530							
1600			GRPA				
1630			↓				

(Schedule is subject to change)

# Week # 3 - Orientation Schedule r: New Officers and Dispatcher

Time	Sunday	Monday 12/23	Tuesday 12/24	Wednesday 12/25	Thursday 12/26	Friday 12/27	Saturday
0700	RDO	EVIDENCE PROCESSING	RIDE ALONG	HOLIDAY: OFF	RIDE ALONG	DISPATCH	RDO
0730			OR DISPATCH		OR DISPATCH		
0800							
0830							
0900		JUVENILE LAW					
0930							
1000		EVIDENCE LAW					
1030							
1100		SEXUAL HARASSMENT					
1130							
1200		LUNCH					
1230							
1300		SEXUAL HARASSMENT					
1330							
1400							
1430		COPING w/ STRESS					
1500						SEMS VIDEO	
1530							
1600							
1630		INVESTIGATIONS					

(Schedule is subject to change)

# Week # 4 - Orientation Schedule r: New Officers and Dispatcher

Time	Sunday	Monday 12/30	Tuesday 12/31	Wednesday 1/1	Thursday 1/2	Friday 1/3	Saturday
0700	RDO	TRAFFIC STOPS	DISPATCH				RDO
0730							
0800							
0830							
0900							
0930							
1000							
1030							
1100							
1130							
1200		LUNCH + TRAVEL TIME					
1230							
1300							
1330							
1400		CHAPLAINS					
1430			DISPATCH				
1500							
1530							
1600							
1630							

(Schedule is subject to change)



# Orientation Schedule for Dispatchers / Records Clerks

<u>Date &amp; Time</u>	<u>Topic</u>	<u>Instructor</u>	<u>Time Needed</u>	<u>Location</u>
	<b>FIRST PRIORITY</b>			
12/9	I.D. Cards & Badges	B. Minka / Training	.50	
12/9	Tour of P.D.	Training	.50	
12/9	Swearing-In	J. Leoncini, City Clerk	.50	Council Chambers
12/17	Health, Life & Dental Benefits (see notes below)	D. Chandler / P. Huffman	3	City Manager's Conference Room
12/17	S.R.P.A.	D. Hanlon / S. Olson	1	Briefing Room
12/12	METS Body Mechanics	T. Schwartz, METS	1.50	METS
12/9	Lockers & Equipment Issuance	Training	1.50	PD / Annex
	Uniform Ordering	M. Rohrbacher	1?	
	<b>SECOND PRIORITY</b>			
12/13	Emergency Protective & Domestic Violence Orders	W. Spaletta	3	Annex
12/13	Radio Systems & Practical Radio Operations	D. Fink	3-4	Annex
12/11	Ride-Along	Patrol Officers	4	
N/A	Computer Training (Notebook, Windows, Word, e-mail) (Computer log-in access needed)	K. Lomba	3-4	Annex / Report Writing Room
12/15 + 12/16	RIMS Computer System	Records / Dispatch	16	
12/10	Community Policing	J. Kelly & J. Bean	3	Annex
12/12 <del>12/17</del>	Gang Awareness / Gang G.O.	R. Martin	2	Annex
12/23	Coping With Stress	J. Fay	2	Annex
12/30	Chaplains	Chaplains	1	Annex
12/19	Dispatch & Dispatch Sit-In	Dispatchers	2	Dispatch
12/19	Information Services & Front Office Sit-In	M. Rohrbacher / Record Clerks	2	Front Office
	CTO Program	M. Rohrbacher	1	Dispatch
12/13	G.O. Book & Misc. Handouts	R. Mayer	.75	Annex



	<b>THIRD PRIORITY</b>			
12/12 <del>12/10</del>	Support Services Division	J. Rohrbacher	.50	JR's Office / Annex
12/10	Traffic Bureau	A. Juge	.50	Briefing Room
12/23	Investigations Unit	J. Franzini	.50	Annex
12/17	Youth Services	P. Carson	.50	Youth Services
N/A	K-9 Unit Demo		1	Back Lot
12/10	Patrol / SRT / Hostage Negotiations	D. Johnson / D. Hulett	.50	Briefing Room
12/9	Bloodborne Pathogens video & quiz	M. Piombo	1.50	Annex
	<b>FOURTH PRIORITY FILL-IN TOPICS</b>			
12/23 & 12/27	Videos: Sexual Harassment, SEMS		6	Annex
<del>12/19</del>	Patrol Boat orientation	M. Hedeem	1	Marin Yacht Club
12/17 <del>12/12</del>	Important Locations (see list)	Training	3	In-Field

For Benefits meeting (re: health, life, dental, retirement, and long-term disability) with City Personnel, the new employee must bring the following:

- ◆ certified copy of birth certificate with stamped seal (for retirement)
- ◆ California Drivers License
- ◆ original Social Security Card or valid U.S. passport (for I-9 form)
- ◆ copy of marriage certificate and spouse's Social Security number (to include spouse on medical plan)
- ◆ name of beneficiary and their Social Security number (for retirement and life insurance beneficiary)



# Memorandum

**To:** Cpt. Rohrbacher *Reviewed 1/15/03 Jm267*  
**Cc:** Sgt. Hulett  
**From:** Mark M. Piombo, Training Manager/Trainer  
**Date:** 1/13/2003  
**Re:** Firearms/SDAT Orientation for Schikore, Leon, Piano, Maples

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The Firearms/SDAT orientation for the new officers has been completed. All of the new officers performed very well and there were no remediations. Each officer is now qualified with the rifle, pistol and shotgun. Each officer has also demonstrated proper handcuffing procedures and SDAT tactics. They have also demonstrated the ability to perform basic traffic stops and high risk traffic stops.

The firearms training was three days long and it included learning the basic skills and qualifying with the rifle, pistol and shotgun. One day was spent on active shooter/rapid response incidents.

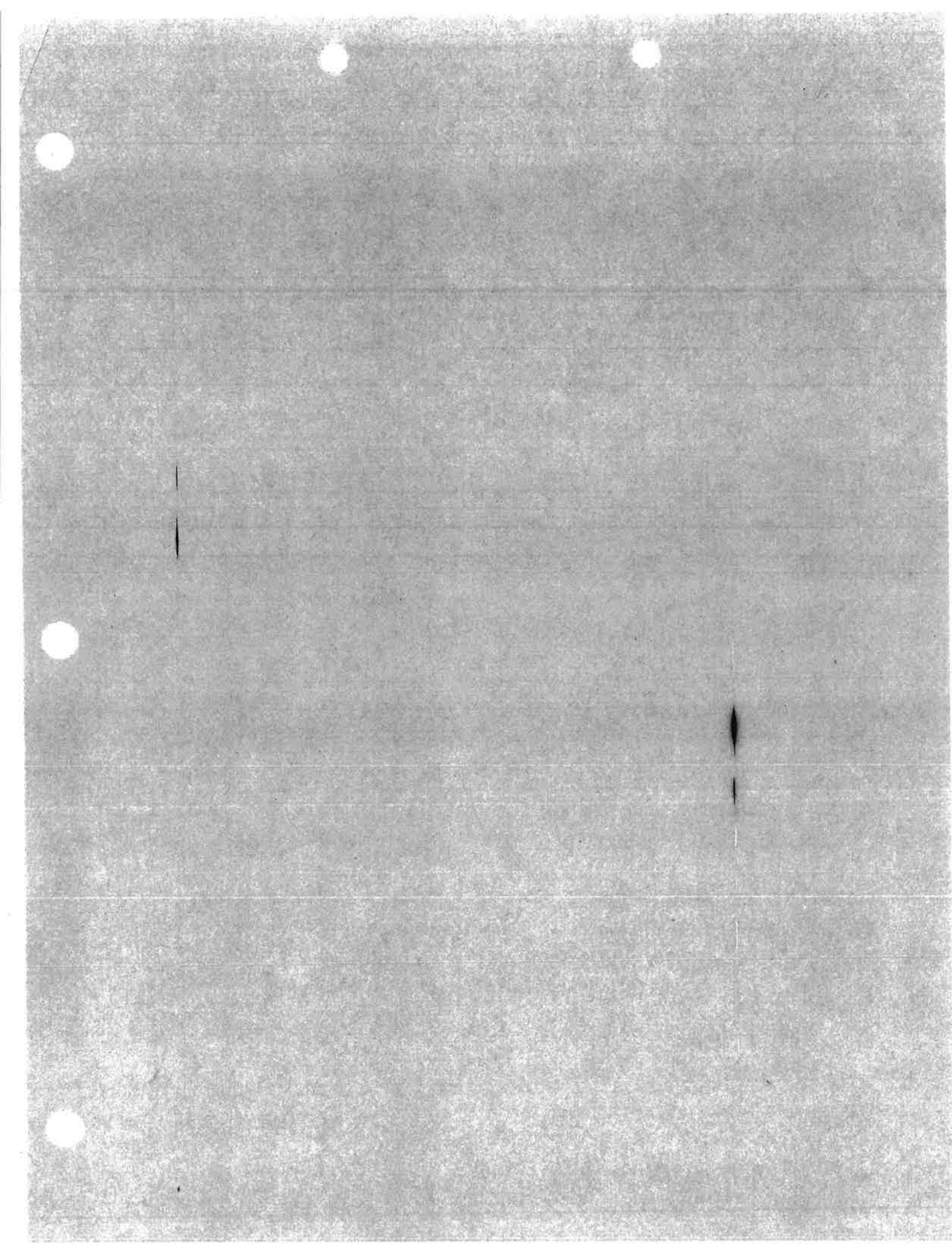
Each officer spent one SDAT day training with the Hitman suit. The Hitman training was done on the last day of SDAT training. The scenarios were a 647(f) P.C. subject, a warrant arrest and a 5150 W&I subject. The officers participated in each scenario without the others watching their performance. Each scenario was filmed for evaluation and training purposes. Upon conclusion of the day, the class was able to watch the video of the scenarios.

There were no reportable safety violations on the range or during SDAT training. There were no reportable injuries during the training session.

[REDACTED]

[REDACTED]

**Attached:** Course record sheet, SDAT outline, Firearms outline, Rifle test, Shotgun test, G.O. 80-30 test



# SAN RAFAEL POLICE DEPARTMENT FIREARMS ORIENTATION COURSE

## 30 HOUR COURSE

  
INSTRUCTOR: M. PIOMBO

DATE: 010603 - 010703 010903

LOCATION: RICHMOND RANGE

STUDENT FIREARMS BACKGROUND:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### RATING SYSTEM:

P- PASS OR COMPLETED

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

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 RECOMMENDED THE  
ADDITIONAL TRAINING. PLEASE BE AS DETAILED AS POSSIBLE. ALSO  
DOCUMENT ALL INJURIES SUSTAINED, AND NOTIFY THE TRAINING  
SERGEANT AS SOON AS POSSIBLE.

# FIREARMS ORIENTATION COURSE DAY 1

## DUTY HANDGUN AND FIREARM BASICS

INITIAL/RATING

GS, P

### 1. INTRODUCTION:

#### A. REGISTRATION

1. Roster
2. Handgun and equipment inspection

#### B. BACKGROUND

1. Firearms training philosophy
2. SDAT training philosophy

#### C. RANGE SAFETY RULES

1. Range safety policy
2. Range commands

#### b. EQUIPMENT CHECK

1. Duty belt
2. Helmet
3. Gas mask
4. Personal and patrol body armor

### 2. LECTURE:

GS, P

#### A. 80-30 DISCHARGE OF FIREARMS POLICY

1. Review test
2. Test

#### B. PROPER SHOOTING TECHNIQUE

1. Pistol
2. Rifle
1. Shotgun

#### C. CARE AND CONDITION OF LEATHER

### 3. HANDGUN COURSE:

GS, P

#### A. COURSE OF FIRE / INSTRUCTION

1. Basic bulls eye / natural point of aim
2. Sighting in
3. Evaluation of shooter
2. Target acquisition

150 ROUNDS

4. **PRECISION SHOOTING INSTRUCTION:**

GS, P

A. TARGET DOTS AT THE 7 YARD LINE

[50 ROUNDS]

**LUNCH**

5. **832 PC QUALIFICATION COURSE**

GS, P

A. PRACTICE AT THE 3, 7, 15 YARD LINE

[50 ROUNDS]

6. **832 PC QUALIFICATION TEST**

GS, P

A. 3, 7, 15 YARD LINE [36 ROUNDS]

7. **CLASS REVIEW/DISMISSED**

GS, P

A. Class review (day 1)

B. Class review (day 2)

**CLASS DISMISSED**

## **FIREARMS ORIENTATION COURSE DAY 2**

### **REMINGTON 870 SHOTGUN AND BEAN BAG LECTURE**

#### **1. LESS LETHAL WEAPONS SYSTEM LECTURE:**

GS/P

- A. Remington manual
  - 1. Nomenclature
- B. SHOTGUN INSPECTION PROCEDURE
  - 1. Patrol vehicle removal
  - 2. Practice unloading and loading
  - 3. Practice inspection (patrol ready)
- C. SOCK STYLE BEAN BAG ROUND
  - 1. Design
  - 2. Ballistics

#### **2. PRE-DEPLOYMENT CONSIDERATION FOR LESS LETHAL**

GS/P

- A. Type of calls
- B. Level of force
- C. Team approach (lethal option)

#### **3. DEPLOYMENT OF LESS LETHAL**

GS/P

- A. Announcement and firing
- B. Evaluation of effectiveness
- C. Custody
- D. First aid

#### **4. POST-DEPLOYMENT OF LESS LETHAL**

GS/P

- A. Evidence collection
  - 1. Sock
  - 2. Shotgun hull
  - 3. Note serial number of shotgun
- B. Statements
  - 1. Officers



2. Bystanders
3. Suspects

5. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

GS, P

- A. Practice [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

6. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

GS, P

- A. Qualification [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

**AR-15 PATROL RIFLE**

1. **AR-15 WEAPONS SYSTEM LECTURE**

GS, P

- A. AR-15 manual
  1. Nomenclature
- B. AR-15 RIFLE INSPECTION PROCEDURE
  1. Patrol vehicle removal
  2. Practice loading and unloading
  3. Practice inspection (patrol ready)

2. **AR-15 RIFLE COURSE:**

GS, P

A. COURSE OF FIRE / INSTRUCTION

1. Patrol ready
2. Sight in and shooting basics
3. Evaluation of shooter
4. Target acquisition
5. Live fire

B. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNELLING
3. SITTING
4. PRONE

**LUNCH**

A. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNELLING
3. SITTING

3. **AR-15 RIFLE WRITTEN TEST**

GS/P

**CLASS DISMISSED**

# **FIREARMS ORIENTATION COURSE DAY 3**

## **RAPID RESPONSE/ACTIVE SHOOTER**

### **1. INTRODUCTION/COURSE OVERVIEW**

GS, P

- A. REGISTRATION, COURSE ROSTER
- B. INTRODUCTION
  - 1. Course Purpose
  - 2. History Active Shooter Training
  - 3. Department Policy
- C. COURSE OVERVIEW
  - 1. Course Objectives
  - 2. Physical Preparation
  - 3. Mental Preparation
- D. SAFETY POLICIES OVERVIEW
  - 1. Range Safety
  - 2. Range Commands
- E. INSPECTION AND TEST
  - 1. Equipment
  - 2. Firearms
  - 3. General Order Test 80-30 SRPD

### **2. QUALIFICATIONS**

GS, P

- A. 832 P.C. PISTOL QUALIFICATION WITH PATROL VEST
  - 1. 36 Rounds: 3 yards, 7 yards, 15 yards
- B. AR-15 QUALIFICATION WITH PATROL VEST
  - 1. 20 Rounds: 50 yard line
  - 2. Standing, Kneeling, Prone

### **3. TEAM MOVEMENT**

GS, P

- A. INDIVIDUAL OFFICER MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward
  - 2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward

2. Back
- c. INDIVIDUAL OFFICER MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back

## **LUNCH**

### **4. ROOM ENTRY/SEARCH**

GSIP

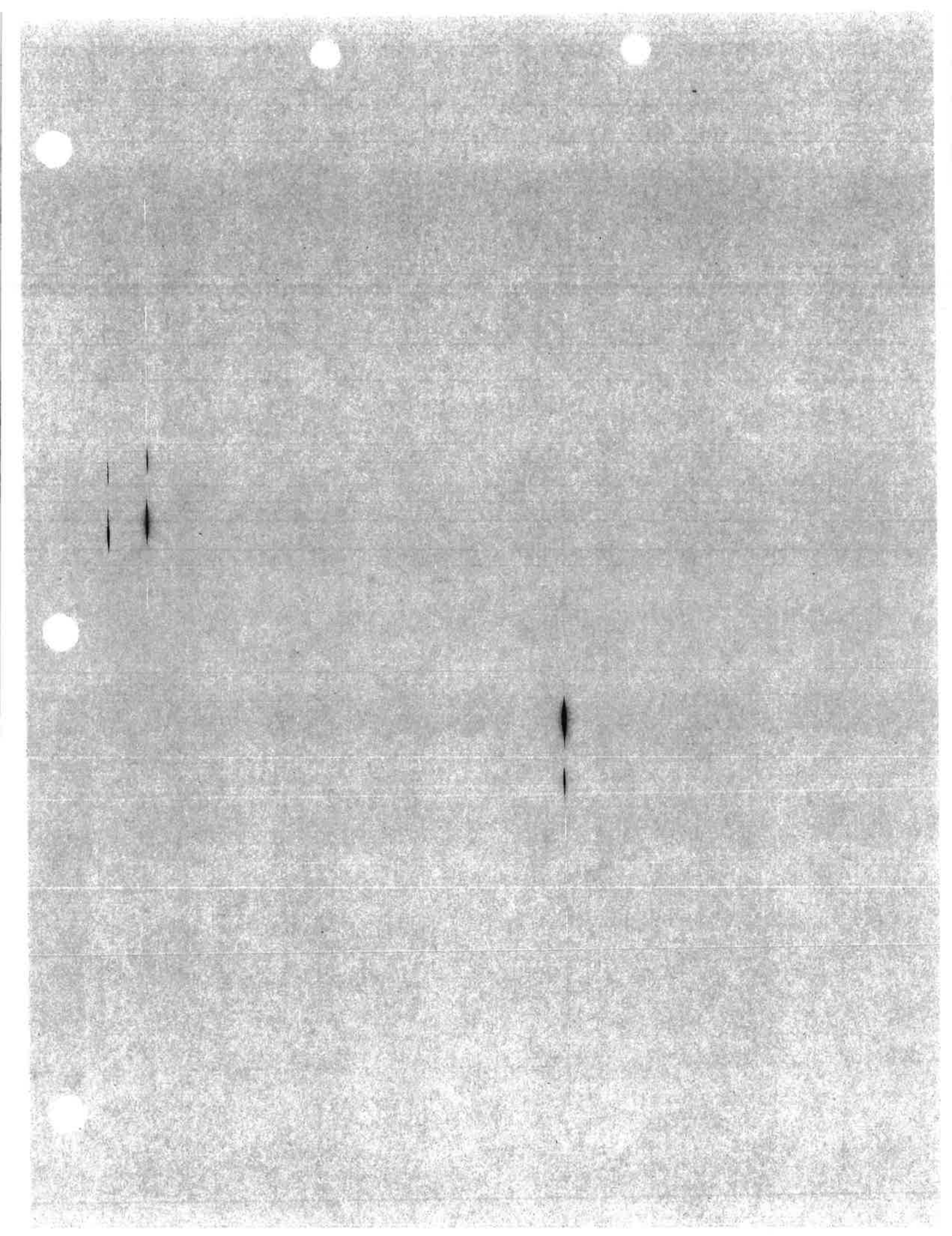
- A. TACTICAL APPROACH
  1. Left
  2. Right
  3. Strait
- b. ROOM ENTRY
  1. Threat Assessment
  2. Shooting Lanes
  3. Searching
  4. Exiting Room

### **5. ACTIVE SHOOTER RESPONSE SENARIO**

GSIP

- A. VEHICLE POSITION
  1. Safe Location
- b. EQUIPMENT
  1. Vest, Rifle, Helmet
- c. TEAM FORMATION
  1. Team Leader
  2. Diamond Formation
- d. TEAM MOVEMENT
  1. Approach
  2. Entry
  3. Threat Assessment
  4. Shooting Lanes/Searching
  5. Exiting Room

**CLASS DISMISSED**



4. **PRECISION SHOOTING INSTRUCTION:**

Bm / P

A. TARGET DOTS AT THE 7 YARD LINE

[50 ROUNDS]

**LUNCH**

5. **832 PC QUALIFICATION COURSE**

Bm / P

A. PRACTICE AT THE 3, 7, 15 YARD LINE

[50 ROUNDS]

6. **832 PC QUALIFICATION TEST**

Bm / P

A. 3, 7, 15 YARD LINE [36 ROUNDS]

7. **CLASS REVIEW/DISMISSED**

Bm / P

A. Class review (day 1)

B. Class review (day 2)

**CLASS DISMISSED**

## **FIREARMS ORIENTATION COURSE DAY 2**

### **REMINGTON 870 SHOTGUN AND BEAN BAG LECTURE**

#### **1. LESS LETHAL WEAPONS SYSTEM LECTURE:**

BM / P

- A. Remington manual
  - 1. Nomenclature
- B. SHOTGUN INSPECTION PROCEDURE
  - 1. Patrol vehicle removal
  - 2. Practice unloading and loading
  - 3. Practice inspection (patrol ready)
- C. SOCK STYLE BEAN BAG ROUND
  - 1. Design
  - 2. Ballistics

#### **2. PRE-DEPLOYMENT CONSIDERATION FOR LESS LETHAL**

BM / P

- A. Type of calls
- B. Level of force
- C. Team approach (lethal option)

#### **3. DEPLOYMENT OF LESS LETHAL**

BM / P

- A. Announcement and firing
- B. Evaluation of effectiveness
- C. Custody
- D. First aid

#### **4. POST-DEPLOYMENT OF LESS LETHAL**

BM / P

- A. Evidence collection
  - 1. Sock
  - 2. Shotgun hull
  - 3. Note serial number of shotgun
- B. Statements
  - 1. Officers

2. Bystanders
3. Suspects

5. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

Bm / P

- A. Practice [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

6. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

Bm / P

- A. Qualification [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

## **AR-15 PATROL RIFLE**

1. **AR-15 WEAPONS SYSTEM LECTURE**

Bm / P

- A. AR-15 manual  
1. Nomenclature
- B. AR-15 RIFLE INSPECTION PROCEDURE  
1. Patrol vehicle removal  
2. Practice loading and unloading  
3. Practice inspection (patrol ready)

2. **AR-15 RIFLE COURSE:**

Bm / P

A. **COURSE OF FIRE / INSTRUCTION**

1. Patrol ready
2. Sight in and shooting basics
3. Evaluation of shooter
4. Target acquisition
5. Live fire

- B. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNELLING
3. SITTING
4. PRONE

**LUNCH**



A. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNELLING
3. SITTING

3. **AR-15 RIFLE WRITTEN TEST**

BM / P

**CLASS DISMISSED**

# **FIREARMS ORIENTATION COURSE DAY 3**

## **RAPID RESPONSE/ACTIVE SHOOTER**

### **1. INTRODUCTION/COURSE OVERVIEW**

Bm/ P

- A. REGISTRATION, COURSE ROSTER
- B. INTRODUCTION
  - 1. Course Purpose
  - 2. History Active Shooter Training
  - 3. Department Policy
- C. COURSE OVERVIEW
  - 1. Course Objectives
  - 2. Physical Preparation
  - 3. Mental Preparation
- D. SAFETY POLICIES OVERVIEW
  - 1. Range Safety
  - 2. Range Commands
- E. INSPECTION AND TEST
  - 1. Equipment
  - 2. Firearms
  - 3. General Order Test 80-30 SRPD

### **2. QUALIFICATIONS**

Bm/ P

- A. 832 P.C. PISTOL QUALIFICATION WITH PATROL VEST
  - 1. 36 Rounds: 3 yards, 7 yards, 15 yards
- B. AR-15 QUALIFICATION WITH PATROL VEST
  - 1. 20 Rounds: 50 yard line
  - 2. Standing, Kneeling, Prone

### **3. TEAM MOVEMENT**

Bm/ P

- A. INDIVIDUAL OFFICER MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward
  - 2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward

2. Back
- c. INDIVIDUAL OFFICER MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back

## **LUNCH**

### **4. ROOM ENTRY/SEARCH**

Bm / P

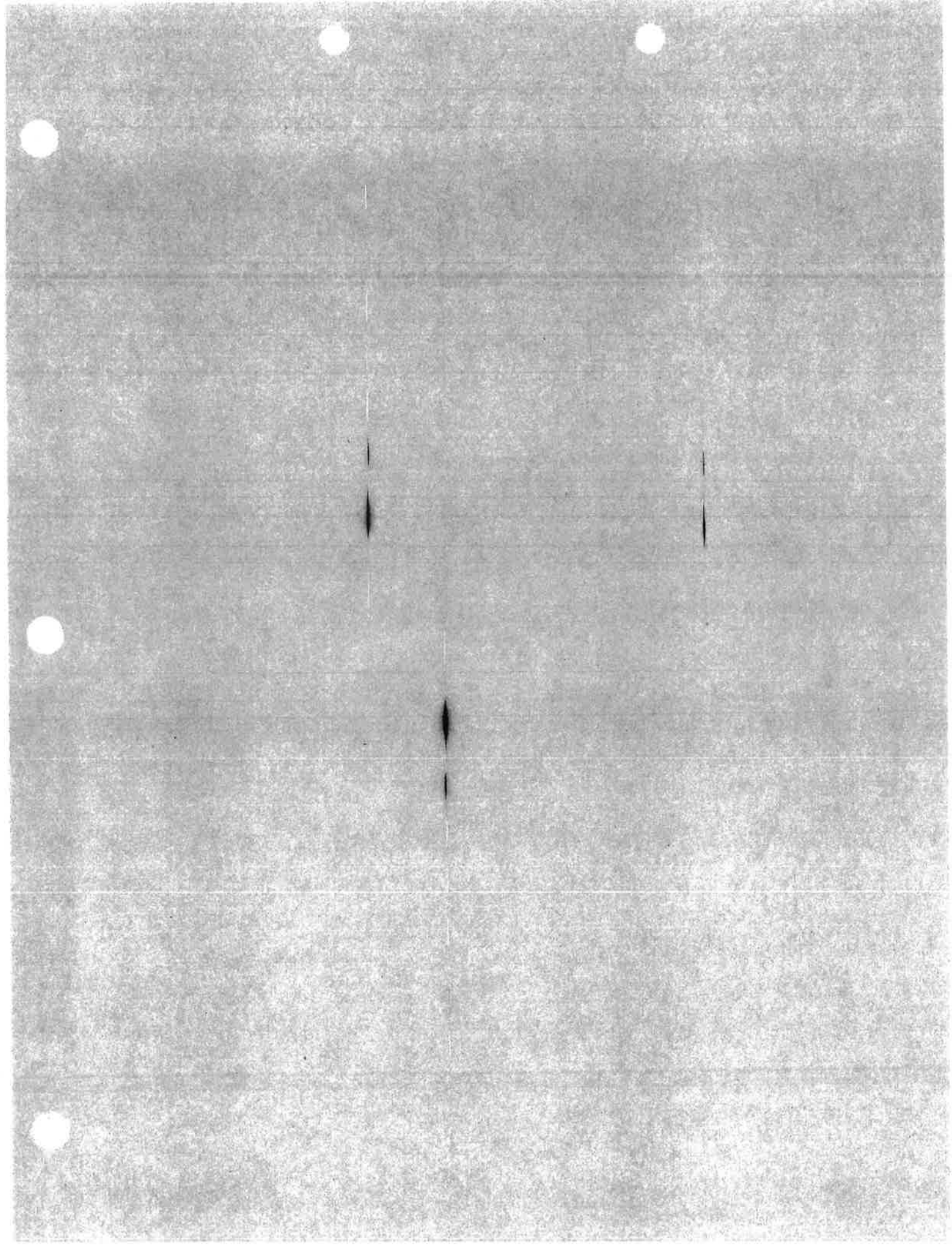
- A. TACTICAL APPROACH
  1. Left
  2. Right
  3. Strait
- b. ROOM ENTRY
  1. Threat Assessment
  2. Shooting Lanes
  3. Searching
  4. Exiting Room

### **5. ACTIVE SHOOTER RESPONSE SENARIO**

Bm / P


- A. VEHICLE POSITION
  1. Safe Location
- b. EQUIPMENT
  1. Vest, Rifle, Helmet
- c. TEAM FORMATION
  1. Team Leader
  2. Diamond Formation
- d. TEAM MOVEMENT
  1. Approach
  2. Entry
  3. Threat Assessment
  4. Shooting Lanes/Searching
  5. Exiting Room

**CLASS DISMISSED**



# SAN RAFAEL POLICE DEPARTMENT FIREARMS ORIENTATION COURSE

## 30 HOUR COURSE

  
INSTRUCTOR: MARK PLIMBO

DATE: 1-6-03

LOCATION: RICHMOND ROD + GUN CLUB

STUDENT FIREARMS BACKGROUND:

U.S. MARINE CORPS, BASIC ACADEMY

### RATING SYSTEM:

P- PASS OR COMPLETED

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

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 RECOMMENDED THE  
ADDITIONAL TRAINING. PLEASE BE AS DETAILED AS POSSIBLE. ALSO  
DOCUMENT ALL INJURIES SUSTAINED, AND NOTIFY THE TRAINING  
SERGEANT AS SOON AS POSSIBLE.

# FIREARMS ORIENTATION COURSE DAY 1

## DUTY HANDGUN AND FIREARM BASICS

INITIAL/RATING

1. INTRODUCTION:

RL / P

A. REGISTRATION

1. Roster
2. Handgun and equipment inspection

B. BACKGROUND

1. Firearms training philosophy
2. SDAT training philosophy

C. RANGE SAFETY RULES

1. Range safety policy
2. Range commands

b. EQUIPMENT CHECK

1. Duty belt
2. Helmet
3. Gas mask
4. Personal and patrol body armor

2. LECTURE:

RL / P

A. 80-30 DISCHARGE OF FIREARMS POLICY

1. Review test
2. Test

B. PROPER SHOOTING TECHNIQUE

1. Pistol
2. Rifle
1. Shotgun

C. CARE AND CONDITION OF LEATHER

3. HANDGUN COURSE:

RL / P

A. COURSE OF FIRE / INSTRUCTION

1. Basic bulls eye / natural point of aim
2. Sighting in
3. Evaluation of shooter
2. Target acquisition

150 ROUNDS

4. **PRECISION SHOOTING INSTRUCTION:**

RL / P

A. TARGET DOTS AT THE 7 YARD LINE

[50 ROUNDS]

**LUNCH**

5. **832 PC QUALIFICATION COURSE**

RL / P

A. PRACTICE AT THE 3, 7, 15 YARD LINE

[50 ROUNDS]

6. **832 PC QUALIFICATION TEST**

RL / P

A. 3, 7, 15 YARD LINE [36 ROUNDS]

7. **CLASS REVIEW/DISMISSED**

RL / P

A. Class review (day 1)

B. Class review (day 2)

**CLASS DISMISSED**

## **FIREARMS ORIENTATION COURSE DAY 2**

### **REMINGTON 870 SHOTGUN AND BEAN BAG LECTURE**

#### **1. LESS LETHAL WEAPONS SYSTEM LECTURE:**

RL / P

- A. Remington manual
  - 1. Nomenclature
- B. SHOTGUN INSPECTION PROCEDURE
  - 1. Patrol vehicle removal
  - 2. Practice unloading and loading
  - 3. Practice inspection (patrol ready)
- C. SOCK STYLE BEAN BAG ROUND
  - 1. Design
  - 2. Ballistics

#### **2. PRE-DEPLOYMENT CONSIDERATION FOR LESS LETHAL**

RL / P

- A. Type of calls
- B. Level of force
- C. Team approach (lethal option)

#### **3. DEPLOYMENT OF LESS LETHAL**

RL / P

- A. Announcement and firing
- B. Evaluation of effectiveness
- C. Custody
- D. First aid

#### **4. POST-DEPLOYMENT OF LESS LETHAL**

RL / P

- A. Evidence collection
  - 1. Sock
  - 2. Shotgun hull
  - 3. Note serial number of shotgun

- B. Statements
  - 1. Officers



2. Bystanders
3. Suspects

5. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

RL / P

- A. Practice [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

6. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

RL / P

- A. Qualification [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

**AR-15 PATROL RIFLE**

1. **AR-15 WEAPONS SYSTEM LECTURE**

RL / P

- A. AR-15 manual
  1. Nomenclature
- B. AR-15 RIFLE INSPECTION PROCEDURE
  1. Patrol vehicle removal
  2. Practice loading and unloading
  3. Practice inspection (patrol ready)

2. **AR-15 RIFLE COURSE:**

RL / P

A. COURSE OF FIRE / INSTRUCTION

1. Patrol ready
2. Sight in and shooting basics
3. Evaluation of shooter
4. Target acquisition
5. Live fire

- B. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNELLING
3. SITTING
4. PRONE

**LUNCH**

A. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNELLING
3. SITTING

3. **AR-15 RIFLE WRITTEN TEST**

RL / P

**CLASS DISMISSED**

# **FIREARMS ORIENTATION COURSE DAY 3**

## **RAPID RESPONSE/ACTIVE SHOOTER**

### **1. INTRODUCTION/COURSE OVERVIEW**

RL/P

- A. REGISTRATION, COURSE ROSTER
- B. INTRODUCTION
  - 1. Course Purpose
  - 2. History Active Shooter Training
  - 3. Department Policy
- C. COURSE OVERVIEW
  - 1. Course Objectives
  - 2. Physical Preparation
  - 3. Mental Preparation
- D. SAFETY POLICIES OVERVIEW
  - 1. Range Safety
  - 2. Range Commands
- E. INSPECTION AND TEST
  - 1. Equipment
  - 2. Firearms
  - 3. General Order Test 80-30 SRPD

### **2. QUALIFICATIONS**

RL/P

- A. 832 P.C. PISTOL QUALIFICATION WITH PATROL VEST
  - 1. 36 Rounds: 3 yards, 7 yards, 15 yards
- B. AR-15 QUALIFICATION WITH PATROL VEST
  - 1. 20 Rounds: 50 yard line
  - 2. Standing, Kneeling, Prone

### **3. TEAM MOVEMENT**

RL/P

- A. INDIVIDUAL OFFICER MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward
  - 2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward

2. Back
- c. INDIVIDUAL OFFICER MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back

### **LUNCH**

#### **4. ROOM ENTRY/SEARCH**

RL / P

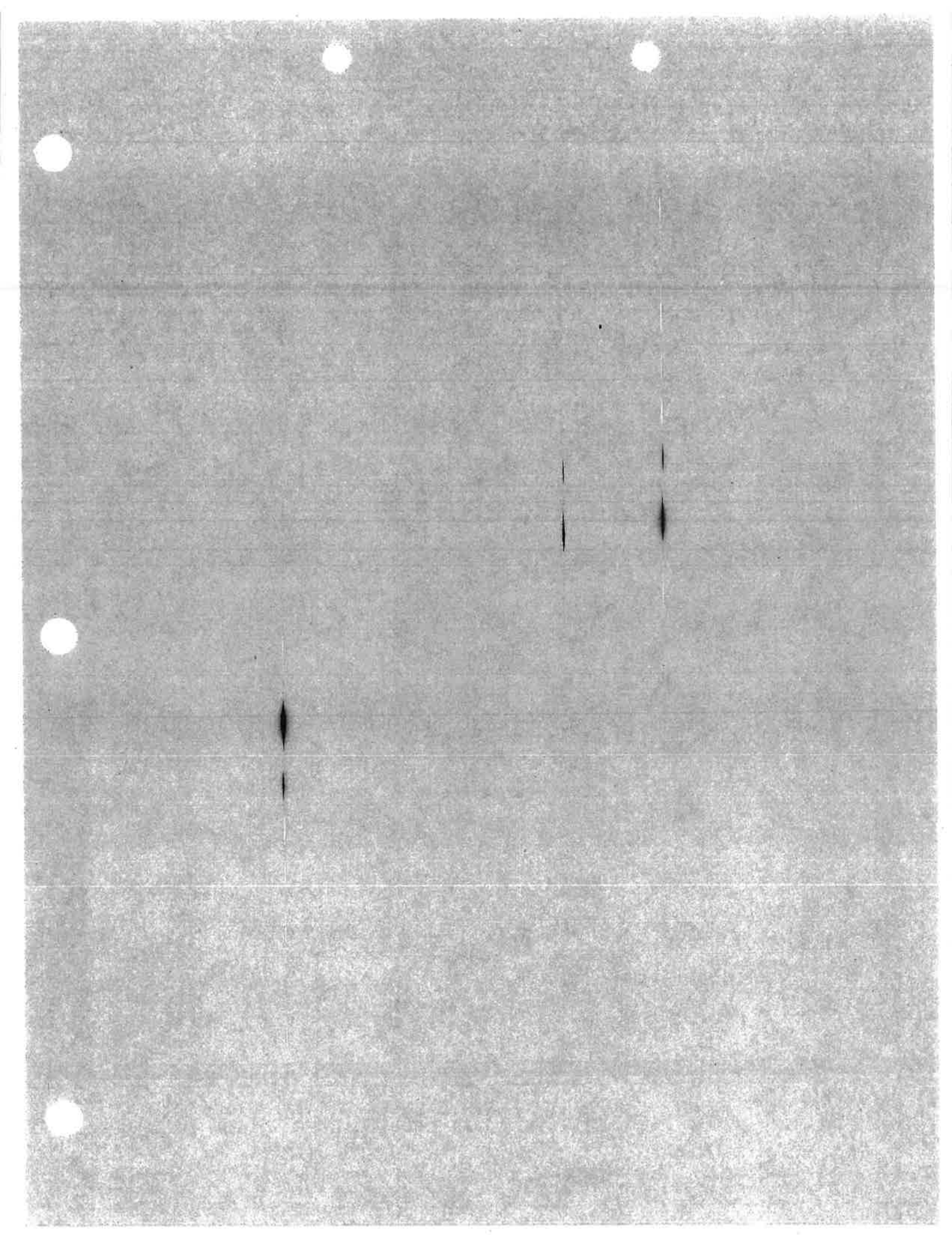
- A. TACTICAL APPROACH
  1. Left
  2. Right
  3. Strait
- b. ROOM ENTRY
  1. Threat Assessment
  2. Shooting Lanes
  3. Searching
  4. Exiting Room

#### **5. ACTIVE SHOOTER RESPONSE SENARIO**

RL / P


- A. VEHICLE POSITION
  1. Safe Location
- b. EQUIPMENT
  1. Vest, Rifle, Helmet
- c. TEAM FORMATION
  1. Team Leader
  2. Diamond Formation
- d. TEAM MOVEMENT
  1. Approach
  2. Entry
  3. Threat Assessment
  4. Shooting Lanes/Searching
  5. Exiting Room

**CLASS DISMISSED**



# SAN RAFAEL POLICE DEPARTMENT FIREARMS ORIENTATION COURSE

## 30 HOUR COURSE

  
INSTRUCTOR: MARK RIMAS

DATE: 01/05/02

LOCATION: RICHMOND

STUDENT FIREARMS BACKGROUND:

BASIC ACADEMY

### RATING SYSTEM:

P- PASS OR COMPLETED

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

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 RECOMMENDED THE  
ADDITIONAL TRAINING. PLEASE BE AS DETAILED AS POSSIBLE. ALSO  
DOCUMENT ALL INJURIES SUSTAINED, AND NOTIFY THE TRAINING  
SERGEANT AS SOON AS POSSIBLE.

# FIREARMS ORIENTATION COURSE DAY 1

## DUTY HANDGUN AND FIREARM BASICS

INITIAL/RATING

1. INTRODUCTION:

TAP / P

A. REGISTRATION

1. Roster
2. Handgun and equipment inspection

B. BACKGROUND

1. Firearms training philosophy
2. SDAT training philosophy

C. RANGE SAFETY RULES

1. Range safety policy
2. Range commands

b. EQUIPMENT CHECK

1. Duty belt
2. Helmet
3. Gas mask
4. Personal and patrol body armor

2. LECTURE:

TAP / P

A. 80-30 DISCHARGE OF FIREARMS POLICY

1. Review test
2. Test

B. PROPER SHOOTING TECHNIQUE

1. Pistol
2. Rifle
1. Shotgun

C. CARE AND CONDITION OF LEATHER

3. HANDGUN COURSE:

TAP / P

A. COURSE OF FIRE / INSTRUCTION

1. Basic bulls eye / natural point of aim
2. Sighting in
3. Evaluation of shooter
2. Target acquisition

150 ROUNDS

4. **PRECISION SHOOTING INSTRUCTION:**

TAP / P

A. TARGET DOTS AT THE 7 YARD LINE

[50 ROUNDS]

**LUNCH**

5. **832 PC QUALIFICATION COURSE**

TAP / P

A. PRACTICE AT THE 3, 7, 15 YARD LINE

[50 ROUNDS]

6. **832 PC QUALIFICATION TEST**

TAP / P

A. 3, 7, 15 YARD LINE [36 ROUNDS]

7. **CLASS REVIEW/DISMISSED**

TAP / P

A. Class review (day 1)

B. Class review (day 2)

**CLASS DISMISSED**



## **FIREARMS ORIENTATION COURSE DAY 2**

### **REMINGTON 870 SHOTGUN AND BEAN BAG LECTURE**

#### **1. LESS LETHAL WEAPONS SYSTEM LECTURE:**

Two / 8

- A. Remington manual
  - 1. Nomenclature
- B. SHOTGUN INSPECTION PROCEDURE
  - 1. Patrol vehicle removal
  - 2. Practice unloading and loading
  - 3. Practice inspection (patrol ready)
- C. SOCK STYLE BEAN BAG ROUND
  - 1. Design
  - 2. Ballistics

#### **2. PRE-DEPLOYMENT CONSIDERATION FOR LESS LETHAL**

Two / 8

- A. Type of calls
- B. Level of force
- C. Team approach (lethal option)

#### **3. DEPLOYMENT OF LESS LETHAL**

Two / 8

- A. Announcement and firing
- B. Evaluation of effectiveness
- C. Custody
- D. First aid

#### **4. POST-DEPLOYMENT OF LESS LETHAL**

Two / 8

- A. Evidence collection
  - 1. Sock
  - 2. Shotgun hull
  - 3. Note serial number of shotgun
- B. Statements
  - 1. Officers

2. Bystanders
3. Suspects

5. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

TAP / 8

- A. Practice [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

6. **SHOTGUN QUALIFICATION COURSE [ BEAN BAG ]**

TAP / 8

- A. Qualification [ 5, 10, 15, 20 yard line ]  
[ 4 ROUNDS BEAN BAG ]

## **AR-15 PATROL RIFLE**

1. **AR-15 WEAPONS SYSTEM LECTURE**

TAP / 8

- A. AR-15 manual  
1. Nomenclature
- B. AR-15 RIFLE INSPECTION PROCEDURE  
1. Patrol vehicle removal  
2. Practice loading and unloading  
3. Practice inspection (patrol ready)

2. **AR-15 RIFLE COURSE:**

TAP / 8

A. COURSE OF FIRE / INSTRUCTION

1. Patrol ready
2. Sight in and shooting basics
3. Evaluation of shooter
4. Target acquisition
5. Live fire

- B. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNELLING
3. SITTING
4. PRONE

**LUNCH**

A. Practice qualification 50 yards  
[20 rounds]

1. STANDING
2. KNEELLING
3. SITTING

3. **AR-15 RIFLE WRITTEN TEST**

100 / 0

**CLASS DISMISSED**

# FIREARMS ORIENTATION COURSE DAY 3

## RAPID RESPONSE/ACTIVE SHOOTER

### 1. INTRODUCTION/COURSE OVERVIEW

TAP / 7

- A. REGISTRATION, COURSE ROSTER
- B. INTRODUCTION
  - 1. Course Purpose
  - 2. History Active Shooter Training
  - 3. Department Policy
- C. COURSE OVERVIEW
  - 1. Course Objectives
  - 2. Physical Preparation
  - 3. Mental Preparation
- D. SAFETY POLICIES OVERVIEW
  - 1. Range Safety
  - 2. Range Commands
- E. INSPECTION AND TEST
  - 1. Equipment
  - 2. Firearms
  - 3. General Order Test 80-30 SRPD

### 2. QUALIFICATIONS

TAP / 8

- A. 832 P.C. PISTOL QUALIFICATION WITH PATROL VEST
  - 1. 36 Rounds: 3 yards, 7 yards, 15 yards
- B. AR-15 QUALIFICATION WITH PATROL VEST
  - 1. 20 Rounds: 50 yard line
  - 2. Standing, Kneeling, Prone

### 3. TEAM MOVEMENT

TAP / 8

- A. INDIVIDUAL OFFICER MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward
  - 2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITHOUT PATROL VEST
  - 1. Forward

2. Back
- c. INDIVIDUAL OFFICER MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back
- b. THREE OFFICER TEAM MOVEMENT DRILL WITH PATROL VEST
  1. Forward
  2. Back

## **LUNCH**

### **4. ROOM ENTRY/SEARCH**

TAP / 8

- A. TACTICAL APPROACH
  1. Left
  2. Right
  3. Strait
- b. ROOM ENTRY
  1. Threat Assessment
  2. Shooting Lanes
  3. Searching
  4. Exiting Room

### **5. ACTIVE SHOOTER RESPONSE SENARIO**


TAP / 8

- A. VEHICLE POSITION
  1. Safe Location
- b. EQUIPMENT
  1. Vest, Rifle, Helmet
- c. TEAM FORMATION
  1. Team Leader
  2. Diamond Formation
- d. TEAM MOVEMENT
  1. Approach
  2. Entry
  3. Threat Assessment
  4. Shooting Lanes/Searching
  5. Exiting Room

**CLASS DISMISSED**

**SAN RAFAEL POLICE DEPARTMENT  
S.D.A.T. ORIENTATION COURSE**

**30 HOUR COURSE**

  
INSTRUCTOR: Plombo, M

DATE: 123102, 010203, 010303

LOCATION: HAMILTON - CG

STUDENT'S SELF DEFENSE BACKGROUND:

BASIC ACADEMY, HIGH SCHOOL WRESTLING

**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

GS, P

### 1. INTRODUCTION

#### 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 COURSE

1. Review course

### STRETCHING AND WARMING UP

### 2. STANCES / FOOT MOVEMENT

GS, P

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

### 3. WRIST CONTROLS

GS, 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

GS, P

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

GS, P

5. **HOBBLE**

- 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

GS, P

7. **GROUND DEFENSE**

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

GS, P

8. **HANDGUN CONTROL**

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

GS, P



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

9. **HANDGUN TAKEAWAY (HOSTAGE)**

GS, P

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

10. **NERVE STIMULATION / TAKE DOWNS**

GS, 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 GS

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

Time viewed GS

**CLASS DISMISSED**

## SDAT ORIENTATION COURSE DAY 2

65, 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
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

**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

GS, P

**3. ASP STRIKES (BAG WORK)**

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

GS, P

**4. TWO STRIKING MODES (BAG WORK)**

- A. Open
- B. Closed

GS, P

**5. TWO POSITIONS FOR STRIKING**

- A. Ready Position
- B. Loaded Position

GS, P

**LUNCH**

**STRETCHING / WARM-UP**

**6. PRACTICE DRILLS (WITH VARIATIONS)**

GS, P

A. Bag Work, one and two man opponents

7. **OC SPRAY**

GS, P

A. Distances / Duration / Conditions

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

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 GS

**CLASS DISMISSED**

## **SDAT ORIENTATION COURSE DAY 3**

### **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 65

**FILM: P.O.S.T. "VERBAL JUDO, TACTICAL COMMUNICATIONS"**  
(2 hours) Time viewed 65

### **CLASS DISMISSED**

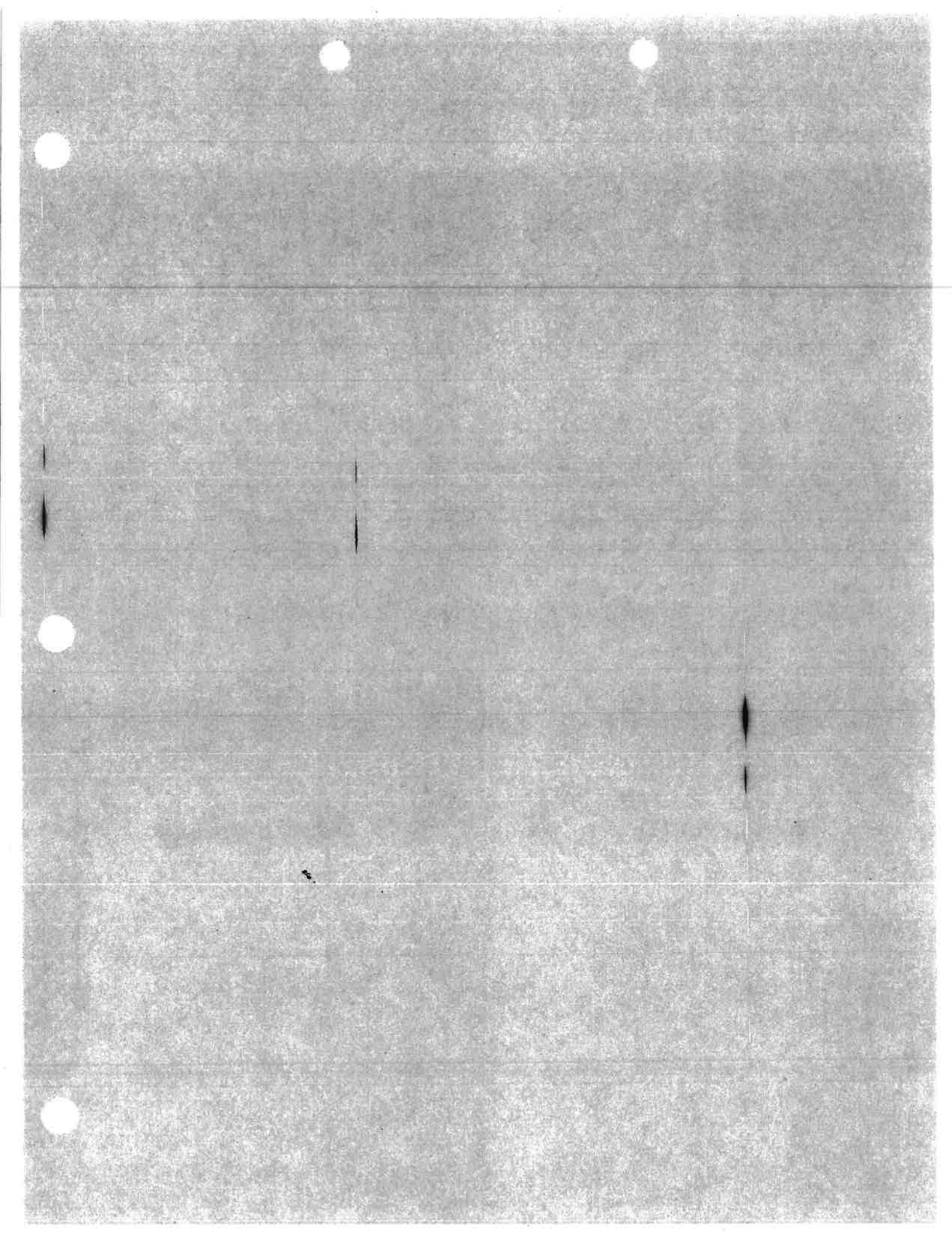
### **COMMENTS:**

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# SAN RAFAEL POLICE DEPARTMENT

## S.D.A.T. ORIENTATION COURSE

### 30 HOUR COURSE

INSTRUCTOR: MARK PIONIKO

DATE: 12/31/02, 1/2/03, 1/3/03

LOCATION: HAMILTON CG

STUDENT'S SELF DEFENSE BACKGROUND:

BASIC ACADEMY

### 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

Bm / 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

Bm / P

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

## 3. WRIST CONTROLS

Bm / 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

Bm / P



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

5. **HOBBLE**

BMI P

- 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**

BMI P

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

7. **GROUND DEFENSE**

BMI P

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

8. **HANDGUN CONTROL**

BMI P

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

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

9. **HANDGUN TAKEAWAY (HOSTAGE)**

BW 1 p

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

10. **NERVE STIMULATION / TAKE DOWNS**

BW 1 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 BW

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

Time viewed BW

**CLASS DISMISSED**

## SDAT ORIENTATION COURSE DAY 2

### 1. LECTURE ON ASP TACTICAL BATON

BME / D

#### 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
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

**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**

Bm! P

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

**3. ASP STRIKES (BAG WORK)**

Bm! P

- 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)**

Bm! P

- A. Open
- B. Closed

**5. TWO POSITIONS FOR STRIKING**

Bm! P

- A. Ready Position
- B. Loaded Position

**LUNCH**

**STRETCHING / WARM-UP**

**6. PRACTICE DRILLS (WITH VARIATIONS)**

Bm! P

A. Bag Work, one and two man opponents

7. **OC SPRAY**

RM / 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** 13:11

**CLASS DISMISSED**

## **SDAT ORIENTATION COURSE DAY 3**

### **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 13:11**

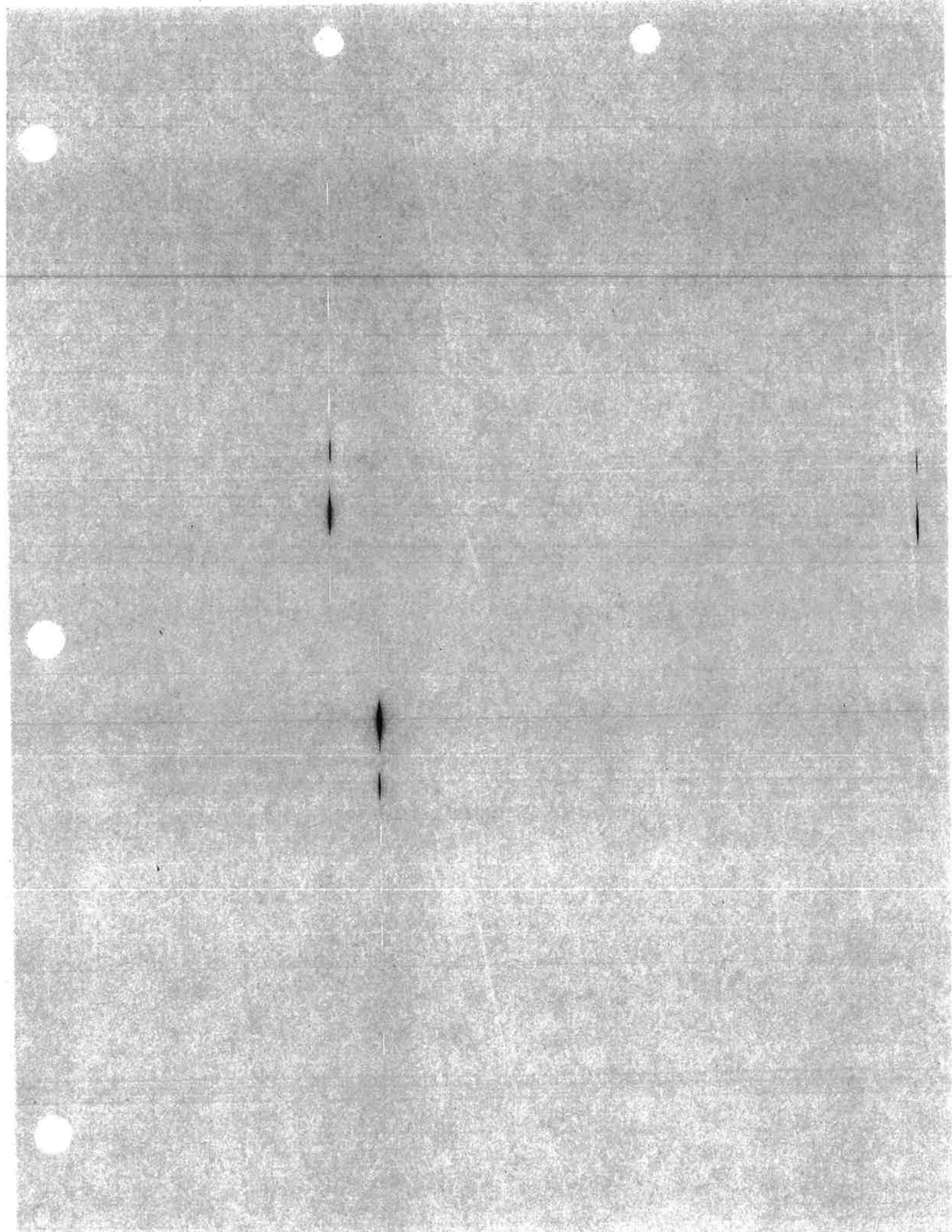
**FILM: P.O.S.T. "VERBAL JUDO, TACTICAL COMMUNICATIONS"**

**(2 hours) Time viewed 13:11**

### **CLASS DISMISSED**

### **COMMENTS:**

[REDACTED]	
[REDACTED]	
[REDACTED]	



# SAN RAFAEL POLICE DEPARTMENT

## S.D.A.T. ORIENTATION COURSE

### 30 HOUR COURSE

**INSTRUCTOR:** MARK PIOMBO

**DATE:** 12/31/02 - 1/2/03 - 1/3/03

**LOCATION:** HAMILTON

**STUDENT'S SELF DEFENSE BACKGROUND:**

MARINE CORPS, BASIC ACADEMY

### 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**

RL / 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 COURSE

1. Review course

### STRECHING AND WARMING UP

2. **STANCES / FOOT MOVEMENT**

RL / P

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

3. **WRIST CONTROLS**

RL / 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**

RL / P

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

5. **HOBBLE**

RL / P

- 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**

RL / P

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

7. **GROUND DEFENSE**

RL / P

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

8. **HANDGUN CONTROL**

RL / P

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

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

9. **HANDGUN TAKEAWAY (HOSTAGE)**

RL / P

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

10. **NERVE STIMULATION / TAKE DOWNS**

RL / 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 RL

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

Time viewed RL

**CLASS DISMISSED**

## SDAT ORIENTATION COURSE DAY 2

### 1. LECTURE ON ASP TACTICAL BATON

RL / P

#### A. ASP TACTICAL BATON HISTORY

1. SRPD history
2. Other impact weapons

#### B. TECHNICAL CHARACTERISTICS OF THE ASP BATTON

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
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

**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**

RL / P

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

**3. ASP STRIKES (BAG WORK)**

RL / P

- 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)**

RL / P

- A. Open
- B. Closed

**5. TWO POSITIONS FOR STRIKING**

RL / P

- A. Ready Position
- B. Loaded Position

**LUNCH**

**STRETCHING / WARM-UP**

**6. PRACTICE DRILLS (WITH VARIATIONS)**

RL / P

A. Bag Work, one and two man opponents

7. **OC SPRAY**

RL / P

A. Distances / Duration / Conditions

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

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

RL

**CLASS DISMISSED**

## **SDAT ORIENTATION COURSE DAY 3**

### **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 RL

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

### **CLASS DISMISSED**

### **COMMENTS:**

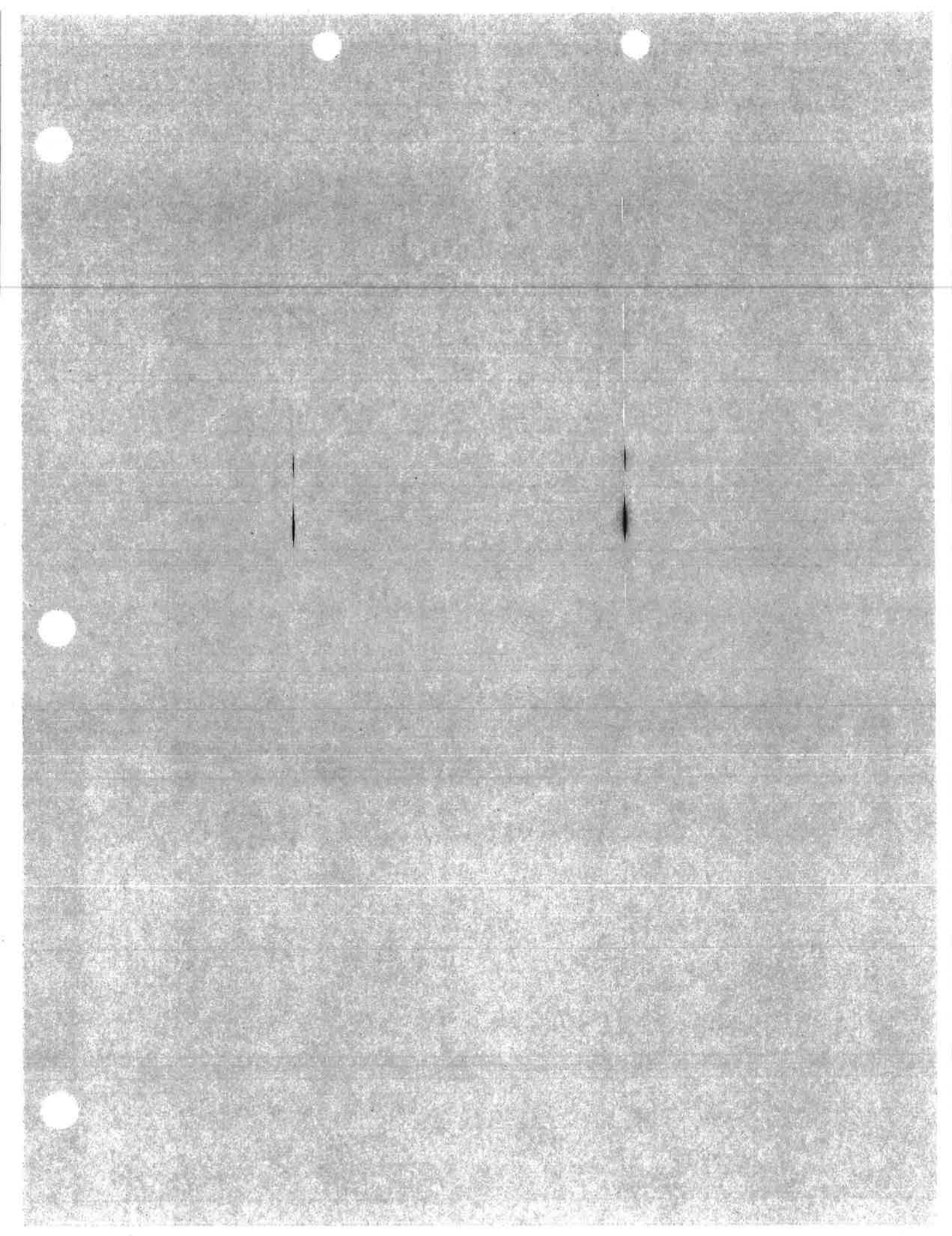
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# SAN RAFAEL POLICE DEPARTMENT

## S.D.A.T. ORIENTATION COURSE

### 30 HOUR COURSE

INSTRUCTOR: m Piombo

DATE: 12/31, 1/2, 1/3

LOCATION: HAMILTON C.G.

STUDENT'S SELF DEFENSE BACKGROUND:

BASIC	ACADEMY

### 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.

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## SDAT ORIENTATION COURSE DAY 1

INITIAL/RATING

### 1. INTRODUCTION

TAP / 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 COURSE

1. Review course

### STRECHING AND WARMING UP

### 2. STANCES / FOOT MOVEMENT

TAP / P

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

### 3. WRIST CONTROLS

TAP / 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

TAP / P

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

5. **HOBBLE**

TAP / P

- 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**

TAP / P

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

7. **GROUND DEFENSE**

TAP / P

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

8. **HANDGUN CONTROL**

TAP / P

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

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

9. **HANDGUN TAKEAWAY (HOSTAGE)**

TAP / P

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

10. **NERVE STIMULATION / TAKE DOWNS**

TAP / 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 TAP

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

Time viewed TAP

**CLASS DISMISSED**

## SDAT ORIENTATION COURSE DAY 2

### 1. LECTURE ON ASP TACTICAL BATON

TAR / 8

#### 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
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

**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**

TAP / P

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

**3. ASP STRIKES (BAG WORK)**

TAP / P

- 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)**

TAP / P

- A. Open
- B. Closed

**5. TWO POSITIONS FOR STRIKING**

TAP / P

- A. Ready Position
- B. Loaded Position

**LUNCH**

**STRETCHING / WARM-UP**

**6. PRACTICE DRILLS (WITH VARIATIONS)**

TAP / P

- A. Bag Work, one and two man opponents

7. **OC SPRAY**

TAD / P

A. Distances / Duration / Conditions

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

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 active / P

**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:**

[REDACTED]

[REDACTED]

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VOF 6002.

new officer

orientation