

# CONTROLLED F.O.R.C.E.<sup>®</sup>

TRAINING MANAGEMENT SYSTEMS

Anti-Terrorism / Force  
Protection Training  
Management for the  
Modern Forces  
Protecting our Nation  
and Communities

CLOSE RANGE SUBJECT CONTROL / ARREST CONTROL

## DEPARTMENTAL INSTRUCTOR CERTIFICATION COURSE

HOSTED BY

**SPOKANE COUNTY  
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

### U.S.N.S.T.A. APPROVED PROGRAM

Tuition Assistance Opportunities Available at U.S.N.S.T.A. Network ([usnsta.ning.com](http://usnsta.ning.com))

#### 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](http://www.cforceproshop.com)

All purchases qualify your  
department for Training Credits

CALL 630-365-1700 FOR DETAILS

### TRAINING DETAILS

#### TRAINING DATE / TIME

May 16-19 / 9:00am – 5:00pm

#### TRAINING LOCATION

SCSO Training Center  
10319 E Appleway  
Spokane Valley, WA 99206

#### TRAINING LOCATION CONTACT

Deputy John Oliphant

Phone: 509-477-3211

[jroliphant@spokanesherriff.org](mailto:jroliphant@spokanesherriff.org)

#### REGISTRATION CONTACT

Controlled F.O.R.C.E.

Phone: 630-365-1700

[info@controlledforce.com](mailto:info@controlledforce.com)

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

Join the Controlled F.O.R.C.E. Network at [www.controlledforce.com](http://www.controlledforce.com)

## CONTROLLED F.O.R.C.E.® LEVEL 1 &amp; 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.

# > Level 2: Survival Force Reactionary Defense

Controlled F.O.R.C.E. Level 2 teaches personnel how to survive a surprise attack and then transition to control tactics. The system builds upon the basic principles of body movement and positioning learned in Level 1. Where Level 1 teaches personnel how to control and arrest an aggressive subject, Level 2 prepares the operator for the sudden and violent situations that are not expected. These techniques are proven to save lives.

## P.O.S.T. APPROVED

Controlled F.O.R.C.E. has been used by federal, state, and local agencies in over 45 states and has been P.O.S.T. Approved or equivalent in 19 states, including:

- Arizona
- Arkansas
- California
- Colorado
- Georgia
- Idaho
- Kentucky
- Maryland
- Michigan (MCOLES)
- Minnesota
- Missouri
- Montana
- Nevada
- New Mexico
- North Dakota
- Ohio
- Oklahoma
- South Carolina
- Virginia



## CD-BASED TRAINING

In response to budget constraints that perennially effect law enforcement, Controlled F.O.R.C.E. has developed easy to use CD-Based Training.

If you are unable to attend a hands-on seminar, call **1-800-301-9292** for information on our cost effective CD-Based Training.



## 6> HAND-TO-HAND DISRUPTION TECHNIQUES

This category teaches personnel how to protect themselves from a sudden open-hand attack and use “strikes with a purpose” to disrupt the assault. Lead Hand Drills develop eye/hand coordination and teach skills for moving from the inside to the outside position of advantage.

## 7> BATON DISRUPTION TECHNIQUES

This category teaches personnel how to use the baton as a TOOL to disrupt a sudden attack and to protect the head and face from damage. Personnel are taught how to use the baton to increase their blocking surface and to use “strikes with a purpose” to disrupt the attack.



## 8> KNIFE AWARENESS AND DEFENSE

This category teaches personnel how to avoid getting cut in a sudden edged-weapon attack and to transition to a control tactic or escalate force as necessary. These techniques focus on SURVIVING A KNIFE ATTACK, and do not teach personnel how to engage an attacker in a knife fight.

## 9> GROUND DEFENSE AND ESCAPES

This category teaches personnel how to protect from attacks on the ground and to escape to a position of advantage. Incorporating M.A.C.H. holds and Lead Hand Drills, these techniques focus on ESCAPING FROM AN ATTACK ON THE GROUND, and do not teach ground fighting tactics.



## 10> WEAPON RETENTION & DISARMS

This category teaches personnel how to retain a drawn sidearm with confidence and control from a surprise weapon grab. These tactics incorporate techniques derived from the Lead Hand Drills and re-emphasize body positioning and movement when retaining or disarming a weapon during an attack.



## Operational Design Capability

All levels of the Controlled F.O.R.C.E. Close Quarters Subject Control Training System can be absorbed in whole or in part into existing doctrine, or can be configured on an as-needed basis.

We specialize in developing unit specific modifications and additions to any or all aspects of our training.

*Shown: Controlled F.O.R.C.E. Directors Tony Grano (R) and Don Roberts (L) providing instructor services for U.S. Army 1st Special Forces Group (Airborne)*