

EXPANDABLE BATON TRAINING COURSE EXPANDED OUTLINE

I. Course Registration

II. Expandable Baton Course Lecture

- A. Course Orientation
 - 1. Student expectations
 - 2. Course objectives
 - 3. Training and safety rules
- B. The Expandable Baton
 - 1. Expandable Baton vs. other Less Lethal options
 - 2. The evolution of police batons
 - 3. Advantages of the expandable baton
 - 4. Kinetic energy
 - a. Mass
 - b. Velocity
 - 5. Baton nomenclature
 - 6. Baton breakdown and cleaning procedures
 - a. Disassembly (students perform)
 - b. Reassembly (students perform)
- C. Physiology and Stress
 - 1. Reaction to fear
 - a. Genetic
 - b. Instinctive
 - c. Trained
 - 2. Fear and threats
 - a. Fight or flight
 - b. Bluff
 - c. Freeze
 - d. Submit
 - 4. Body's response to threats
 - a. Phobic scale response
 - 5. Impact of stress on performance
 - a. Cognitive
 - b. Motor skills
 - c. Auditory and Visual
 - 6. Motor skills classifications
 - a. Fine
 - b. Complex
 - c. Gross
 - 7. Heart rate effects on performance
 - 8. Optimum performance level
 - a. The Zone
 - 9. Cognitive process and motor skills
 - a. Framework for training
 - 10. Perception and reaction time
 - a. Hicks Law
 - 11. Methods to reduce survival stress
 - 12. Training and equipment simplicity
- D. Application of the Expandable Baton
 - 1. Goal when using a baton
 - 2. Negative press

- a. Multiple strikes
 - b. Long confrontations
- 3. Long confrontations and officer safety
- 4. General use guidelines
 - a. Policy
- 5. Objective reasonableness
 - a. What is it?
- 6. Graham v. Connor
 - a. Reasonable Officer Standard
 - b. Objective Reasonable Test
- 7. Federal Law
 - a. Title 18, U.S.C., section 242
- 8. Excessive force and officer intervention
 - a. Failure to Intervene
- 9. Suggested striking areas and areas to avoid
 - a. Policy
- 10. Areas to avoid
 - a. Head
 - b. Neck
 - c. Spine
 - d. Sternum
 - e. Groin
- 11. Human body landmarks
- 12. Muscle mass target system
 - a. Arms
 - b. Legs
- 13. First aid considerations
 - a. Responsibility
 - b. Policy
- 14. Biomechanical application
 - a. Baton
 - b. Kinetic linking of the body

III. Basic Physical Skills Training

- A. Warm up and stretching
 - 1. Reduces injuries
 - 2. Improves blood flow
- B. Basic Stretching Techniques
 - 1. Neck
 - 2. Shoulders
 - 3. Arms
 - 4. Wrist
 - 5. Torso rotation
 - 6. Hips
 - 7. Legs
 - 8. Knees
 - 9. Ankles
 - 10. Back
- C. Balance and Tactical Stances
 - 1. Field Interview Stance
 - 2. Self Defense Stance
 - 3. Transitional F.I. to Self Defense Stance drills
- D. Footwork

1. Shuffle step
 - a. Forward
 - b. Back
 - c. Left
 - d. Right
2. Shuffle pivot
 - a. 10-7 footwork
 - b. 2-5 footwork
3. Footwork drills
- E. Carrying and Drawing the Expandable Baton
 1. Equipment placement considerations
 - a. Front
 - b. Side
 - c. Rear
 2. Straight draw
 3. Cross draw
 4. Drawing and re-holstering drills
- F. Expanding and Closing the Expandable Baton
 1. Primary method of opening/expanding
 - a. To the ground
 2. Secondary method of opening/expanding
 - a. Pull to open
 3. Primary method of closing/collapsing
 - a. Telescopic
 4. Secondary method of closing/collapsing
 - a. Tap and Roll
 5. Expanding and closing drills
- G. Closed Baton Ready Positions (closed baton in hand)
 1. Field Interview position (low profile/cover)
 - a. Concealed behind
 - b. Exposed in front
 2. Self Defense ready position
 - a. One hand ready position
 3. Transition drills from F.I. to Self Defense ready positions
- H. Open Baton Ready Positions (open baton in hand)
 1. Field Interview (low profile/cover officer)
 - a. Behind leg
 - b. In front at waist level
 2. Self Defense Stance
 - a. Primary strike position
 3. Transition drills from F.I. to Self Defense ready positions

IV. Physical Skills Training/Drills

- A. Threat Separation and Baton Expanding Drill
 1. Wall/Dummy Drill
 - a. Empty Hand
 2. Wall/Dummy Drill
 - a. To baton draw and expansion
- B. Closed Mode Strikes
 1. One hand hammer strike
 - a. Standard vs. window breaker end cap
 2. One hand punch
 3. Closed baton strike bag drills

- C. Open Baton Strikes
 - 1. Power strikes
 - a. One hand
 - b. Two hand
 - 2. Clearing swing
 - 3. Open mode strike bag drills
- D. Baton Jabs
 - 1. Two handed baton jab
 - a. Front
 - b. Rear
 - 2. Two handed diagonal push block
 - 3. Baton jab bag drills
- E. Baton Retention
 - 1. Figure 8 retention
 - 2. Retention drills
- F. Weapons Transition Drills
 - 1. Threat assessment
 - a. Escalation
 - b. De-escalation

V. Dynamic Motion Training Drill

- A. Gauntlet Drill
 - 1. All baton skills performed at five or more strike bag stations
 - 2. Targets remain static/student is in motion
 - 3. Maintain proper baton skills while increasing heart rate/stress
- B. Physical Performance Skills Test (evaluated during gauntlet drill)
 - 1. Stances
 - 2. Drawing, expanding, and closing baton
 - 3. Closed baton strikes
 - 4. Open baton strikes
 - 5. Jabs, blocks, and retention
 - a. Target acquisition
 - b. Verbal commands
 - c. Footwork
 - d. Biomechanical delivery
 - e. Striking angles
 - f. Threat submission recognition