



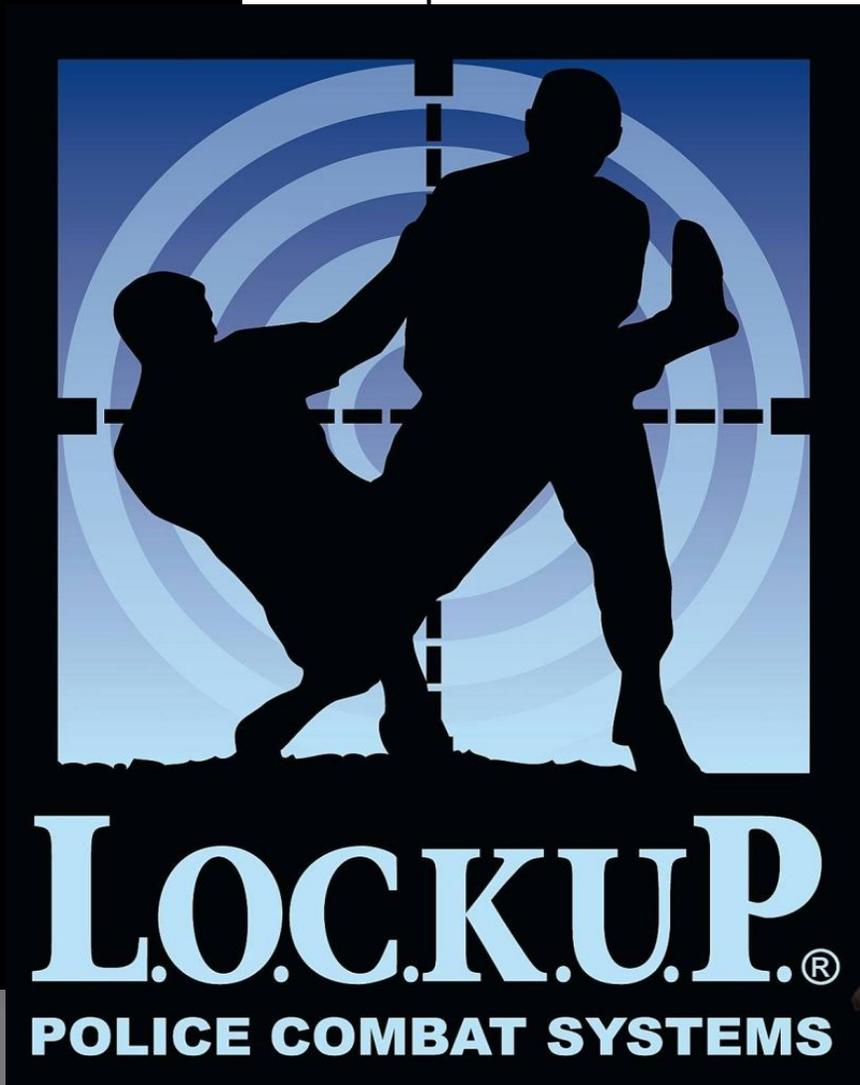
**KFD Training and Consultation LLC**

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**860.436.6975**

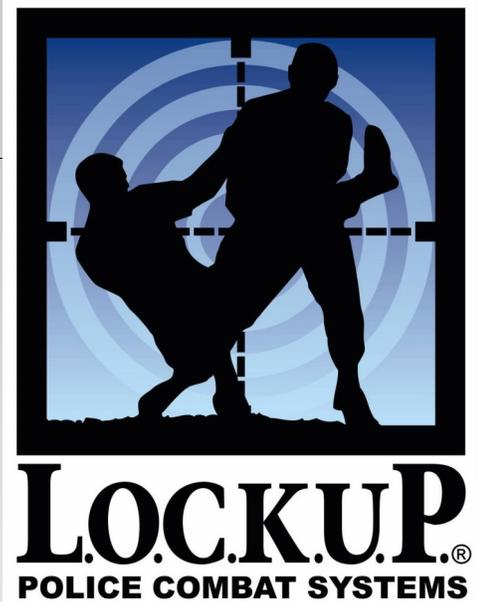
# **TRAINING PROGRAMS**



*"For how you train...so shall you fight." ®*

# L.O.C.K.U.P. ® Police Combat System

KFD Training and Consultation LLC



## KFD Training and Consultation LLC L.O.C.K.U.P. ® Police Combat System

KFD Training and Consultation LLC offers a variety of lectures, empty-hand and weapons-based training courses designed for law enforcement, corrections, military, security and civilian audiences. All “L.O.C.K.U.P. ®” training programs share the following important characteristics.

All techniques are:

- Interchangeable with police weapons systems.
- Considerate of an individual’s physical attributes and can be modified to fit the student’s capabilities.
- Integrated with de-escalation strategies and analysis of use of force.
- Learned in a reasonable period of time and the knowledge is retained by trainees.
- Based upon case law and legal guidelines governing use-of-force.
- Based upon the human physiological changes which occur under stress.
- Based upon gross motor skills which promotes retention.

## Law Officers Combat Kinetics Unarmed Panoply

(*“Panoply” The complete shining array of a warrior*)



What is L.O.C.K.U.P. ®?

L.O.C.K.U.P. ® is an Evidence Based immediate control combat system designed for law enforcement, correctional, military and security personnel. The techniques are not restricted by duty gear. L.O.C.K.U.P. ® promotes officer safety by teaching a system that demonstrably reduces injuries to both officers and citizens. The system is consistent with all “use of force” laws and decisions governing police and corrections and can be taught to, and used by, officers of all ages and levels of experience. All techniques apply gross motor skills and are retained by officers over time. L.O.C.K.U.P. ® is not a generic “defensive tactics” system. L.O.C.K.U.P. ® is a system based on strategically applied tactics, techniques and decisive maneuvers to bring resistant and aggressive suspects into immediate control.

L.O.C.K.U.P. ® is the training that officers are looking for!

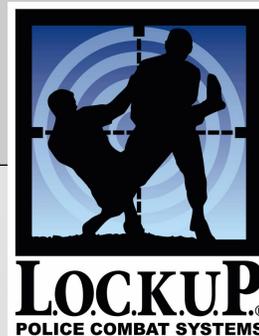
The information contained herein comprising the L.O.C.K.U.P. ® system is the confidential and the sole proprietary information of KFD Training and Consultation LLC. No other use is permitted unless authorized by KFD Training and Consultation LLC.

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# L.O.C.K.U.P. ® Police Combat System

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Created for law enforcement, corrections, probation and civilian security the L.O.C.K.U.P.® (Law Officers Combat Kinetics Unarmed Panoply) program teaches arrest and control maneuvers for all levels of physical resistance and aggression. With a primary focus on techniques for UNARMED engagements it is fully integrated with all weapons of law enforcement. L.O.C.K.U.P.®, developed with over 50 years of combined law enforcement and martial arts training, combines dynamic arrest and control tactics with basic fighting skills and applications. The result is that police, corrections and security personnel can better protect themselves and the public they are sworn to serve.

L.O.C.K.U.P. ® was adopted by the State of Connecticut (2004) and mandated as the only state certified system to be instructed is all CT Police Academies. Rhode Island has adopted the System for the Municipal and State Police Academies. L.O.C.K.U.P. ® is also POST certified in the states of MI, MN, MO, IL, FL, ND, IA, IN and is also being instructed in multiple other states within the United States and four countries. Developed and led by Lieutenant Kevin F. Dillon (Ret), a 25-year veteran law enforcement officer, close quarter combat and martial arts expert, L.O.C.K.U.P. ® training courses are offered throughout the country and internationally to qualified law enforcement / military and security professionals. L.O.C.K.U.P. ® is court tested and fully consistent with the principles and legal guidelines established for police use-of-force.

L.O.C.K.U.P. ® teaches empty-hand maneuvers that can be effectively deployed by trained personnel during violent physical altercations. It adapts specific control maneuvers to fit an officer's physical and physiological changes during these altercations, thus maximizing effectiveness of the combative movements. Incorporating numerous police combat concepts, techniques and maneuvers, L.O.C.K.U.P. ® is not based on any one martial art, sport or fighting system. It is designed specifically for the needs of today's "officer on the street" who receives limited training, wears restrictive uniforms and body armor, and is bound by laws, regulations and ethical values.

**The L.O.C.K.U.P. ® Combat Program is a complete police arrest and control system focused on the following:**

## Effective Communications Skills for De-Escalation

L.O.C.K.U.P. ® training instructs officers to assess a situation prior to engagement by reading body language, detecting verbal cues, identifying pre-attack indications, signs of resistance and aggression, and accessing appropriate assistance for a proper tactical response or by taking first action to immediately control the engagement before escalating higher levels of force. The training also focuses on effective verbal communication and de-escalation skills to defuse a hostile encounter.

***"For to win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy without fighting is the acme of skill."*** Sun Tzu - Art of War



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**L.O.C.K.U.P.®**  
POLICE COMBAT SYSTEMS

## Arrest and Control Combat Maneuvers and Techniques

L.O.C.K.U.P. ® teaches dynamic arrest and control maneuvers along with core fighting skills and applications. These maneuvers simplify the takedown process by teaching officers ways to manipulate the body and skeleton of a combatant. In addition, officers will learn new ways to control resisters and attackers while also learning to defend against assorted weapons attacks in "real world" situations. L.O.C.K.U.P. ® also teaches exclusive techniques based on the physical and physiological changes the human body experiences before, during and after a fight. With this knowledge, an officer can maximize effectiveness by employing the appropriate techniques that match his/her body's identified physiological change.

L.O.C.K.U.P. ® is not a generic defensive tactics system. It is an arrest and control combat system designed for **decisive force**, and immediate control of suspects demonstrating resistance or aggression. This methodology has been proven to be effective. Immediate control by decisive strategies greatly reduces a physical engagement from escalating to higher levels of force. Offensive does not mean excessive. It means immediate control, thus reducing injuries to civilians and officers.

**Drilling for Proficiency** - L.O.C.K.U.P. ®. Training employs a system of realistic and challenging "drills" to develop proficiency. Throughout military and police history, drilling has proven to be the most effective way in training personnel in responding properly in highly stressful situations L.O.C.K.U.P. ®. simulates these stressful situations and trains personnel through repetitive drilling.

**Contextual Training** - Wearing full belt gear, officers are introduced to numerous scenarios and simulated environments that train them in identifying and adjusting to different surroundings. Some "real world" environments that officers are exposed to during the drilling process are:

- Low light conditions
- Low light with flashing red and blue lights
- Multiple surfaces with audible distractions
- Slick surface environments
- Multiple suspect drills
- Energy depletion drills

**Evidence Based Training** is not to be measured by the speed of acquisition, nor is it to be measured by the skill obtained upon completion. Is only to be measured in the real world environments in post training events.



# L.O.C.K.U.P. ® Police Combat System

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**L.O.C.K.U.P.®**  
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**Statement of Tactical Soundness** - The L.O.C.K.U.P.® Police Combat System has been fully reviewed and analyzed for Tactical Soundness by a National Law Enforcement Expert Company. The eleven page review document identifies human factors and the legal aspects involved in law enforcement training. There are several cases cited to support his extensive report. *This program provides a reasonable dynamic threat response variable under safe, relevant and realistically high street encounter situations....*" A full copy of the report is available upon request.

**Statement of Legal Soundness** - The L.O.C.K.U.P.® System was fully reviewed by a practicing Senior Assistant State's Attorney for Legal Soundness and Application. The system was found to fall within current statutes and case law relating to acceptable force in law enforcement activities.

*"I can state that the training being offered by KFD Training and Consultation LLC and the L.O.C.K.U.P.® Police Combat System falls within acceptable parameters regarding use of force.*

Louis J. Luba, Senior Assistant State's Attorney

**Strategies for Success** - L.O.C.K.U.P.® focuses on law enforcement tactics and strategies for street deployment. Far too often if we find ourselves at a disadvantage and physically fighting with resistant or aggressive suspects that are larger, younger and often more committed. Numerous street response strategies are discussed and practiced in training to identify potential threats before being attacked. Strategies are the key to success when responding to resistance and aggression. Signs of human aggression such as body language and pre-attack indicators are added to the scenario based exercises to enhance the training objectives.



*"The training conducted by Lt. "K.D." Dillon will inform and motivate the student. I cannot over emphasize the way he works on developing the mind, body and*

*WARRIOR SPIRIT of the student, like no one else and nothing else that I know of. Lt. Dillon was on the board of advisors for my book, On Combat, and I have been a fan of his work for years. He is funny, entertaining, and incredibly informative, another Gordon Graham. Honest. Now he is out on the national scene, and this is a 'can't miss it' opportunity."* Lt. Col. Dave Grossman (Ret)

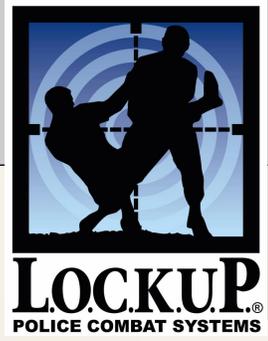
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Officers learn to identify these signs and indications as (stimulus) to their conditioned) response. Tactics are methods used to accomplish these strategic responses. Victory is best obtained by outsmarting our adversaries rather than out fighting.



# L.O.C.K.U.P. ® Police Combat System

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## The Unarmed Panoply

L.O.C.K.U.P. ® is based on a principle called The “Unarmed Panoply.” Unarmed means just that - a system primarily designed for unarmed police combat. However, it fully integrates with all weapon systems of law enforcement. Panoply means "the complete shining array of a warrior". Without a doubt, today’s police officers are modern day warriors. Officers don body armor, wear the shield of their communities and carry weapons to protect citizens. Studies have revealed the importance of instructing officers to the value of “professional posturing” Far too many police officers are lost in a deadly force encounter or are violently assaulted every day because they looked like an easy target. What makes you a victim or not, is how you professionally perform you duties on the street.

**Statement of Medical Soundness** - The L.O.C.K.U.P. ® System has been fully reviewed by practicing medical professionals for medical soundness for both training elements as well as street deployment. The system was found to be medically sound and applicable for today's law enforcement arrest and control system.



*“When the above techniques are performed properly, they are safe and reliable. The techniques utilize gross skeletal manipulation of the assailant. Normal joint motion is used for the manipulation and no vital structures are attacked. The police officers uses his/her balance, momentum, and*

*learned technical skills to apply force as needed. Injury is very unlikely...All police and military personnel should be trained in these or similar techniques.*

Charles L. Castiglione, MD, FACS

## Evidence Based Training Assessment of Success

*“The agency has an excellent self defense training program which has contributed greatly to their success in low usage of less lethal impact weapons during this accreditation period.”*

*Commission of Accreditation for  
Law Enforcement  
(C.A.L.E.A. ®)*

Executive Summary of a  
C.A.L.E.A. ® L.O.C.K.U.P. ®  
System.



# L.O.C.K.U.P. ® Police Combat System

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## Lieutenant Kevin F. Dillon (Ret)

is a twenty-five year veteran law enforcement officer, retired from the Wethersfield, CT Police Department which is a suburb of the state's capital, Hartford, CT. Lieutenant Dillon has served as Detective Commander, Patrol Commander and training supervisor. A SWAT team member since 1993, he served for six years as a Team Leader and his last 3 years as Commander of the regional thirty-five member SWAT team. (Capitol Region Emergency Services Team).

Lieutenant Dillon is a National Academy graduate of the F.B.I. session 223, (Fall 2005) and is certified by the Force Science Institute for Analysis of Use of Force Incidents.



As an instructor of "SWAT" and police fighting tactics since 1988, Lieutenant Dillon has developed and teaches his L.O.C.K.U.P. ® Combat System. L.O.C.K.U.P. ®, an acronym for "Law Officers Combat Kinetics, Unarmed Panoply," is a comprehensive approach, based on gross motor skill concepts, that actually reduces injuries to citizens and police officers. L.O.C.K.U.P. ® was adopted by the State of Connecticut (2004) and mandated as the only state certified system to be instructed is all CT Police Academies. Rhode Island has adopted the System for the Municipal and State Police Academies. L.O.C.K.U.P. ® is also POST certified in the states of MI, MN, MO, IL, FL, ND, SD, IA, IN AK, ME and is also being instructed in multiple other states within the United States and four countries.

Lieutenant Dillon has appeared on CNN, radio talk shows such as national Public radio, WNPR, as well as numerous videos including Sequential Opportunity of Kenpo Karate series, Encyclopedia of Self Defense Video/DVD and has written and released his own video/DVD series called Police Combat Tactics Volumes 1 and 2 based on his L.O.C.K.U.P. ® empty hand fighting principals. Police Combat Tactics is listed as one of the top-ten best sellers sold throughout the world. He has released a series on Police Combat Strategies for Police Magazine.com and is a Police Academy Expert for Police One.com. Lieutenant Dillon was also inducted into the United States Martial Arts Hall of Fame in 2005.

Lieutenant Dillon was selected by Lieutenant Colonel Dave Grossman (author of the Bullet-Proof Mind and the Pulitzer nominated On Killing) to consult on his continuing research published as On Combat and conducted numerous team presentations with Lt. Col. Grossman on Strategies for Law Enforcement Training

Lieutenant Dillon, is a highly sought after speaker and trainer, has trained and consulted law enforcement use of force issues and (defensive tactics) programs throughout North America and Europe. He has presented at numerous conferences such as the International Association of Chief of Police (IACP), FBI National Academy Chapters, Commission of Accreditation for Law Enforcement Agencies (CALEA®), FBI Command College and International Law Enforcement Educators and Trainers Association (ILEETA). Lieutenant Dillon is also founder and president of KFD Training & Consultation LLC and [www.policecombat.com](http://www.policecombat.com), his company seeks to provide the highest level of professional police, security training and use of force consultation for the past 14 years.

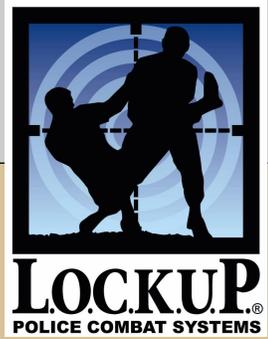


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*“I had the pleasure of attending a seminar on L.O.C.K.U.P.® conducted by Kevin Dillon. It became immediately apparent that he has given careful thought to what kind of control tactics will actually work best for the average officer. The skills they taught were simple, focused on immediate results, very effective, and can be used by officers of all sizes and skill levels. L.O.C.K.U.P.® is more than just combat skills. It also discusses tactics, attitudes, and challenges the officers to think in a more proactive way about protecting themselves and taking control when dealing with uncooperative suspects. It was obvious that the officers in the class were having a great time and valued the insights and skills there were acquiring. Dillon is gifted instructor who had great rapport with the officers. I highly recommend this class to everybody, including officers and trainers. Management can also benefit from the keen insights offered by Dillon.”*



**Alexis Artwohl, Ph.D.**  
www.alexisartwohl.com

## REFERENCES

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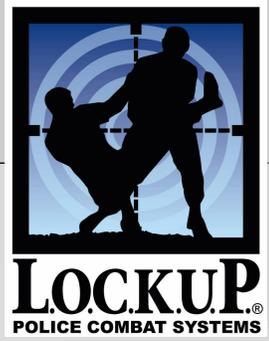
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450 978 6888 Ext 3434

# L.O.C.K.U.P. ® Police Combat System

KFD Training and Consultation LLC



## COURSES

Our highly trained team of instructors provide a wide array of professional training programs to enhance the performance of our students. We are extremely very proud to report that we have received a 100% satisfaction rating from all attending students.

## Training Courses

- L.O.C.K.U.P. ® Immediate Control Tactics for Aggressive Combatants (2 or 3 Day formats)
- Overcoming Size Differences for Female and Smaller Stature Officers (2 or 3 Day formats)
- Police Ground Fighting (3 Day)
- Police Ground Fighting Train the Trainer (5 Day)
- L.O.C.K.U.P. ® Police Combat -Train the Trainer (5 Day)
- L.O.C.K.U.P. ® For SRO's & School Security Officers (2 Day)
- Advanced L.O.C.K.U.P. ® Combat Training (3 Day)
- Extreme Close Quarter Combat (2 to 5 Day programs)
- Police Combatives for the Plain Clothes or Under Cover Officers (2 Day)
- Police Baton Instructor Course (3 Day)
- Handcuffing Instructor Training Course (2 Day)
- Extreme Close Quarter Combatives for the SWAT Officer (2 or 3 Day)
- Triple Instructor Certification – Police Baton / Handcuffing / OC (5 day)

## LECTURES

- L.E.A.D.S.™ Law Enforcement Active Diffusion Strategies (1 Day)
- L.E.A.D.S.™ Diffusion Strategies for the School Security (1 Day)
- Active Diffusion Strategies for Civilian Personnel in the Educational Setting (1Day)
- Active Diffusion Strategies for Civilian Personnel in the Workplace Environment (1Day)
- Use of Force - Command, Mid Managers and Supervisors (1 Day)

## FIREARMS INTEGRATED COURSES •

- Counter Ambush Deadly Force Encounters (3 or 5 Day Format)
- Soulis Shooting Instructor Training (5 Day)
- Counter Ambush Integrated CQ Training (Live Fire and Scenario)

KFD Training and Consultation LLC has customized and developed numerous courses to fit the needs of the specific agency, unit or operational objectives.



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## COMMENTS and EVALUATIONS

The key to ANY training system is the collection and analyzation data of post training outcome. L.O.C.K.U.P.® emphasizes the need to continually review of all use of force techniques deployed throughout the year. This continual review of street deployments will validate, address needs and confirm the effectiveness of material instructed. Suspect injury rates and officer injury rates have been minimized with the use of L.O.C.K.U.P.®

*“Your training has been well received by our department and we continue to reap its benefits. Our officers are using L.O.C.K.U.P. ® with great success. Across the board, our officers have been able to seamlessly transfer your training from the classroom to the street. From common contact to hands on arrest techniques, our officers are more professional, confident and effective. Officer injuries are down, suspect injuries are down, citizen complaints are down and our reports are clear, concise and very well documented. Likewise, I have seen officers, successfully, employ your de-escalations strategies and prevent use of force situations. To say your training is outstanding would be an understatement!”*

**Captain Fred M. Hall**  
**Enfield Police Dept.**

*As a hand to hand combat instructor with over 20 years of experience I am highly recommending any of the L.O.C.K.U.P. ® courses for all Law Enforcement officers, no matter what your job. I have been involved with many different hand to hand systems within the law enforcement community and the arrest and control system taught by KD is far superior in it's effectiveness and simplicity. It is easy to learn and best of all easy to apply to real life street situations officers will face. So many systems out there claim to be the best and the only one you will ever need, I can say from experience the L.O.C.K.U.P. ® system delivers on that statement. If you are looking for one system to teach to your officers that will encompass the techniques they will need to survive and overcome the situations they will face in their daily patrols, then L.O.C.K.U.P.® is the system for you.*

**Christopher Periatt**  
**President - Michigan Tactical Officers Association**

*As the Manager of Employee Development here at the Department of Corrections, I frequently receive for calls requesting information regarding CT/SD. Having attended the training I can attest to the breadth and excellence of the L.O.C.K.U.P. ® instructors and the program they are using to conduct the training. We use this training as one our cornerstones for self defense and control tactics. I believe the L.O.C.K.U.P.® program provides the proper balance between physical skills and cognitive skills. The skills apply equally to police, corrections, probation and parole.*

**Charles Dively**  
**MNDOC - Employee Development**

*This was by far one of the best combative course that I have taken. The members of the OST Unit were very happy with the delivery of the material and the techniques learned. The instructors were great presenters and demonstrated the utmost professionalism in dealing with our group.*

**Steven Hiscoe (Cpl)**  
**Royal Canadian Mounted Police - Pacific Region Training Center**  
**Ops Skills Training Unit.**





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