



Hartford CT Police Department

Hosting

L.O.C.K.U.P.® Police Training - Controlling Larger Combatants Overcoming Size Differences for Female Enforcers

May 17 - 19, 2023

Lead Instruction by
Inspector
Toni Weinbeck
Brooklyn Park MN

“I saw a 6’0, 210 lbs male choking another male and punching him in the stomach. I approached and performed a LOCKUP takedown. I maintained control until my back-up arrived. If there’s anyone who doesn’t think L.O.C.K.U.P. works. It does!

Thank you!”
Officer Jen Garcia:
5’7 95 lbs

**KFD Training
and Consultation**
67 Beaver Rd. # 290931
Wethersfield, CT
06129-0931
Office 860.436.6975

ONLY \$695.00

0830 - 1630
L.O.C.K.U.P.
Handout Materials
Provided
CT POSTC
Approved

**Specifically
designed for
Female Enforcers!**

This three day course is designed to address violent encounters dealing with suspects of larger stature. When attempting control larger suspects, size and strength differentials necessitate combat strategies less reliant on pure upper body strength. The concepts and techniques can be utilized by any officer addressing a larger suspect. The days are hands-on and mentally challenging. Officers train and drill wearing vest, gun belt and long pants because anything else makes no sense.

Officers learn:

L.O.C.K.U.P. Police Training System and Principles

- Risk Assessment and Threat Indicators
- Ground Fighting Counter Measures
- Fear Management and Control
- Controlling Techniques and Fatigue
- Understanding Weapon Integration
- Decisive Takedown Manipulations
- Active Diffusion Strategies
- Team Approach and Strategies
- Understanding Mass / Power and Kinetic Energy
- Overcoming/ Understanding Size Challenges
- Using Your Size to Your Benefit
- Proper Weapon and Target Selection
- Taser to Physical Control
- And more....



REQUIRED EQUIPMENT

- BDU Style Pants
- Boots w ankle Support
- Red Gun / Full Gun belt
- Handcuffs and keys



“This course saved my life.”
Dep. S. E. - St Johns FL PD

**5 Star Rating from attending students!
100 % Recommend this course to their peers!**

LOCATION

Hartford Police Academy
50 Williams St. Hartford, CT 06120

Host Contact:

Lt. Robert Shelby
shelr001@hartford.gov / 860-757-4213

REGISTER ON-LINE

www.LockupPoliceTraining.com

LOCKUP POLICETRAINING.COM
POLICE TRAINING SYSTEMS



REGISTRATION INFORMATION

Name		Title/Rank	
Agency / State			
Address			
City, ST, Zip			
Telephone #			
Country		Email	
Agency Contact Person			
Email		Telephone	

COURSE / SEMINAR INFORMATION

Course	L.O.C.K.U.P.® - Controlling Larger Combatants <i>Overcoming Size Differences for Female Enforcers</i>
Location	Hartford Police Academy 50 Williams St. Hartford, CT 06120
Contact Person	Lt. Robert Shelby shelr001@hartford.gov / 860-757-4213
Dates	May 17 - 19, 2023
Course Cost	ONLY \$695.00

REGISTRATION

Method (Circle)	Check Enclosed	Credit Card	Bill My Department	
Credit Card	American Express	Visa	MasterCard	
Card Number			Exp Date	
Signature				

HOW TO REGISTER:

1. Mail to KFD Training and Consultation LLC 67 Beaver Rd. # 290931 · Wethersfield CT 06109- 0931
2. Contact Ms. Tammy LaBonte Office 860.436.6975
3. **Register online at www.LockupPoliceTraining.com**

Please be advised that this course is physically intensive and involves physical combat training. All participants should be in good physical condition and physically active.

Cancellation Policy: Students will receive a **full refund or a credit** if the registration is cancelled no less than thirty (30) days prior to the start of training. **No refunds** will be given if student cancels within less than thirty (30) days of start of training.

If a student cancels within twenty-one (21) days of the start of the training, **a credit will be issued.**

No credits will be issued if a student cancels within less than twenty-one (21) days of the start of the training.