L.O.C.K.U.P. ®
Overcoming Size Differences
Tactics for Female Enforcers
Hosted by Palm Beach State College

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 <u>any officer</u> 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.

DATES
March 13-15, 2024
8:30 AM to 5:30 PM
Criminal Justice Institute (LW)
Mandatory only
Region XII - no fee
Non-region – $TBA
NOTE: Seats will be limited to 18 Attendees.
Seat Hold WILL NOT be allowed.
Accepted Staff will be required to wear the following: BDU/5-11 Style Type Pants
Short Sleeve Non-Logo Black T-Shirt, No Shorts
Duty Boots, or Sneaker w/ankle support
Body Armor, Full Duty Belt, Sidearm: Blue/ Red Gun (A blue gun will be provided if you do not have one)

<u>**COURSE TOPICS**</u>

L.O.C.K.U.P. Police Training System and Principles
- Risk Assessment and Threat Indicators
- Ground Fighting Counter Measures
- Fear Management and Control
- Fighting 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

- **Court Defendable**
- **Evidence Based**
- **Retainable**
- **Effective**

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

Registration MUST be through your agency training department or coordinator.
Registrations may be emailed on agency letterhead to
CJTRAINING@palmbeachstate.edu.

For more information contact:
Joseph Tata Jr. Advanced/Specialized Career LE Training Coordinator@:
561-868-3868
Registration is through Agency Supervisor :