



**St. Louis County & Municipal Police Academy  
Hosting  
Controlling Larger Combatants  
Overcoming Size Differences for Female Enforcers  
May 15 - 17, 2024**

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.

*"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

**ONLY \$695.00**

**0800 - 1630**  
**L.O.C.K.U.P.**  
**Handout Materials**  
**Provided**

**Specifically  
designed for  
Female Enforcers!**

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

**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
- 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



**REQUIRED EQUIPMENT**

- BDU Style Pants
- Boots w ankle Support
- Red Gun / Full Gun belt
- Body armor
- 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**

St. Louis County & Municipal Police Academy  
1266 Sutter Avenue • Wellston • MO 63133  
Contact - Sgt. Chris Thomson  
cthomson@stlouiscountymo.gov  
Office (314) 889-8606

**REGISTER**

**www.LockupPoliceTraining.com**



## REGISTRATION INFORMATION

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

## COURSE / SEMINAR INFORMATION

|                |   |
|----------------|---|
| Course         | <b>L.O.C.K.U.P.® - Controlling Larger Combatants<br/>Overcoming Size Differences for Female Enforcers</b> |
| Location       | St. Louis County & Municipal Police Academy<br>1266 Sutter Avenue • Wellston • MO 63133                   |
| Contact Person | Sgt. Chris Thomson<br>cthomson@stlouiscountymo.gov Office (314) 889-8606                                  |
| Dates          | May 15 - 17, 2024 Hours 0800 - 1630 hours   |
| Course Cost    | <b>ONLY \$695.00</b>  |

## 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](http://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.