



# Rhode Island Municipal Police Training Academy Hosting Controlling Larger Combatants Overcoming Size Differences for Female Enforcers Jan 20 - 22, 2026

This intensive three-day course equips officers with effective strategies for managing violent encounters with larger and stronger suspects. Rather than relying on upper body strength, participants will learn proven techniques that leverage body mechanics and control tactics to overcome size disparities. Training is highly interactive, combining hands-on drills with critical decision-making scenarios. To ensure realistic application, officers are required to train in full-duty gear, including vests, gun belts, and long pants, replicating real-world operational conditions

*"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

### 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 Transition to Physical Control



### REQUIRED EQUIPMENT

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

**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



**"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 of TRAINING:

Rhode Island Municipal Police Training Academy  
1762 Louisquisset Pike - Lincoln, RI 02865  
Contact - Gary Driscoll  
Director of Continuing Education  
[gary.driscoll@risp.gov](mailto:gary.driscoll@risp.gov) / 401-205-1678 (Desk)

### REGISTER ON-LINE

**[www.LockupPoliceTraining.com](http://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 Overcoming Size Differences for Female Enforcers</b>
Location	Rhode Island Municipal Police Training Academy 1762 Louisquisset Pike - Lincoln, RI 02865
Contact Person	Contact - Gary Driscoll Director of Continuing Education <a href="mailto:gary.driscoll@risp.gov">gary.driscoll@risp.gov</a> / 401-205-1678 (Desk)
Dates	Jan 20 - 22, 2026 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.