

Bismarck ND PD

Hosting

L.O.C.K.U.P.® Police System

Arrest and Control Instructor Course

May 18-22, 2026 0830-1630



FBI National Academy
Associates

2022 Science & Innovation
Award
Presented to L.O.C.K.U.P.

The L.O.C.K.U.P. training differentiated itself from other Defensive tactics programs being instructed throughout the country.

Not a technique-based training system but the emphasis is on the actual collection of data on the use of force incidents, and detailed reporting to determine the effectiveness and needs assessments of the officers on the street.

KFD Training
and Consultation LLC
PO Box 290931
Wethersfield, CT
06129-0931
860.436.6975

ONLY \$995.00!
MN and ND
POST credits
Applied

The internationally recognized, award-winning **L.O.C.K.U.P.® Police Arrest and Control Instructor Course** is an intensive five-day program designed to prepare law enforcement and corrections professionals to effectively instruct arrest and control tactics. Participants develop a strong foundation in practical empty-hand control techniques, combined with proven, instructor-development methodologies grounded in adult learning principles.

Upon successful completion, participants are certified as **L.O.C.K.U.P.® Arrest and Control Instructors**. The **L.O.C.K.U.P.® System** is purpose-built to ensure the safe, swift, and effective control of resistant subjects and is **FBI National Academy award-winning**, field- and court-tested, legally defensible, measurable, and retainable under stress.

COURSE TOPICS

- Legal Aspects of Use of Force
- Discuss the true science v myths on use of force
- Effective Takedowns for Immediate Control
- Equip Trainers to Learn Effective Instructional Methodologies
- Team Subject Control Tactics - Coordinated subject control
- Team Communications and Takedowns
- Police Ground Control Techniques (Non-Sport Based)
- Grounded Control Tactics Tailored for Real-world Law Enforcement
- Environmental Training in Various *Operational Settings and Energy Management*
- Striking for Law Enforcement and Counter Measures
- Understanding Psychophysiological Changes that Occur During Human Aggression
- Report Writing, Documentation, and Tracking
- Verbal Communication and De-escalation Skills - Integrated L.E.A.D.S.

The system emphasizes measurable outcomes, enabling agencies to quantify performance, reduce risk, and defend training decisions.

“The agency has an excellent self defense training program which contributed greatly to their success in low usage of less lethal weapons during this accreditation period.” C.A.L.E.A.® Assessment of L.O.C.K.U.P.®



LOCATION of TRAINING

Sanford Health Training Center

1809 E Century Ave

Bismarck ND 58503

REGISTER

www.LockupPoliceTraining.com



L.O.C.K.U.P.® 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. ® Police Combat - Arrest and Control Instructor Course
Training Location	Sanford Health Training Center 1809 E Century Ave. Bismarck ND 58504
Local Contact Person	Sergeant Mitch Wardzinski - Bismarck ND Office: 701 355-1875 - mwardzinski@bismarcknd.gov
Dates	May 18-22, 2026 - 0830-1630
Course Cost	Only \$995.00

REGISTRATION

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

HOW TO REGISTER: Register online at www.LockupPoliceTraining.com

2. Call the Office - Ms. Tammy Lynn LaBonte, 860. 436.6975
3. Mail to KFD Training and Consultation LLC 67 Beaver Rd. # 290931 · Wethersfield CT 06109 - 0931

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

Cancellation Policy: Students will receive a full refund if the registration is cancelled two weeks prior to the start of training otherwise there is no refund for the reserved seat. There is no charge for substitution of another person to attend at the last moment.