

# Southwestern Illinois Law Enforcement Commission

Hosting

## L.O.C.K.U.P.® Police Training Immediate Control Tactics

April 21-22, 2026 0830-1630



FBI National Academy Associates

2022 Science & Innovation Award

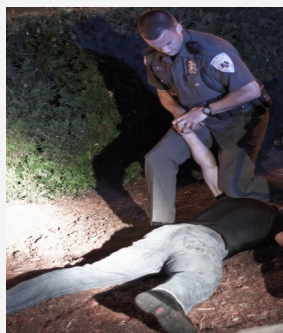
Presented to L.O.C.K.U.P.

*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 \$495.00!  
ILETSB Applied



### *Rapid, Efficient Resolution of Violent Resistance*

This course emphasizes rapid, decisive control to safely resolve violent or actively resisting encounters while minimizing prolonged physical exertion for both officers and subjects. Extended physical struggles increase fatigue, intensify stress responses, and significantly elevate the risk of injury and medical emergencies. By establishing effective control early, officers can prevent drawn-out engagements that overload the cardiovascular and respiratory systems.

Techniques focus on immediate immobilization and control, not prolonged ground fighting or strength-based solutions. The emphasis is on positioning, leverage, balance disruption, and timing -ensuring control is achieved safely, proportionately, and defensibly.

Participants learn strategies that allow them to:

- Resolve resistance quickly and efficiently, with an emphasis on accurate report writing
- Reduce overall force exposure through efficient control strategies
- Limit escalation by establishing early, decisive control
- Transition rapidly to stabilization and medical assessment
- Apply effective takedowns designed for immediate control—not prolonged struggle
- Execute team-based subject control tactics through coordinated movement and positioning
- Integrate team communication and coordinated takedowns during dynamic encounters
- Adapt control tactics to various operational environments, emphasizing energy management
- Employ defensive striking principles appropriate for law enforcement and corrections
- Understand psychophysiological changes that occur during human aggression and high stress

**4 HOUR VIRTUAL L.E.A.D.S. De-escalation Training Included !**

*“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.®



“Training **PROVEN** effective for officers. Supported by tracked documented L.O.C.K.U.P. deployments”

#### LOCATION of TRAINING

SILEC

Southwestern Illinois Law Enforcement Commission  
2300 West Main St., Suite D-100  
Belleville, Illinois 62226

REGISTER @

[www.LockupPoliceTraining.com](http://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	<b>L.O.C.K.U.P.® Police Training Immediate Control Tactics</b>
Training Location	<b>Southwestern Illinois Law Enforcement Commission 2300 West Main St., Suite D-100 Belleville, Illinois 62226</b>
Local Contact	<b>Southwestern Illinois Law Enforcement Commission Director Scott Williams (618) 277-1550 / scott@silec.org</b>
Dates	<b>April 21-22, 2026</b>
Course Cost	<b>Only \$495.00</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. Register online at [www.LockupPoliceTraining.com](http://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.