



**COWLEY COLLEGE
& Area Vocational Technical School**

COURSE PROCEDURE FOR

**Controlled FORCE
CRJ 5432 2 Credit Hours**

Student Level:

This course is open to any students enrolled at Cowley County Community College.

Catalog Description:

Controlled FORCE – CRJ 5432 (2 hrs)

This course instructs the student on the Controlled F.O.R.C.E. defense training system. The Controlled F.O.R.C.E.® training system utilizes five basic building block holds known as Mechanical Advantage Control Holds, or M.A.C.H.™ holds. These M.A.C.H. holds are the backbone of the Controlled F.O.R.C.E. training system, and are designed to provide the student with an opportunity to enhance his or her continued development in defensive tactics training. The M.A.C.H.™ holds, as well as the entire Controlled F.O.R.C.E.® training system, have been developed, and are taught, in such a manner as to assure a high level of retention for all students, even though the Controlled F.O.R.C.E.® training system is taught by many different instructors. This course will enhance a student’s ability to defend themselves. Students successfully completing this course will earn a Level 1 certification in the Controlled F.O.R.C.E self- defense system.

Prerequisites:

Students must be in good health and be able to handle moderately strenuous physical activity.

Controlling Purpose:

The Controlled F.O.R.C.E.® training system was created for the nation's public and private law enforcement agencies. The founders of the Controlled F.O.R.C.E.® training system assembled a team of accomplished, professional instructors and police officers who shared a desire to create a practical defensive tactics training program. After years of research, this panel of professional instructors, known as the Controlled F.O.R.C.E.® Team, identified a strong demand among law enforcement professionals for a comprehensive defensive tactics training program that is extremely effective, highly retained by its students, and can easily co-exist with a department's current defensive tactics programs.

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The Controlled F.O.R.C.E.® Team leads an elite, hand-picked group of professional instructors who all have an

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DISCLAIMER: THIS INFORMATION IS SUBJECT TO CHANGE. FOR THE OFFICIAL COURSE PROCEDURE CONTACT ACADEMIC AFFAIRS.

average of ten years teaching experience. This is an accomplished team that holds integrity, leadership, and ethics in high regard, and desires to create, improve, and maintain a program that stands as the leader in defensive tactics training. Completion of this Training Manual is your first step in becoming a part of the Controlled F.O.R.C.E.® Team.

Learner Outcomes:

The Controlled F.O.R.C.E.® Team deals primarily with the issue associated with hand-to-hand confrontations. Unlike most programs, M.A.C.H.™ holds do not concentrate on a set number of locks or holds, or simply teach theory without application. The M.A.C.H.™ hold techniques teach a student how to subdue an opponent in a safe and controlled manner, rather than rely on pure strength to overcome the opponent.

Upon completion of the course, the student will be able to demonstrate the appropriate holds and take downs taught in the National Controlled FORCE (First Offensive Reaction in a Controlled Environment) curriculum.

The student will be certified as a Level I Controlled FORCE user.

Units Outcomes and Criterion Based Evaluation Key for Core Content:

The following defines the minimum core content not including the final examination period. Instructors may add other content as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.
- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.
- D = A few of the major goals have been achieved, but the student’s achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

Unit 1 – Controlled FORCE Overview						
Outcome: Describe Controlled FORCE Mission, Initiatives, and Applications						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Recite the Controlled FORCE Mission.
						Explain the history of Controlled FORCE.
						Differentiate the different methods of self-defense utilized in law enforcement.
						Explain the fundamentals of Controlled Force.
						Describe where Controlled FORCE can be utilized.

Unit 2 – MACH (Mechanical Advantage Control Hold) Holds						
Outcome 2: Proficiently Demonstrate Controlled Force MACH Holds 1 through 5						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Proficiently demonstrate MACH Hold One.
						Proficiently demonstrate MACH Hold Two.
						Proficiently Demonstrate MACH Hold Three.
						Proficiently Demonstrate MACH Hold Four.
						Proficiently demonstrate MACH Hold Five.

Unit 3 – Contextual Controlled FORCE Applications and Certification						
Outcome: Students will be able to apply Controlled FORCE in proper scenarios and achieve certification.						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Students will demonstrate proper holds during scenario based exercises.
						Students will need to integrate Controlled FORCE holds into a variety of law enforcement functions including crowd dispersal, handcuffing, etc.
						Students will successfully complete a written final in Controlled FORCE.
						Students will successfully complete a practical exam in controlled FORCE.

Projects Required:

There are no projects required. This is an attendance based class with a minimum number of accepted attendances. Weekly points are given based on attendance and participation.

Textbook:

None

Materials/Equipment Required:

Loose fitting athletic clothing for class

Attendance Policy:

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

Grading Policy:

The grading policy will be outlined by the instructor in the coursesyllabus.

Maximum class size:

20 students will be the maximum class size.

Course Timeframe:

The U.S. Department of Education, Higher Learning Commission and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

Refer to the following policies:

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

Disability Services Program:

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class which requires accommodations, contact the Disability Services Coordinator.