



**COWLEY COLLEGE
& Area Vocational Technical School**

COURSE PROCEDURE FOR

**Controlled FORCE Level II
CRJ5433 2 Credit Hours**

Student Level:

This course is open to students enrolled at Cowley County Community College that meet the stated prerequisites.

Catalog Description:

CRJ5433 - Controlled FORCE Level 2 (2hrs)

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.

Prerequisites:

Students must have completed Controlled FORCE Level I. Students must be in good health and 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.

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

Rev: 5/11/2012

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

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. The Controlled F.O.R.C.E.® Team leads an elite, handpicked group of professional instructors who all have an 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 Level One Review

Outcomes: Student will have Level One Proficiency

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Review and demonstrate MACH holds one through five.
						Demonstrate proficiency of Mach holds with expandable baton.
						Demonstrate proficiency using Controlled FORCE in team arrest situations.
						Perform in holster weapon retention.
						Utilize MACH holds in an escort capacity.
						Explain the fundamentals of Controlled FORCE
						Demonstrate a working knowledge of the use of force continuum.
						Analyze appropriate threat levels.

UNIT 2: Introduction to Level Two: Controlled FORCE

Outcomes: The student will increase cognitive thinking skills as applied to physical situations.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Differentiate between reactionary training and thought process training.
						Develop increased autonomic reactions.
						Differentiate between instinctive reactions and planned responses.
						Using repetitive training to construct and retain bodily reflexive actions.

UNIT 3: Lead Hand Drills

Outcomes: The student will be able to perform lead hand drills effectively

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Adequately perform single and double hand drills.
						Demonstrate proficiency in rolling to the outside using an elbow techniques.
						Adequately utilize disruption techniques for distance.
						Demonstrate appropriate reengagement strategies.
						Utilize MACH three as a defensive tool during reengagement.
						Utilize Level One MACH holds during an aggressive attack.

UNIT 4: Lead Hand Drills with Baton

Outcomes: Students will complete competencies from Unit 3 with expandable baton

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Adequately perform single and double hand drills with expandable baton.
						Demonstrate proficiency in rolling to the outside using an elbow techniques with expandable baton.
						Adequately utilize disruption techniques for distance with expandable baton.
						Demonstrate appropriate reengagement strategies with expandable baton.
						Utilize MACH three as a defensive tool during reengagement with expandable baton.
						Utilize Level One MACH holds during an aggressive attack with expandable baton.

UNIT 5: Knife Awareness

Outcomes: The student will demonstrate proficiency in surviving knife attacks.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Create a reactionary stimuli to a sudden attack.
						Demonstrate appropriate balding and body positioning to avoid lethal wounds.
						Use defense techniques to gain distance.
						Demonstrate proper form of drawing techniques on the move.
						Demonstrate proper turning techniques for reengagement.
						Utilize verbal commands and communication in reengagement.

UNIT 6: Ground Defense and Escapes

Outcomes: Student will use all of the proficiencies indicated to demonstrate proper ground defense and escapes.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Demonstrate side crunches.
						Utilize Lead Hand Drills from unit 3 appropriately for correct defensive posture on the ground.
						Utilize unit 3 elbow roll to gain access to outside of body during ground defense.
						Demonstrate escapes from a variety of combat situations.

UNIT 7: Weapon Retention

Outcomes: The student will demonstrate proper weapon retention.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Demonstrate weapon retention from a single armed grab.
						Demonstrate weapon retention from multiple angle grabs.
						Demonstrate effective disarming techniques.

UNIT 8: Final

Outcomes: The student will achieve Level II Controlled FORCE certification.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						The student will demonstrate proficiency with Controlled FORCE II principles and applications.
						The student will satisfactorily complete Controlled FORCE testing requirements with a 70% or higher score.

Projects Required:

There are no projects required. The student will be working towards the final goal of a Level II Controlled FORCE certification. 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

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 course syllabus.

Maximum class size:

Based on classroom occupancy

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.