



Tactical Baton

Basic Certification

(ABC) Course Syllabus





"Protecting those who protect . . ."

Preparation. Products designed for your safety. Training developed for use on the street. Techniques that withstand the test of litigation. This is the system of ASP. Forged in the reality of law enforcement.



Commitment. Training support. Maintenance support. Liability support. A lifetime factory warranty. Whatever the tactical need, ASP stands behind our products and those who use them.

Quality. Innovative concepts. Durable designs. Exclusive patents. It isn't by chance that ASP products are the highest quality available. Each is developed with input from the world's most respected and tactically sophisticated law enforcement professionals. When you cannot afford less. ASP . . . Protecting those who protect.



TACTICAL BATON
ASP BASIC CERTIFICATION
(ABC)
COURSE SYLLABUS

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FORWARD

Who could have predicted the phenomenal success and overwhelming acceptance of the ASP Tactical Baton concept? When we began in 1976, our goal was to provide officers on the street with the finest possible impact weapon. We also wanted a training program that was realistic. We had visions of a group of sales and support personnel who would put the officer's interest above all else.

In the early days, we were constantly reminded that the police would not appreciate equipment that was built to our standards of quality. After all, other batons were too popular. Police departments would not accept this new concept. Officers would not go through the rigors of a competency based training program.

Looking back, the future was rather dim. We were a new firm competing against companies that were entrenched in the police market. We were a small company going head-to-head with competitors who were well financed. Perhaps most significant, we held a philosophy that was dramatically at odds with those who controlled this industry.

Now the ASP Tactical Baton is the dominant intermediate force impact weapon in the law enforcement community. ASP training is the most widely utilized baton program in the world. ASP conducts training in over 80 nations. The effectiveness of the ASP system is proven each day on the street. This corporation has as its primary goal "Protecting Those Who Protect." It is something in which we take great pride.

The approach to the protection of police officers that we call ASP would not have been possible without the efforts of literally thousands of Instructors throughout the world. The ASP philosophy is different than that of other firms. We do not view training as a profit center. Rather, training is a service that we provide at no charge. While other companies send Instructors a bill, we send them support and provide them with a commitment to stand behind their needs as they instruct their officers.

ASP Instructor Trainers are the backbone of the ASP training program. To them, I acknowledge my heartfelt appreciation. The training that they endured to become Trainers is, without question, the most intense in the industry. The quality of their instruction stands apart in the profession. Special recognition must go to:

Nicolas Afindouli (France)	Brian Conway (Ireland)	Jay Dowke (CA)	James Goddard (England)
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	Thomas Rodriguez (NY)	Mike Son (IL)	

During the next eight hours, you will participate in training that is known throughout the law enforcement community for its intensity and realism. As you return to your agency to pass on what you have learned, please contact us if we can assist you in any manner. We look forward to having you join us. Protecting Those Who Protect.

*Kevin Parsons, PhD
Chairman & CEO
June 2010*

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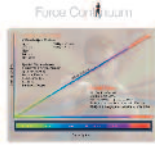
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A	Tactical Baton Technical Specifications
	A.1 Friction Loc Baton
	A.2 LeverLoc Baton
B	The Seven Components of Power
C	ASP Warm-Up
D	ASP Basic Certification (ABC) Training Critique



OVERHEADS

A The Confrontational Continuum



B Friction Loc Baton Exploded View



C LeverLoc Baton Exploded View



D SideBreak Scabbard Exploded View



E Federal Scabbard Exploded View



F Pyramid Concept



G Daily Dozen



H Interview Stance



I Combat Stance



J Target Areas



K Baton Opening to the Sky



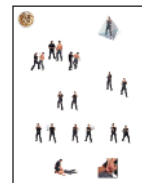
L Baton Opening to the Ground



M Baton Closing



N Baton System



O Closed Mode Weapon Strike



P Closed Mode Reaction Strike



Q Closed Mode Straight Strike



R Open Mode Weapon Strike



S Open Mode Reaction Strike



T Open Mode Straight Strike



SECTION 1: COURSE INTRODUCTION

ASP Basic Certification (ABC) training teaches law enforcement officers Tactical Baton fundamentals in an operational setting.

Participation in all aspects of this program is a requirement for ABC Certification. The nature of baton training requires strict discipline. Safe training procedures must be followed by all participants. *(See Section 1.06)*

1.01 Personnel

The combined efforts of a number of people are required to make an ASP training program successful.

1.01a AIC: Armament Systems and Procedures has three levels of certification: ASP Basic Certification (ABC) for field personnel, ASP Instructor Certification (AIC) for agency Instructors and ASP Trainer Certification (ATC) for Instructor Trainers. ASP Instructors (AICs) are selected for their instructional skill and experience. Each must complete an extensive two day competency based training process.

1.01b TSM: ASP Technical Support Managers (TSMs) are factory trained sales personnel who provide technical product information. They serve as a local contact directly to the factory. TSMs assist with the procurement of equipment and coordination of training programs.

1.01c Distributor: ASP Distributors are selected based upon their ability to service client agencies. They stock ASP products and act as the local source for all ASP training equipment.

1.02 Registration

The seminar Information Sheet requests participant background data that is required for Basic Certification. The participant's name will appear on certificates exactly as it is written on the Information Sheet.

Any health problems must be described in the medical section of the form. Individuals with medical

TOPIC	NOTES
<p>problems that prohibit their ability to complete the ASP Warm-Up may not participate in the course.</p> <p>All participants must sign the Release From Liability and Assumption of Risk Agreement.</p> <p>1.03 Student Introduction</p> <p>All participants in ASP Basic Certification programs are treated as peers. Each participant provides a personal introduction including:</p> <ul style="list-style-type: none"> · Name · Agency · Special physical skills (boxing, Karate, Arnis) · Prior training experience · Other baton programs attended · What you hope to learn <p>1.04 Course Description</p> <p>The ASP Basic Certification (ABC) program is an 8-hour, hands on seminar which trains participants in operational use of the ASP Tactical Baton. The program is simple to learn and easy to understand. It provides efficient defensive impact weapon tactics for law enforcement personnel without long hours of training. The techniques were designed to work effectively for all law enforcement officers, male and female, large and small, fit as well as officers in less than peak physical condition.</p> <p>The program provides portation (carrying) and presentation (drawing) procedures as well as striking techniques. These tactics are quickly learned, easily practiced and readily maintained long after the program is completed. ASP training provides techniques that work 90% of the time with 90% of the subjects an officer faces. However, as a realistic training program, ASP instruction recognizes that nothing works 100% of the time. For this reason, all ASP training retains the officer's ability to disengage or escalate.</p> <p>The ASP Tactical Baton is designed to be used as an impact weapon, not a comealong device. Techniques taught in the ABC program follow this standard. There are no complicated holds or complex moves. Because of this, the ASP program avoids the training complexities which often plague other baton programs.</p> <p>The training incorporates drills which simulate the stress of street encounters. By the end of the ABC</p>	<p>I hear . . . I forget I see . . . I learn I do . . . I remember</p>

TOPIC	NOTES
<p>program, participants will have a basic understanding of the conditions in which the baton may be used, justification for use and how to document these actions.</p> <p>1.05 Program Standards</p> <p>The ASP Basic Certification (ABC) program, is based on modern, court defensible police standards for less lethal use of force.</p> <p>The impact weapon techniques in all ASP Tactical Baton programs are designed to meet three standards of training:</p> <ul style="list-style-type: none"> · The techniques work on the street, not just in the ideal setting of a classroom. · The techniques are court defensible and are backed by the nation's most experienced use of force consultants. · The program is administratively feasible for use in a contemporary law enforcement agency. <p>Based on a model for the use of force, the Confrontational Continuum, ASP programs provide a conceptual basis for the use of a police impact weapon in an operational setting.</p> <p>1.06 Safety</p> <p>The goal of all ASP instruction is "injury free training." Safety is the ultimate responsibility of the Instructor. Impact weapon instruction is by definition a contact activity. For this reason, a number of safety procedures are required during ASP training:</p> <ol style="list-style-type: none"> 1. No functional firearms or other weapons are allowed in the training area. 2. No jewelry (rings, earrings, necklaces) should be worn by participants. Plastic training watches are allowed. 3. Mouthguards are required for each participant. 4. Shoes worn by each participant must have good lateral and linear support. 	

TOPIC	NOTES
<ol style="list-style-type: none"> 5. Only ASP Batons and Scabbards may be used during training. 6. The training area must be sanitized and all items which may injure students removed or insulated. All training equipment (bags and batons) must be grounded against walls when not in use. 7. The Instructor will have a Safety Set including a cold pack and elastic wrap. 8. All activities must stop at the sound of the whistle. 9. Participants may strike target areas only when they are covered by a Training Bag or protective training suit. 10. Keep batons in scabbards on duty belts when they are not in use during the training session. (Do not lay them on the floor or throw them back and forth between students.) 	
<div data-bbox="250 1089 932 1509" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">NOTE</p> <p>It is essential for participant safety that only ASP manufactured batons, scabbards, caps and training equipment be employed in conjunction with ASP Tactical Baton programs. Other manufacturers have attempted to imitate ASP designs. Only ASP equipment has been engineered and produced to safely withstand the rigors of Tactical Baton instruction. The ASP Training Baton, Baton Carrier and Training Bag are vital to successful, dynamic training sessions.</p> </div>	

SECTION 2: CONTROL THEORY

(See Overhead A)

2.01 Overview

The ability to use force against the public is the primary factor which distinguishes the police from the remainder of society. No other segment of our population is permitted this license. As a result of this responsibility, the use of force by the police comes under close scrutiny by both the public and the courts.

2.02 Confrontational Continuum

In an attempt to define and clarify appropriate circumstances for the use of force, the Confrontational Continuum was developed.

The Continuum provides the law enforcement administrator with a realistic means of evaluating force usage. The Continuum provides the street officer with reasonable guidance in determining what level of force is needed and a means of documenting that use of force.

The physical process of arrest occurs after control has been achieved. Force must cease when control has been effected. The use of force on an individual who is already under control is punishment and exceeds the bounds of all prevailing standards of police conduct.

The Confrontational Continuum was initially developed in an effort to explain to law enforcement personnel the proper response to an assailant's actions. It was designed as a mechanism for explaining the level of force that was employed and the circumstances under which it was exercised.

2.03 Force Options

The horizontal Force Option line provides a series of responses which are available for use by a law enforcement officer when confronting a subject. Specific agencies have diverse labels for techniques. However, the order of escalation is generally consistent from agency to agency.

Dialogue is the best defensive tactic. It is the most fundamental use of force that can be employed.

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<p>Dialogue as a means of persuading an individual to comply is the foundation on which all additional force is built. “Talking” a subject into compliance avoids the inherent dangers of a physical confrontation in which the officer or subject may be injured.</p> <p>However, if dialogue is not effective, the next means of gaining control is the use of an escort technique. This is a low level compliance procedure, non-threatening and non-violent. The purpose of escort compliance is to remove from the area a subject who may present a threat to the officer or the public. From a physical standpoint, escort is perhaps the most commonly employed technique by law enforcement personnel.</p> <p>When an escort technique fails or would be unsafe, the next force option is a pain compliance technique. Pain compliance involves the manipulation of a joint to cause pain. Compliance results from an effort on the part of the individual to relieve the discomfort. Pain compliance could be used in circumstances under which it would be too dangerous to initially attempt to escort an individual. In those circumstances in which escort is inappropriate or ineffective and yet a higher use of force is not justified, pain compliance is an entirely appropriate and often extremely effective procedure. The use of Oleoresin Capsicum is classified as a pain compliance procedure.</p> <p>Mechanical control (a punch, kick, throw or stun) is the next option available if pain compliance is ineffective or would be inappropriate. The use of mechanical control has a higher probability of gaining compliance but also has a higher potential for injury to the subject. As a result, mechanical control is employed only in those circumstances in which the preceding levels of force would prove to be inappropriate as a result of the assailant’s behavior or have shown themselves to be ineffective as a means of control.</p> <p>When mechanical control fails or would be inappropriate, the use of an impact weapon is required. The baton is an intermediate level of force and bridges the gap between the use of hands or fists and the use of a firearm to control an assailant. The police officer who is not issued a baton but carries a firearm has no use of force option between hands or fists and the use of deadly force.</p> <p>Finally, if the intermediate force of a baton proves inappropriate or is ineffective, the firearm may be required to stop the subject.</p>	

TOPIC	NOTES
<p>2.04 Subject Action</p> <p>The vertical Subject Action line delineates the assailant's action during a confrontation. The horizontal Force Options define a law enforcement officer's defensive responses.</p> <p>2.05 Officer Reaction</p> <p>The Officer Reaction line bisects the Subject Action line and the Force Option line, marking the officer's reaction to an increased use of violence by the subject. As the subject's resistance increases, the officer's response must increase appropriately to maintain control.</p> <p>2.06 Use of Force Evaluations</p> <p>The goal of a law enforcement officer in a confrontation is control of the subject. It is imperative that this control not be a 50/50 balance. The officer must win and not just 50 percent of the time. If half the confrontations result in a failure to control a subject, the officer and the general public are put in critical danger.</p> <p>An officer needs to maintain control. Each technique employed in a confrontational situation must be evaluated in terms of its likelihood to gain control compared to its likelihood to cause damage. Those techniques which offer a high degree of control and a limited potential for damage are preferred options.</p> <p>A misconception of those who do not understand the concept of the Confrontational Continuum is the assumption that officers must exhaust every lower option before moving to a higher level response. Such thinking is both naive and dangerous. The purpose of the Confrontational Continuum is to give officers a guide to selection of reasonable force options. There is no requirement to attempt implementation of each lower level alternative.</p> <p>In evaluating techniques, a final consideration must be made to insure officer safety. This involves the officer's ability to instantly disengage or escalate in response to a confrontation. Techniques which tie an officer to a subject must be rejected. Techniques which do not allow the ability to escalate the force option in response to a subject's threat are unacceptable.</p>	

TOPIC	NOTES
<p>2.07 Totality of the Situation</p> <p>All actions, relational factors between parties and conditions surrounding the street confrontation, comprise the Totality of the Situation. These include the Officer/Subject Factors and the Special Circumstances listed below. Each relevant condition relates to the confrontation in determining the officer's course of action.</p> <p>2.08 Officer/Subject Factors</p> <ul style="list-style-type: none"> - age - gender - size - fitness - skill level - multiple officers - multiple subjects <p>It is reasonable that a discrepancy in the age, gender, physical size, fitness or skill level of individuals involved in the confrontation may mandate that an officer use more or less force to control the situation.</p> <p>In a similar manner, it would be reasonable for a single officer to use more force in controlling a situation when confronted by multiple subjects.</p> <p>In addition to Officer/Subject Factors, a confrontation may include Special Circumstances which would allow an officer to increase the use of force.</p> <p>2.09 Special Circumstances</p> <ul style="list-style-type: none"> - close proximity to a firearm/weapon - special knowledge - injury or exhaustion - ground position - disability - imminent danger <p>A subject in close proximity to a firearm or other weapon creates an increased danger to the officer which must be dealt with immediately. An officer may have special knowledge of a subject's skills that would require the use of increased force. An officer who is injured, exhausted, on the ground, disabled or is in imminent danger would be justified in escalating through the use of force options.</p>	

TOPIC	NOTES
<p>2.10 Restraint</p> <p>In each situation where the officer is forced to employ physical force to stop an assault or control the subject, the confrontation ends with the subject being restrained. Defensive measures should not be viewed as discrete disciplines of escort, pain compliance, mechanical control, baton, firearm or handcuffing. As a result, all ASP Baton techniques ultimately end with the subject being restrained. Restraint of the subject after control must be viewed as part of baton training.</p> <p>2.11 Documentation</p> <p>A critical portion of any defensive tactics program must include training in documentation. A properly documented report detailing a street confrontation is the first step in minimizing potential civil liability. Although reports vary from agency to agency, basic information is necessary in all Use of Force Reports. When documenting a case of violent resistance, always include the following:</p> <ol style="list-style-type: none"> 1. The type of call which first brought the officer in contact with the subject 2. The number of persons involved in the situation 3. The time of day, physical setting and type of situation 4. What the subject said to the officer 5. The subject's demeanor and attitude 6. What the officer said 7. The subject's actions and officer's reactions 8. A detailed report of the officer's injuries, including photographs when possible 9. A detailed report of the subject's injuries, including photographs when possible 10. Names, addresses and telephone numbers of neutral witnesses not involved in the confrontation 	

2.12 Liability Considerations

Avoid conclusionary statements such as, "I used reasonable force to effect the arrest." Use concrete, precise descriptions of the confrontation and the Force Options used.

Include all Officer/Subject Factors and Special Circumstances involved in the confrontation. These pieces of information will not only aid a conviction in criminal court, but will also help in defending the officer's actions should a civil suit develop as a result of the confrontation. Short, generic descriptions of a confrontation may cause a future reader of the report to mistakenly believe something is being hidden.

2.13 Use of Force Report

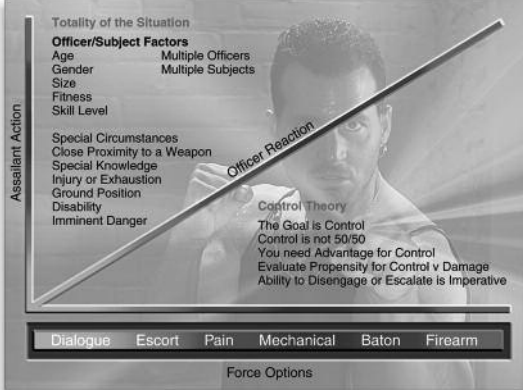
In an effort to improve the reports written by officers involved in confrontations, Armament Systems and Procedures makes available, without charge to the law enforcement community, the Use of Force Report decal.

USE OF FORCE REPORT

Remember:

- The Incident Report is your account of what happened in a confrontation.
- Many individuals, including a jury, may read this report.
- Be certain to indicate the causes for your action including all reasonable suspicion and probable cause.
- Quote the subject directly, if possible.
- Quote your statements as accurately as possible.
- Be chronological.
- Show the totality of the circumstances.
- List all factors that contributed to the incident.
- Detail the debriefing that occurred.
- Specify the care rendered to the subject after control was effected.
- State your perception at the time of the incident based upon your training and experience.
- Be specific with regard to the force you employed, areas to which it was directed and why it was employed in place of other force options.

The Confrontational Continuum®



Assaultant Action

Officer/Subject Factors

Age
Gender
Size
Fitness
Skill Level

Special Circumstances

Close Proximity to a Weapon
Special Knowledge
Injury or Exhaustion
Ground Position
Disability
Imminent Danger

Officer Reaction

Control Theory

The Goal is Control
Control is not 50/50
You need Advantage for Control
Evaluate Propensity for Control v Damage
Ability to Disengage or Escalate is Imperative

Force Options

Dialogue Escort Pain Mechanical Baton Firearm

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ASP

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SECTION 3: TECHNICAL CHARACTERISTICS OF THE ASP BATON

3.01 Overview

The concept of an “expandable” baton originated in the Orient. Early models suffered from poor design and construction methods. The first American baton of this type, the Titan Taper, received limited exposure in the 1960s. However, the method of construction as well as the durability of the unit were not compatible with long term police use.

The ASP Tactical Baton is a defensive, police impact weapon designed to be inconspicuous, yet highly effective in an operational setting.

The concealable nature of the baton makes it an ideal intermediate weapon for the plainclothes or undercover law enforcement officer.

The ASP Tactical Baton also provides the uniform officer with quick access to an impact weapon which is always carried.

The ASP Baton has two telescoping shafts which lock into place with a full extension of the arm. This opening of the baton also presents a clear statement to a potential assailant. It is a final warning prior to the application of force by an officer.

The ASP Baton is available in a variety of Locking Systems, Lengths, Grips and Shafts to meet specific needs. *(See Appendix A)* All models are characterized by an absence of sharp edges which might abrade clothing or cut an assailant.

ASP Batons are exceptionally strong with few parts to fail or wear out. Friction Loc expandables have 10 parts; LeverLoc models have 15 parts.

3.02 Components *(See Overheads B and C)*

The ASP Tactical Baton is composed of the following parts:

1. Cap
2. Retention Assembly
3. Cap O-Ring
4. Handle
5. Grip
6. Middle Shaft
7. End Shaft
8. Tip

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3.03 Locking Systems

ASP Tactical Batons employ either a **Friction Loc** or a **LeverLoc** operating system. The flare of one shaft jams into the swage of the mating shaft of a Friction Loc Baton. This deadlock taper locks the shafts together. Friction Loc Batons close with direct impact on the tip.

The spring legs of the LeverLoc engage an eccentric interior groove to lock this baton open. The design is closed by rotating the locking lugs out of the interior groove.

LOCKING SYSTEMS



FRICTION LOC

LEVERLOC



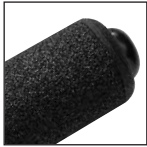
3.04 Lengths



16, 21 and 26 batons are available. Lengths can be matched to the operational mission and the physical characteristics of the officer. Shorter batons are more easily concealed. They are well suited to use in tight quarters such as hallways. Longer batons provide greater striking potential. They are well suited to individuals with less upper body strength.

3.05 Grips

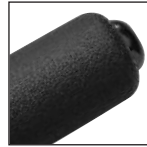
Foamed Vinyl grips provide a secure hold and increased control. Wavemaster grips are well suited to a maritime or high humidity environment. Both Foam and Wave grips are replaceable. They are used on baton handles with a metal front collar. DuraTec grips are injection molded directly onto the baton handle. They are extremely durable.



Foamed Vinyl



Wavemaster



DuraTec

3.06 Shafts

Baton shafts are available in Airweight (A), Black Chrome (B), Chrome (C) and Electroless (E).



Airweight offers a 45% weight reduction with 98% of the striking potential of steel.



Black Chrome provides the most durable and corrosion resistant black baton finish available.



Chrome delivers a high lustre finish for increased visibility under low light conditions.



Electroless is the most corrosion resistant finish. It is well suited to high humidity environments.

3.07 Specialized Batons

Special purpose batons are provided by ASP to meet unique operational needs. There are 21 special operation ASP Batons.

The Fusion Series combines ASP Friction Loc or LeverLoc Batons with Defender (OC) or Triad (LED) attachments.

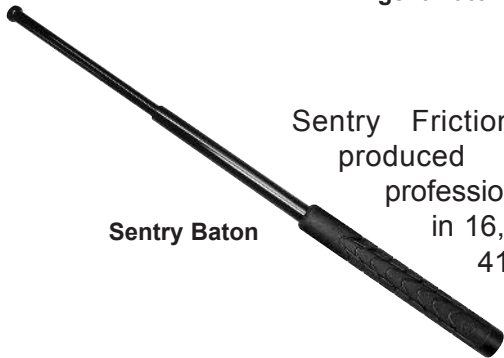
	OC	LED
AIRWEIGHT*	OA	LA
BLACK CHROME	OB	LB
CHROME	OC	LC
ELECTROLESS	OE	LE

** Airweight Batons weigh 45% less than steel models.*

Agent LeverLoc Batons provide a lightweight impact weapon with an integral and adjustable belt clip. They are available in black or electroless finishes.



Agent Baton



Sentry Baton

Sentry Friction Loc Batons are produced for the security profession. They are available in 16, 21 or 26 lengths with 4130 shafts.

The ASP Baton product line consists of 93 impact weapons. There are 72 standard model ASP Batons (2 Operating Systems x 3 Grips x 3 Length x 4 Shafts). In addition, there are 16 Fusion Batons, 2 Agents and 3 Sentry models.

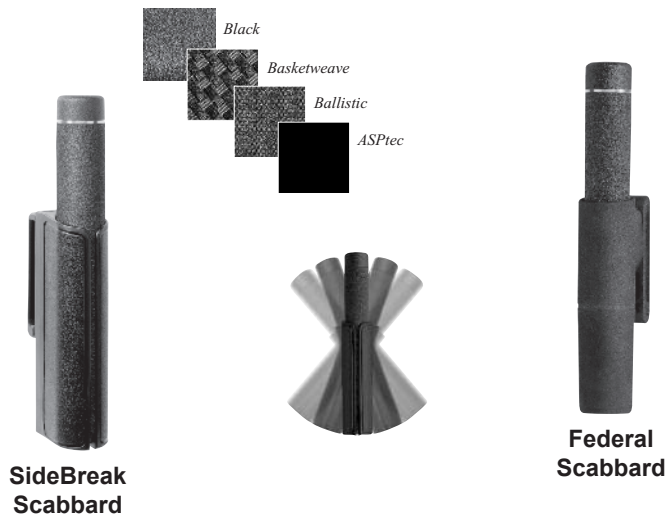
3.08 Maintenance

The ASP Tactical Baton should be maintained in the same manner as a firearm. The baton should be kept dry. If exposed to water, salt air or perspiration, the shafts should be opened and the baton dried with a soft

TOPIC	NOTES
<p>cloth. No lubricant should be placed on the shaft surfaces.</p> <p>The cap should be periodically checked to make sure it is tightly screwed onto the handle and the o-ring lubricated with Break-Free. The tip should also be checked. If the tip breaks loose, Loctite should be applied to the threads to secure it to the end shaft. Worn or loose retaining clips in Friction Loc Batons should be replaced. <i>(See Section 3.15)</i> Retaining clips can be adjusted using the Armorer Kit. <i>(See Section 3.14)</i></p> <p>Worn grips are replaced using the Grip Kit. <i>(See Section 3.16)</i></p> <p>The baton should be periodically checked for hairline fractures or excessive wear between the sections. Fractures may occur if the baton is continually opened with too much force. The tip of the baton may be placed on a heating element or hot plate to allow disassembly of the tip and facilitate replacement of damaged parts.</p> <p>3.09 Friction Loc Baton Adjustment</p> <p>The force necessary to open the baton may be adjusted using the retaining clip inside the handle. Extending the sides of the clip outward will increase the amount of force necessary to open the baton. Pushing the sides of the clip together will lessen the force needed to extend the baton. Precision adjustment is possible using the Armorer Kit. <i>(See Section 3.14)</i></p> <p>Should a student have a problem opening the ASP Baton, identify the “source” of the problem. Many times it is the “operator” not the “equipment” that is not performing properly.</p> <p>3.10 Rotating Scabbards <i>(See Overheads D and E)</i></p> <p>Injection molded cases are available for 16, 21 and 26 Tactical Batons. Scabbards may be rotated to 12 distinct positions or locked upright. The belt loop slide bar adjusts to a variety of belt widths and locks in place. The metal retaining clip may be easily adjusted to provide light, medium or heavy baton retention.</p> <p>SideBreak Scabbards are offered in Black, Basketweave, Ballistic Weave and high lustre ASPtec finishes. They retain retracted as well as expanded batons. Closed batons should be drawn out the top, not the side, of the case. Extended batons may be drawn out the side of the scabbard.</p>	

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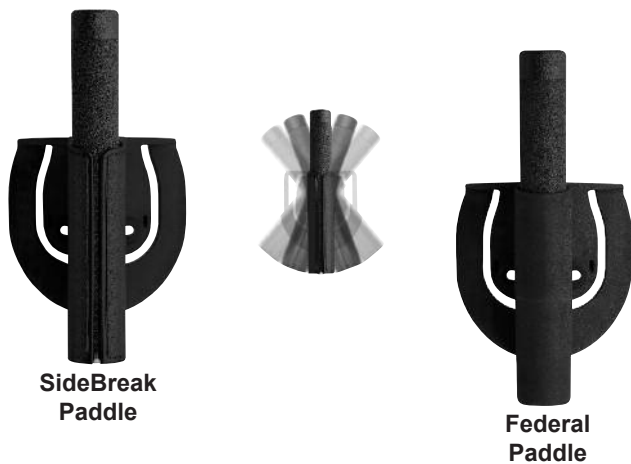
Federal Scabbards are designed for those officers who prefer a closed front carrier. The cases are lightweight with a heavily radiused profile. They are suitable for both uniform and plainclothes operations.

3.11 Specialized Scabbards

Unique scabbards have been developed for use in a variety of operational settings. Clip Scabbards are designed for military or duty belts. They adjust from 1.25 to 2.25 inches and rotate to 12 distinct positions.



Paddle Scabbards are available for both SideBreak and Federal carriers. They can be locked in five distinct positions.



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MOLLE Scabbards attach to military or police vests. They rotate to 12 positions and can be locked in place.



**MOLLE
Scabbard**



**Duty
Scabbard**

Duty carriers are ideal for investigative or security personnel. They snap onto the belt and retain a retracted or expanded ASP Baton.

3.12 Accessories

A number of tactical accessories for expandable batons are available from ASP. Support products include the Clean Sweep Tactical Mirror and Wrist Strap Cap. The Grip Cap and Leverage Cap provide improved baton retention. The BreakAway subcap is an extremely effective entry tool.



Wrist Strap Cap



Tactical Mirror



Grip Cap



**BreakAway
Subcap**



Leverage Cap

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The Tactical Defender (OC) and Tactical Triad (LED) can be attached to any ASP expandable.



Tactical Triad



Tactical Defender

An Extended Tip or overmolded HRT (Human Rights Tip) allows LeverLoc Batons to be manually expanded by grasping the extension grooves.



Extended Tip

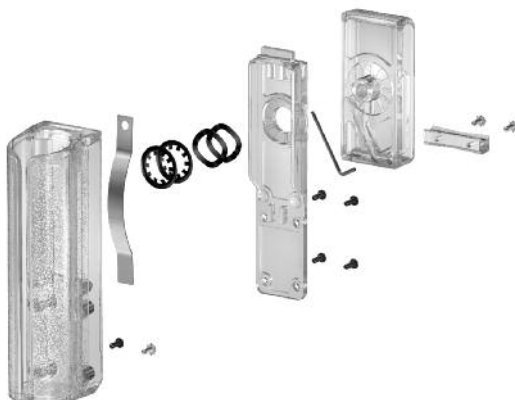


**Human Rights
Tip**

3.13 Cutaways



Sectioned 21 Friction Loc and LeverLoc expandables are available to demonstrate the function of ASP Batons and the relationship between specific components.



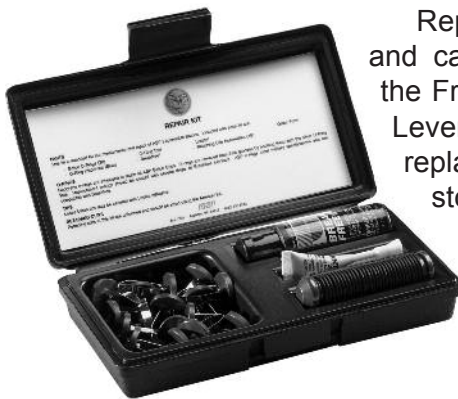
The ClearView SideBreak and Federal Scabbards show the mechanical operation of ASP injection molded baton carriers.

3.14 Armorer Kit

Adjustment of retaining clips in ASP Friction Loc Batons is made possible by the armorer tool and lubricant.



3.15 Repair Kit



Replacement retaining clips and cap o-rings are included in the Friction Loc Repair Kit. The LeverLoc Repair Kit includes replacement locking lugs and stop pins. O-ring lubricant and thread lock for the tip are provided in both kits.

3.16 Grip Kit



Replacement grips, grip tape, cap o-rings and the tools needed for grip replacement are included in the Grip Kit.

3.17 Scabbard Kit

Back plate and slide bar screws as well as a hex tool, replacement hex wrenches, retention bars and belt loop slide bars are included in the Scabbard Kit.

SECTION 4: BODY MECHANICS

The principles of human movement form the foundation of all ASP techniques. The ability to use the basic principles of body mechanics dramatically increases an officer's potential to control a confrontation, while decreasing the chances of injury.

4.01 The Pyramid

The foundation of body mechanics is the Pyramid Concept of defensive measures:

1. Wide Base
2. Deep Base
3. Low Center
4. Head Over Center

A law enforcement officer may use these principles to gain advantage and control an assailant. (*Overhead F*)



Pyramid Concept

4.01a Wide Base: Keep the feet shoulder width apart. This stance will maintain lateral balance (from side-to-side) which is not present when the feet

TOPIC	NOTES
<p>are together. The body's weight is equally distributed between both legs.</p> <p>4.01b Deep Base: Linear balance (front and back) is maintained using a Deep Base, placing the feet one step apart, Reaction Leg forward, Weapon Leg back.</p> <p>When combined with a Wide Base, this position balances the body from all sides.</p> <p>4.01c Low Center: To further enhance balance, a Low Center is achieved by slightly bending the knees. The body's weight rests equally on both feet without creating tension in the knees or ankles.</p> <p>4.01d Head Over Center: This position keeps the weight of the body balanced over the base. The head is kept over the center of the body.</p> <p>4.02 Hand Position</p> <p>During a confrontation, the hands are often the first line of defense to an attack. They must be kept above the waistline and in front of the body to allow a rapid response to a sudden assault. The hands, forearms and elbows should not be over extended where they can be grabbed. They should not be too close to the body where they provide little protection to the head and upper body.</p> <p>4.03 Relaxation v Tension</p> <p>Tense muscles cannot engage in dynamic movement which is vital in using an impact weapon. Tense muscles expend greater energy and can tire an officer prematurely.</p> <p>While maintaining the Pyramid Concept of body mechanics, the officer needs to remain relaxed in order to put the four principles into action. Only when the strike is delivered is tension a component of ASP techniques. This tension after dynamic movement will create trauma and generate fluid shock waves to control the assailant.</p> <p>4.04 Center</p> <p>The officer uses the Pyramid Concept in order to maintain balance during the execution of ASP strikes. Center is achieved by building the four components of the pyramid.</p>	

TOPIC	NOTES
<p>4.05 Decentralization</p> <p>Using proper distancing techniques, the assailant is kept off balance and, therefore, in a weaker tactical position. Decentralization is achieved by removing the components of the pyramid.</p> <p>4.06 Position</p> <p>During a confrontation, maintain a strong pyramid position. This provides Safe Separation while keeping the officer within striking distance of the subject. Assaults by the assailant are Checked or Redirected as the officer moves to a Weapon Side position of advantage. Movement is always done in Pyramid Stance.</p> <p>4.07 Power Generation</p> <p>Maximum striking potential is achieved through use of the Seven Components of Power. These elements for increasing an officer's control potential were outlined in 1980 by DR Kevin Parsons: <i>(See Appendix B)</i></p> <p>4.07a Balance is the most basic component of power. It must be automatic, instantly fluid, present during continuous movement and capable of being sustained as momentum increases. Balance is linked with timing and is improved by working with moving targets.</p> <p>4.07b The second component of power is endurance, primarily cardiovascular. Endurance is improved through aerobic exercises such as running, swimming or bicycling. A rule of thumb is to run one mile a day in preparation for every three minutes of a fight.</p> <p>4.07c The third component of power is flexibility. Rigidity presents tremendous problems during a confrontation. It is tied to tension, fear, nervousness and lack of confidence. Flexibility is improved by stretching and relaxation. Flexibility is enhanced when muscles are in dynamic tension, resisting each other in perfect tone.</p> <p>4.07d Focus is the fourth component of power. Focus is the result of proper mind/body coordination and occurs when the mental and physical systems complement each other to the point that total</p>	

TOPIC	NOTES
<p>concentration can be directed to a specific technique for a short period of time. The two barriers to focus are hesitation and over-compensation. Hesitation is often tied to lack of flexibility. Over-compensation is defined as “trying too hard.”</p> <p>4.07e Speed is the fifth component of power. It is generated through continuous repetition until a technique is both physiologically and psychologically routine and lag time has been reduced. It is clear from ballistics research that speed is vitally important to the generation of devastating power.</p> <p>4.07f The sixth component of power is strength. The low ranking of strength in the power typology is due to the other factors which can make up for the lack of strength and the manner in which alternative components can impair power if not present with strength. The strongest officer possesses little power when off balance, exhausted or inflexible.</p> <p>4.07g The seventh component of power is simplicity. Repetition of fundamentals combined with clear, systematic sequencing yields tremendous power. Keep it short and simple (KISS).</p>	

SECTION 5: BATON TRAINING TERMINOLOGY

In order to insure the safety of participants, both Instructor and students must share a common training terminology.

For the purpose of explanation and instruction, the following terms are used throughout the ABC program:

5.01 40/10 Theory

When targeting a specific point during the stress of a confrontation, 40% of the time the strike will be high, 40% of the time it will be low, 10% of the time the officer will miss completely and 10% of the time the targeted point will be hit.

5.02 4140

A specially formulated high strength alloy seamless tubing that is produced exclusively for ASP Batons. The material is 25% stronger than any other baton material currently available.

5.03 Airweight

A seamless tubing variation that is produced specifically for ASP Batons. Airweight models weigh approximately one half of their steel counterparts yet are extremely strong and tough.

5.04 Anodizing

An aluminum coating that provides corrosion protection and produces a brightly colored finish.

5.05 Black Chrome Plating

A darkening process that deposits a layer of extremely hard Black Chrome on an undercoat of nickel. Originally offered only on the finest custom firearms. The complement to ASP Silver Chrome, this is the most technically sophisticated black finish available from any source.

5.06 BreakAway

A window breaking tool that is interposed between the end cap and handle of an ASP Baton. The three ground ceramic pins are set in a geometric dome and can break the tempered side and rear window glass or the windshield of a motor vehicle.

TOPIC	NOTES
<p>5.07 Bridging The ability of an officer to move from one technique to another in a fluid manner. Used in conjunction with the Reaction Hand Defense to allow multiple strikes with the ASP Baton without danger of the officer being overwhelmed. Failures of the side handle baton are often the result of the weapon's inability to bridge.</p>	
<p>5.08 Center Mass A forgiving concept of target acquisition. In the context of the ASP Baton, the center mass of the arm is the elbow, the center mass of the leg is the knee and the center mass of the torso is the belt buckle.</p>	
<p>5.09 Chemically Bonded The use of a chemical compound that is heat sensitive. Applied to threads of a product such as the tip on the Tactical Baton, the bond can only be broken when extreme heat such as that from a torch or hot plate is applied to the surface.</p>	
<p>5.10 Chrome Plating An extremely precise finishing operation which deposits a thin layer of clear chrome over a copper and nickel base to produce a silver finish. The specifications of ASP require a chrome finish that will not chip or flake off even when the shafts of the baton are subjected to severe deformation.</p>	
<p>5.11 Clearance Strikes Baton strikes coming from the Reaction Side of the body.</p>	
<p>5.12 Clip An attachment system that allows SideBreak Scabbards to be rapidly attached to police or military belts.</p>	
<p>5.13 Closed Mode Striking with the closed fist or cap of the baton. During Closed Mode strikes, the thumb is placed over the side of the Tip to prevent the baton from "popping" open due to the force of the strike.</p>	
<p>5.14 Combat Close Use of a full grip to rapidly close a Friction Loc Baton in one motion.</p>	

TOPIC	NOTES
<p>5.15 Combat Open A continuous opening procedure as the baton is brought to the shoulder from a downward opening position.</p>	
<p>5.16 Combat Stance A wider and lower stance that is taken as the baton is brought to the shoulder in an Open Mode.</p>	
<p>5.17 Counter Strikes Movement out of the line of attack as a strike is thrown by the officer. Contrasted with staying in the line of attack and attempting to stop the technique.</p>	
<p>5.18 Deadlock Taper A precision engineering taper used on Friction Loc Batons that allows two cylindrical objects to lock into a rigid position and not release when subjected to a linear force on a soft surface. The lock will collapse when tapped on a hard object such as a concrete floor.</p>	
<p>5.19 DuraTec A durable molded grip which is permanently bonded to the baton handle.</p>	
<p>5.20 Duty Scabbard A “soft” carrier that is designed for investigative and security personnel. The scabbard snaps onto the belt and securely retains a retracted or expanded ASP Baton. The case can also hold a Triad light in a lens up or lens down configuration.</p>	
<p>5.21 Electroless Nickel This highly corrosion resistant coating has a stainless steel like appearance. The process coats both the interior and exterior of baton tubes.</p>	
<p>5.22 Extended Tip The replaceable end section for the LeverLoc Baton that allows manual extension of the shafts.</p>	
<p>5.23 Extended Tip Bump Pushing the protruding tip of the LeverLoc upward with the fingers before sliding up the SideBreak, grasping the handle and presenting the baton.</p>	

TOPIC	NOTES
<p>5.24 Federal Scabbard A closed side scabbard that increases retention of the ASP Baton.</p>	
<p>5.25 Fine Motor Skills Non-forgiving, difficult skills involving complex movement of small muscle groups (playing the piano).</p>	
<p>5.26 Flare The use of a 30 ton press to force a mandrel into the tubing to open it up to a precise position which will allow the shafts of the Tactical Baton to lock in place.</p>	
<p>5.27 Fluid Shock The transmission of energy from the baton through the body by providing time on target.</p>	
<p>5.28 Foamed Vinyl A patented process whereby extremely durable vinyl compounds are formed to produce a grip which has a soft feel while retaining a high abrasion and tear resistance.</p>	
<p>5.29 Forgiving Techniques Procedures that remain effective even if not done exactly right.</p>	
<p>5.30 Friction Loc An expandable baton with three mating shafts. Held in an extended position by the interference fit at two tapered joints. The baton is impact closed by striking the tip straight down on a hard surface.</p>	
<p>5.31 Fusion LED A Tactical Triad attached to an ASP Baton.</p>	
<p>5.32 Fusion OC A Tactical Defender attached to an ASP Baton.</p>	
<p>5.33 Grip Cap An increased diametric angular cap that enhances retention of the ASP Baton during confrontations.</p>	

TOPIC	NOTES
<p>5.34 Gross Motor Skills Forgiving, easily accomplished skills involving simple movements of large muscle groups (running).</p>	
<p>5.35 Hardcoat A black aluminum finish that is extremely hard and corrosion resistant.</p>	
<p>5.36 Heat Treating A hardening process involving the heating of an alloyed material to a high temperature and then rapidly quenching to produce a tube that will not bend or open up.</p>	
<p>5.37 Human Rights Tip (HRT) A replaceable overmolded end section for the LeverLoc Baton that allows manual extension of the shafts.</p>	
<p>5.38 Impact v Comealong ASP Baton Training emphasizes use of the weapon for impact. Comealongs are accomplished with the hands.</p>	
<p>5.39 Leverage Cap A reduced diameter cap for the ASP Baton that shifts the pivot point of the weapon increasing striking potential of the baton.</p>	
<p>5.40 LeverLoc The use of internal steel lugs to lock baton shafts in an extended position. Shafts are released by means of an eccentric cam.</p>	
<p>5.41 Mill Run Tubing Specially alloyed and individually formulated tubing available only on special order with extensive lead time for production. Mill run tubing is available only in extremely large quantities to specific customers.</p>	
<p>5.42 O-Ring A 70 Durometer Buna Nitrile Elastomer seal that retains the end cap of ASP Batons with a .010 compression fit.</p>	

TOPIC	NOTES
<p>5.43 Open Mode The baton is locked in an extended position as it rests on the shoulder and held in a tight grip.</p>	
<p>5.44 Open to the Sky or Ground Expanding the baton straight up or straight down rather than at an angle that could accidentally strike another officer.</p>	
<p>5.45 Overload A series of ASP strikes to the same area of the subject's body.</p>	
<p>5.46 Paddle An attachment for both SideBreak and Federal Scabbards that may be rapidly attached to the waistband and easily removed. Paddle assembly distributes the weight of batons and scabbards.</p>	
<p>5.47 Plowing the Baton Attempting to close the baton while striking it at an angle rather than straight down.</p>	
<p>5.48 Polymer Technology The use of advanced thermoplastics to achieve design criteria not possible with traditional engineering materials.</p>	
<p>5.49 Powder Paint An extremely durable coating that deposits a layer of fine powder particles on a product prior to a baking process which fuses the paint to the surface.</p>	
<p>5.50 Presentation Drawing the baton and placing it in an Open Mode in Combat Stance.</p>	
<p>5.51 Primary v Secondary Techniques ASP tactics that are directed at the Weapon or Delivery System of the attacker rather than at targets that are intended to gain control by dealing with the subject's Intent.</p>	
<p>5.52 Rapid Response Strike A variation of baton opening "to the ground" in which the baton is directed at a subject as it is opened.</p>	

TOPIC	NOTES
<p>5.53 Reaction Side The side of the officer's body that is bladed closest to the subject. Handcuffs are commonly worn on the Reaction Side.</p>	
<p>5.54 Reaction Strike A clearance strike to create distance.</p>	
<p>5.55 Resetting the Baton Placing the Tactical Baton on the shoulder after a series of strikes.</p>	
<p>5.56 Retaining Clip A tapered, heat treated spring steel retaining mechanism that holds Friction Loc Batons in a retracted position.</p>	
<p>5.57 Shock the Baton Jabbing the Friction Loc Baton into a solid surface without follow-through.</p>	
<p>5.58 SideBreak Scabbard A split side scabbard that allows an expanded ASP Baton to be rapidly presented.</p>	
<p>5.59 Slide A SideBreak and Federal Scabbard attachment system which incorporates a sliding belt lock.</p>	
<p>5.60 Straight Strike A supported strike with the Middle Shaft of the baton in an Open Mode or the fist in a Closed Mode that is directed toward the center mass of the body.</p>	
<p>5.61 Swage The use of a 30 ton press to force the tubing of the ASP Tactical Baton into a machined block creating the taper necessary to lock the baton in an open position.</p>	
<p>5.62 Tactical Defender An OC dispersion system that attaches to the back of an ASP Baton.</p>	
<p>5.63 Tactical Triad An extremely bright LED lighting system that attaches to the back of an ASP Baton.</p>	

TOPIC	NOTES
<p>5.64 Thermoplastic An extremely tough molded polymer.</p> <p>5.65 Tip A heavily radiused, replaceable steel extension that is thread attached to the end tube of ASP Batons.</p> <p>5.66 Universal Cue Directions that will be perceived by all students in the same manner. In a gym, left and right will change depending on which way the student is facing. Up and down, however, are universal. Instructors should use universal cues.</p> <p>5.67 Wavemaster A replaceable patterned grip which provides a secure hold and increased control.</p> <p>5.68 Weapon Disarming v Weapon Defense A tactical decision to disarm a subject who has a weapon as contrasted with a defensive posture taken as the subject attacks the officer.</p> <p>5.69 Weapon Side The dominant side of the officer's body. The side where the firearm is most often worn. The ASP Baton is commonly worn on the Weapon Side.</p> <p>5.70 Weapon Strike A strike with the ASP Baton from the dominant side of the officer's body.</p> <p>5.71 Zinc Dichromate A gold finishing process which protects metal surfaces from rust and provides an ideal undercoat for painting operations.</p>	
<p style="text-align: center;">NOTE</p> <p>Gross Motor Skills offer important advantages to police officers. They require less instruction time, reduce refresher time and have a high level of retention. Gross Motor Skills are also more likely to be performed during times of high stress and are more forgiving.</p>	

SECTION 6: TRAINING FORMAT

6.01 Floor Dynamics

The training environment is vital to the safety of class participants. Floor space needs to be free of obstructions and constructed of a material suitable for expandable baton training. A basketball court, for example, will not withstand the rigors of ASP training. Adequate space is also vital to safety. One hundred square feet per student is recommended. A class of 15 students requires approximately 1,500 square feet of usable floor space, free of obstructions.

6.02 Warm-Up & Warm-Down

All ASP training sessions should be preceded by an adequate routine for warming and stretching the body.

The ASP Warm-Up (Daily Dozen) can greatly reduce muscle strains, pulls and tears. (*See Overhead G*)

Warm-Up exercises should emphasize flexibility and agility without bouncing or jerking. Special care should be taken to guard against neck, lower back and knee injuries.

The Warm-Up should be repeated after extended periods of lecture or other breaks in the training such as meals.

The post activity Warm-Down should be done before allowing the body to cool. The last six components of the Daily Dozen will help the body remove the chemical by-products of strenuous activity and will reduce follow-on stiffness and soreness.

The ASP Warm-Up is included in Appendix C of this manual.

6.03 Progressive Training

ASP training teaches new skills in a progressive format of discussion, demonstration and practice. Repetition during practice drills goes from basic skill instruction to dynamic simulation.

6.03a Skill Discussion

The technique is explained by the Instructor who provides an overview of the skill and of the tactical environment in which the technique will be utilized.

TOPIC	NOTES
<p>6.03b Skill Demonstration The technique is demonstrated with particular emphasis on the need which the skill meets.</p> <p>6.03c Skill Practice The technique is repeated to a level of mastery. Drills progress from static, sequential movements to simulations with a high level of fidelity.</p> <p>6.04 Practice Sequences</p> <p>ASP Tactical Baton techniques are taught using a four-part, “progressive” format designed to ensure that all participants gain competency during training sessions.</p> <p>Each of the four segments is structured to set a deliberate pace of instruction. No more than eight (8) strikes should be done by any student during a drill sequence before switching sides. No technique should have more than three components. The four types of training drills are:</p> <p>6.04a By the Numbers: The first part of the format breaks the various techniques into individual steps of movement. The techniques are presented in a 1-2-3 sequence as an introduction to the skill.</p> <p>6.04b Slow for Form: This intermediate step allows the techniques to be executed as a system of movement but concentrates on the form of delivery, not power or speed.</p> <p>6.04c Full Speed and Power: The third part of the training sequence incorporates the previous segments and adds the necessary dimensions of speed and power in the execution of ASP techniques.</p> <p>6.04d Simulation: The final segment of the ASP training format provides realistic, job-related, dynamic use of the ASP Tactical Baton under situations of stress which approximate operational use of the weapon during a confrontation.</p>	

TOPIC

NOTES

6.05 Training Equipment

Each item in the ASP training collection has been designed to create a safe training environment while preparing officers for the reality of the street.

6.05a Training Bag

The ASP Training Bag was specifically designed for Countermeasures, baton and restraint instruction. Hold the safety bag **tightly** against the body. The Reaction Hand goes through the support strap and grips the handle. The Weapon Hand grips the upper part of the support strap.

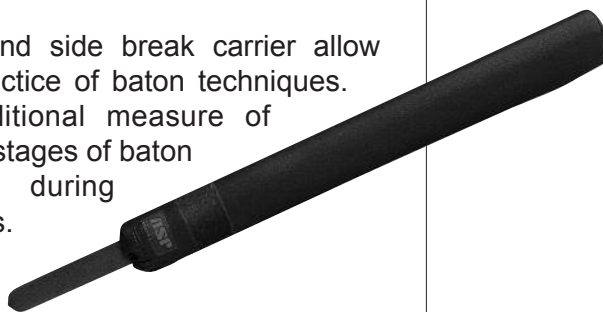


Each bag offers a visual cue to correct use. The "ASP" on the front and back of the bag will be upright for a right-handed officer. They will be upside down for left-handed officers. This system alerts Instructors and other officers to left-handed students or those who position their bags incorrectly during training drills.

The Strike Force logo on the front of the bag reinforces the correct execution of Weapon, Reaction and Straight Strikes.

6.05b Training Batons

The "soft baton" and side break carrier allow rapid, repetitive practice of baton techniques. They add an additional measure of safety during initial stages of baton instruction and during dynamic simulations.



TOPIC	NOTES
<p>6.06 Drill Formations</p> <p>There are five basic formations from which ASP techniques are practiced.</p> <p>6.06a Line: Students are placed in two lines facing each other with one student serving as the subject and the other student being the officer.</p> <p>6.06b Wheel: Students are placed in two circles, one inside the other. The inner circle faces outward toward the second circle and plays the role of attacker. The outer circle faces inward and plays the role of the officer. The outer circle is directed to move to the right away from the attacker, shielding the firearm after each technique. This formation exposes each student to a wide variety of partners. Wheel training is aerobic and emphasizes dynamic movement.</p> <p>6.06c Post: Students with training bags are placed at alternating locations throughout the length of the training room. Students perform a specified technique moving in a zig-zag pattern between bags.</p> <p>6.06d Circle: Circle drills involve the entire class. Students form a circle holding the training bags. A single student enters the circle and will perform techniques that have been learned against opponents with training bags or training suits.</p> <p>This drill requires officers to utilize body mechanics and baton techniques in a dynamic setting.</p> <p>6.06e Three Minute: Simulation training is provided through use of training bags and training batons. The drill is run for three minutes with a minute rest. The baton officer and bag holding subject then trade places for another three minutes. At the end of each three minute drill, the subject is taken to the ground, stabilized and restrained.</p>	

TOPIC	NOTES
<p>6.07 Verbalization</p> <p>The verbal exchange in any confrontation is very important. Verbalization aids the subject in understanding exactly what is expected by the officer. It also provides bystanders with a perspective of what the officer is trying to do. Law enforcement personnel should document their verbalization in reports regardless of their success in controlling the subject by dialogue.</p> <p>Verbalization practice during training is as critical to a successful program as the physical skills being learned. Officers must be trained to turn bystanders into witnesses.</p> <p>6.08 Stances</p> <p>Stances (Interview or Combat) are determined by the level of threat encountered by the officer. Students are taught stances while in a line formation. Care should be taken during Redirection so that students are not pushed or thrown into objects in the training room.</p> <p>6.08a Interview: The Interview Stance is designed to be a natural, comfortable way for officers to stand at all times. All ASP techniques begin from the Interview Stance.</p> <p>A correct Interview Stance results in the pyramid discussed in Section 4. Balance, power and rapid response are possible from a correct Interview Stance. The position is consistent with the Weaver Shooting Stance.</p> <p>The Interview Stance maximizes the baton's availability, while minimizing its visual presence.</p> <p>Stand a minimum of two times (2x) the officer's arm length from the subject. This Safe Separation provides time to recognize and react to an attack. The officer has a strong pyramid. The body is bladed to the subject with the Weapon Side of the body away. <i>(See Overhead H)</i></p> <p>When in an Interview Stance, a closed baton may be held in the Weapon Hand between the waist and shoulders. Once opened, the baton is moved to the Combat Position.</p>	<p>Tell subjects what you want them to do.</p> <p>"Make me a witness"</p>

The Interview Stance

1. Feet approximately shoulder width apart
2. Knees slightly bent, not locked
3. Reaction Leg forward
4. Weapon Leg back with foot angled at about 45°
5. Weapon Hand slightly raised above the waist to draw the baton or firearm
6. Body weight equally distributed on both feet

6.08b Combat: The Combat Stance is designed to maximize the availability of the baton while placing the officer in the best defensive position. The stance sends a strong visual message to the subject that the officer is prepared for possible aggression.

The relationship of the feet in the Combat Stance is the same as in the Interview Stance. The feet are slightly wider and the overall stance is deeper.

The Reaction Hand is at eye level with the elbow bent protecting the upper body. The Weapon Hand holds the baton at jaw level. The baton cap points at the subject. If the baton is open, the shaft of the baton rests on the shoulder. *(See Overhead I)*

6.09 Reaction Hand Defense


The Reaction Hand is the first line of defense against attack. The reflexive response of the Reaction Hand can prevent a sudden assailant from disabling the officer. It also creates distance and checks or redirects an assailant's attack.

In all ASP techniques, the Reaction Hand is kept up to protect the face. Avoid swinging the arm out, away from the body, to meet an assault. An outstretched Reaction Hand leaves the body open to additional assault.

TOPIC	NOTES
<p>An effective Reaction Hand Defense will often gain the essential time needed to draw a baton or firearm and control an assailant.</p> <p>WEAPON HAND: Grips the baton or firearm REACTION HAND: Checks or Redirects assaults</p> <p>6.10 Safe Separation</p> <p>A Safe Separation of at least two times (2x) the officer's arm length allows the officer to deal with the sudden assault of an individual.</p> <p>To maintain a Safe Separation, the officer must deal with the subject's momentum (M), re-establish distance (D) and (if necessary to gain control) strike (S). The acronym MDS reminds the officer of the components of Safe Separation. Safe Separation can be established by:</p> <p>6.10a Check: The Check is a technique designed to stop the forward movement of a subject. The technique can be performed with or without a baton in the officer's hand. Should the officer be holding an expandable, care must be taken to avoid dropping the baton when the Check is executed.</p> <p>The officer performs the Check from either the Interview or Combat Stance by thrusting the Reaction or the Weapon and Reaction Hands into the subject's upper body. The arms are fully extended but not locked. A solid Pyramid Stance is necessary.</p> <p>On contact with the subject, the officer pushes a smaller attacker backwards. With a larger assailant, the subject's momentum moves the officer back and away.</p> <p>In both cases, Safe Separation is re-established.</p> <p>6.10b Redirect: Redirection is a technique designed to control and change the direction of a subject's attack.</p> <p>When attacked, the officer waits until the last possible moment before moving. This reduces the subject's ability to re-adjust the direction of attack. Step away from the line of attack with the</p>	

TOPIC	NOTES
<p>Weapon Foot. Then follow with the Reaction Foot. Turn the body to face the subject as they pass.</p> <p>As the assailant passes, the officer Redirects the subject by pushing the upper torso of the attacker. By stepping with the Weapon Foot first, the officer reduces the risk of exposing the firearm to the subject.</p> <p>When creating Safe Separation, the officer should give verbal directions to the subject such as, "STOP" or "Get Back." Loud, clear and specific directions from an officer can often turn bystanders into witnesses. <i>(See Section 6.07)</i></p>	
<p>6.11 Stabilization</p> <p>When aggression and resistance cease, the officer should move to a position of advantage to facilitate restraint. Control is maximized by stabilizing the subject against a solid object. The most efficient tactical stabilization is to place the subject on a horizontal plane. Placing the subject on the ground maximizes the officer's control.</p>	
<p>6.12 Restraint</p> <p>Either hard handcuffs or disposable restraints may be used with a stabilized subject. ASP training allows officers to become proficient with a simple, rapid technique for either application.</p> <p>6.12a Tactical Handcuffs: Hard restraints are applied by grasping the cuffs in the center, placing a restraint on the subject's right hand and guiding the second cuff onto the subject's left hand.</p> <p>6.12b Disposable Restraints: Tri-Fold Restraints are applied using the "three P" acronym. Inserting the thumbs through the outer loops Pop the restraints open, Place the restraints on subject and Pull the Tri-Folds tight.</p>	

TOPIC	NOTES
<p data-bbox="289 281 829 315">SECTION 7: BASIC BATON SKILLS</p> <p data-bbox="191 390 709 424">7.01 Portation (Carrying the Baton)</p> <p data-bbox="191 462 928 598">The ASP Tactical Baton may be carried on either the Reaction Side or Weapon Side of the body. It should be drawn with that hand. Cross draw presentation exposes the officer's arm to pinning.</p> <p data-bbox="191 600 928 667">The baton is carried in the Closed Mode, tip down. This reduces contamination by moisture or dirt.</p> <p data-bbox="191 669 928 806">During training, the baton should always be carried in a scabbard to prevent accidental loss. During field use, the tacky grip of the ASP Baton allows it to be carried in the waistband without a scabbard.</p> <div data-bbox="191 831 928 1045" style="border: 1px solid black; padding: 10px;"> <p data-bbox="516 852 602 882" style="text-align: center;">NOTE</p> <p data-bbox="215 888 904 1024">When worn on the Weapon Side, two belt keepers should be positioned between the scabbard and the duty holster. This prevents interference with the presentation of a firearm.</p> </div> <p data-bbox="191 1092 753 1125">7.02 Presentation (Drawing the Baton)</p> <p data-bbox="191 1163 928 1438">The ASP Tactical Baton is drawn with the Weapon Hand or drawn with the Reaction Hand and transferred to the Weapon Hand. Press the baton to the back wall of the baton scabbard and lift straight up. Drawing the baton at an angle may bind it in the scabbard. All basic strikes are delivered with the baton in the Weapon Hand. Cross draw of the baton may cause both arms to be trapped or pinned unless Safe Separation is maintained.</p> <p data-bbox="191 1476 440 1509">7.03 Baton Grip</p> <p data-bbox="191 1547 928 1684">The baton is held in the center of the grip with approximately the same length of the handle extending from each side of the hand. The baton is held with a "full hand" grip. All four fingers should grasp the baton.</p> <p data-bbox="191 1722 558 1755">7.04 Securing the Baton</p> <p data-bbox="191 1793 928 1894">An expanded baton may be pushed through the bottom of the SideBreak or inserted into the Federal Scabbard with the grip at an angle away from the body.</p>	

TOPIC	NOTES
<p>A closed baton is placed in the top opening of the scabbard. Place the palm of the hand on the cap and press straight down to seat the baton.</p> <p>7.05 ASP Modes</p> <p>The Baton Mode is determined by the distance to the threat encountered by the officer. There are two Modes for the ASP Tactical Baton:</p> <p>7:05a Closed: The baton is fully closed within the handle of the weapon.</p> <p>7.05b Open: The baton is fully extended and locked in place.</p> <p>7.06 Target Areas <i>(See Overhead J)</i></p> <p>All techniques are designed to deliver one or more strikes to the center mass of the presented threat:</p> <ul style="list-style-type: none"> · Center mass of the arm · Center mass of the leg · Center mass of the body <p>These areas were selected for their physiological vulnerability combined with their less lethal potential as a baton target.</p> <p>When striking a subject, the officer should target those areas which are likely to inflict serious injury to the subject. Most frequently, this is the arms and legs. These targets are the vehicles which transport force against the officer.</p> <div data-bbox="191 1419 932 1927" style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;">WARNING</p> <p style="text-align: center;">DO NOT TARGET STRIKES TO THE HEAD, NECK, SPINE, STERNUM OR GROIN</p> <div data-bbox="457 1591 662 1793" style="text-align: center;">  </div> <p>Strikes to these areas may produce injuries which are eventually fatal, while not effectively terminating assailant resistance.</p> </div>	

TOPIC	NOTES
<p>Therefore, strikes to the center mass of the extremities effectively disable an assailant's "delivery system." Strikes to the center mass of the body generate fluid shock waves.</p> <p>Open Mode Strikes are delivered to target areas with the last three inches of the shaft or tip. Closed Mode Strikes are delivered to target areas with the cap or fist.</p> <p>Strikes to the primary "center mass" target areas have a high potential for control and a low potential for fatal injury. These targets are also "forgiving" targets. If the assailant moves or a strike misses its target, surrounding targets also have a high potential for control and a lesser potential for damage.</p> <h3>7.07 Opening the ASP Baton</h3> <p>Batons expand as centrifugal force overcomes the shaft retention. This causes the shafts to come out with sufficient force to create a Friction Loc in the two joints of the baton.</p> <p>Open the baton upward "to the sky" or downward "to the ground" with a full extension of the arm. The baton opens toward the threat during execution of a Rapid Response Strike. Opening the baton to the side may result in striking an unintended target. <i>(See Overheads K and L)</i></p> <p>Opening to the sky provides maximum visibility. However, should the baton slip out of the officer's hand, it travels farther away. This method of opening also requires the swing be stopped and reversed to execute a strike.</p> <p>Opening to the ground allows the officer to continue the opening swing into an immediate strike. It also minimizes travel if released. The opening provides minimal visibility.</p> <p>The opening of the ASP Baton in either manner provides a distinctive audible "CLICK" and visual presentation. It creates a unique psychological deterrent.</p> <p>A full extension of the arm will open and lock the baton. It is not necessary to violently extend the shafts of the baton. Doing so will make it difficult to close and may damage the locking surface.</p> <h3>7.08 Closing the Friction Loc Baton</h3> <p>When closing the Friction Loc Baton, the officer widens the stance or bends both knees. Do not bend at the waist or look at the baton. Keep both eyes on the subject.</p>	

The baton is closed by striking the tip against a solid surface. Drive the tip straight down into a non-giving surface. Impact on a soft surface, such as carpeting or wood, may not release the lock-up between the joints.

(See Overhead M)

7.08a Finger Close: Grip the baton with the first two fingers and the thumb. “**Shock**” the baton straight down to break the deadlock tapers. Then push the baton together. This method of closure by jabbing the baton into a solid surface without follow-through prevents damage to the retaining clip.

7.08b Combat Close: The Combat Close is performed when time or tactical constraints do not allow a finger close. Invert the baton with the tip pointing down. Hold the baton in a full hand grip. Thrust the tip of the baton straight down into a hard surface. Follow through until the baton is completely retracted inside the handle.

WARNING

Care should be taken when closing the baton to assure that the fingers gripping the handle have not slipped down onto the shaft.


NOTE

Unless the baton is struck straight down, the deadlock tapers will not release. The most common retraction problem results from striking the baton at an angle during closure.

7.09 Closing the LeverLoc Baton

LeverLoc Batons have three arrows engraved on the middle shaft. To retract a LeverLoc, grasp (stabilize) the end shaft with the Reaction Hand. Turn the mating shaft (middle shaft) in either direction with your Weapon Hand while exerting inward pressure on the end shaft.

Next, stabilize the middle shaft. Rotate the handle in either direction while exerting pressure on the middle shaft.

TOPIC	NOTES
<div data-bbox="215 237 906 485"></div> <p data-bbox="191 506 927 575">Push both shafts into the handle until they snap in a retracted position.</p>	

SECTION 8: BATON STRIKES

The dynamics of most physical encounters are unique and highly stressful. If officers are given too finite a target or too complex a defensive skill, they have been given a recipe for failure.

Baton techniques must be kept simple and easy to remember in order to be effective. The higher an officer's stress level, the less capable they are of performing complex defensive measures. As a result, baton techniques must be simple, forgiving and easily performed. Modern baton techniques end with restraint of the subject. *(Overhead N)*

8.01 Closed Mode Strikes

Closed Mode Strikes with the ASP Baton are close contact techniques. They are designed to provide Safe Separation. These techniques are used in close contact with an aggressive subject when other procedures have failed.

The low profile of the Closed Mode baton allows advanced control techniques for plainclothes or dignitary protection assignments.

8.01a Weapon Strike: The Weapon Strike is executed with the baton held in a full hand grip with the thumb across the side of the baton tip. This prevents the baton from opening during the strike. Strikes originate from either the Interview or the Combat Stance. They follow the same 45° forgiving angle as the Open Mode Strike.

The primary striking surface of the Closed Mode Strike is the cap. The strike targets the center mass of the body. *(See Overhead O)*

8.01b Reaction Strike: The Reaction Strike is similar to the Open Mode Reaction Strike. It is designed to quickly return the baton to the Weapon Side. The primary striking surface is the cap. The strike is directed at a 45° angle toward the center mass of the subject's body. *(See Overhead P)*

8.01c Straight Strike: The Straight Strike is executed from the Weapon Side with the baton grasped

Strike with the cap

Strike with the cap

Strike with the knuckles

TOPIC	NOTES
<p>firmly in a vertical position, tip up. The primary striking surface is the fist. The strike is directed at the center mass of the body. <i>(See Overhead Q)</i></p> <p>8.01d Closed Mode Combinations: Strikes can be used in any order and repeated or combined with other strikes as needed. Each strike should be performed with full power while evaluating the effect on the subject. Strikes should stop as soon as control is restored.</p> <p>8.02 Open Mode Strikes</p> <p>Open Mode Strikes with the ASP Tactical Baton are long range techniques which provide additional Safe Separation for the officer. They also increase the officer's ability to disengage, if needed.</p> <p>8.02a Weapon Strike: This is the most powerful and most often used ASP Baton strike. It gives an officer the ability to regain control when other measures are inappropriate. The Weapon Strike can be done from any tactical position. Use a full hand grip to maintain control and possession of the baton.</p> <p>The Weapon Strike is performed by swinging the baton at a 45° angle. Strike with the last three inches of the baton to the center mass of the subject's Weapon Delivery System.</p> <p>Allow the baton to dwell momentarily on impact to gain the full benefit of fluid shock. Return the baton to the Combat Position on the officer's shoulder.</p> <p>The officer should always strike as hard as possible. Continue striking only so long as resistance continues. <i>(See Overhead R)</i></p> <p>8.02b Rapid Response Strike (Weapon Strike Variation): The Weapon Strike can be employed during a sudden assault when there is little time or warning. Swinging the baton in a 45° arc with a full extension of the arm allows the baton to open while enroute to its target.</p> <p>8.02c Reaction Strike: A Reaction Strike is less powerful than a Weapon Strike. It should be</p>	<p>Strike with the last 3" of the baton</p> <p>Strike with the last 3" of the baton</p> <p>Strike with the last 3" of the baton</p>

TOPIC	NOTES
<p>executed rapidly as a means of returning the baton to the Weapon Side. The striking hand is palm down. Target the area between the shoulder and the waist of the subject.</p> <p>The Reaction Strike is a forgiving technique. It allows swift recovery of the baton to the Weapon Side. The strike performs a clearance, moving the subject away from the officer. <i>(See Overhead S)</i></p> <p>8.02d Straight Strike: The Straight Strike is a short range technique used to create distance. Employ the strike when in close contact with a subject. It is also used when an aggressive assailant closes the gap despite warnings or other strikes.</p> <p>The weapon is lowered from the Combat Stance. The Reaction Hand grasps the end shaft, palm down.</p> <p>The Weapon Hand rotates forward as the baton is thrust downward at a 45° angle toward the center mass of the subject's body. The striking surface is the middle shaft of the baton. <i>(See Overhead T)</i></p> <p>8.02e Open Mode Combinations: ASP Baton strikes can be used in any order, repeated or combined with other strikes as the encounter requires. Each strike should be performed with full power while evaluating the effect on the subject. Strikes should stop as soon as control is restored.</p> <p>8.03 Counter Strike v Blocking</p> <p>Criminals have infinite techniques with which to attack the police. Resistance is limited only by the individual's imagination and experience. However, police officers must rely on training and department policy.</p> <p>Police training programs have limited time. They cannot develop a skill level that allows officers to block every possible attack combination. Consequently, officers who choose to stay and block an attack are usually overwhelmed and injured. This may result in the officer being forced to use deadly force in order to survive the attack.</p> <p>However, it is possible to teach officers to avoid the line of attack. They can then strike their opponent's Weapon Delivery System. This quickly ends the assault and returns control to the officer.</p>	<p>Strike with the middle shaft of the baton</p>

TOPIC	NOTES
<p>8.04 Weapon Retention</p> <p>The fit of the baton in the ASP Scabbard provides a measure of Weapon Retention. It allows dynamic physical movement without losing the baton. However, there is no guarantee that the baton cannot be taken or lost during a confrontation.</p> <p>If an assailant grabs the ASP Baton by the shaft, a sharp pull together with a Reaction Hand check will often return control of the baton to the officer. All officers should determine, "Which primary weapon can I live without?" A prolonged effort to retain the baton will expose the firearm. Most officers are not capable of protecting both weapons simultaneously.</p> <p>8.05 Weapon Disarming v Weapon Defense</p> <p>Weapon Disarming is the active process of selecting an opportunity and taking positive steps with the ASP Baton to disarm a subject. Weapon Defense involves the use of the baton to defend against an armed individual who is attacking the officer.</p> <p>Any attempt to disarm a subject with an impact weapon is extremely dangerous. The possibility of injury and failure is high. The type of weapon, the aggressiveness of the subject and the officer's ability are important considerations.</p> <p>The ultimate decision to disarm a subject using an impact weapon rests with the officer. It must be based on the element of surprise and the officer's position of advantage.</p>	

SECTION 9: EVALUATION

9.01 Physical Testing

Testing of ASP Baton skills is competency based. Participants must demonstrate baton techniques to a specified level of competency.

There are no grades in the ASP program. An objective standard of performance has been established for ASP Baton training. All participants meeting that standard will be certified in operational use of the Tactical Baton.

Performance is tested by a written examination of ASP Baton concepts and a physical demonstration of Tactical Baton techniques.

There are two methods of testing ASP Baton physical skills. The choice of method is left up to the Instructor.

9.01a Dynamic Proficiency Testing: This is the most accurate test of a student's actual ability. Skills being tested will one day be used in a confrontation with an aggressive opponent who thinks and moves. This method allows the ASP Instructor to observe the student's ability under stress and to feel the power generated by each student.

9.01b Static Proficiency Testing: This method of evaluation involves two students. Each assumes the role of officer and subject. Students demonstrate each ASP technique on the Training Bag.

9.02 Written Examination

A written examination is part of the performance evaluation of those seeking ASP certification. All grading is competency based.

9.03 Class Critique

Each student is provided with a Training Critique. (*See Appendix D*) Each section should be answered candidly.

These Critiques are returned to your Instructor and not to the factory. They are an important component for improving the quality of ASP Baton training.

TOPIC	NOTES
<p>9.04 Awards Presentation</p> <p>At the conclusion of training, certificates will be awarded to individuals who have successfully completed the requirements of the ABC program.</p> <p>9.05 Armament Systems and Procedures</p> <p>Armament Systems and Procedures is the world's largest manufacturer of Tactical Batons. The company has deep roots in the design and production of tactically sophisticated, concealable armament for government special users. The distinctive ASP Eagle insignia is associated worldwide with the very finest in tactical designs.</p> <p>Armament Systems offers ongoing training for all aspects of the ASP Tactical Baton. ASP training is currently conducted in over 80 nations. Individual assistance with agency modification of ASP programs is available without charge.</p> <p>Feedback from Criminal Justice personnel is valued and desired. Comments are welcomed and encouraged. Address correspondence to:</p> <p style="text-align: center;">Kevin Parsons, PhD Chairman and CEO Armament Systems and Procedures, INC Box 1794 2511 E Capitol DR Appleton, WI 54911 Office (800) 236-6243 · (920) 735-6242 Fax (800) 236-8601 · (920) 735-6245</p> <p style="text-align: center;">E-mail: admin@asp-usa.com Web Site: asp-usa.com</p>	



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Friction Loc Baton

TECHNICAL SPECIFICATIONS

	F16	F21	F26
Material	4140 Alloy Steel (Airweights 7075)		
Tubing Designation	Seamless		
Striking Surface	49+ Rockwell C-Scale		
Diameter	1 <i>25.4mm</i>	1 <i>25.4mm</i>	1 <i>25.4mm</i>
Length Closed	6.20 <i>15.75cm</i>	7.70 <i>19.56cm</i>	9.50 <i>24.13cm</i>
Length Expanded	15.63 <i>39.69cm</i>	20.0 <i>50.80cm</i>	25.60 <i>65.02cm</i>
Steel Weight	13.3 <i>377g</i>	16.3 <i>462g</i>	20.0 <i>577g</i>
Airweight Weight	7.3 <i>207g</i>	8.9 <i>252g</i>	11.2 <i>318g</i>
Handle			
Surface	Foam, DuraTec, Wavemaster		
Tubing	7/8 OD x 14 Gauge (.083) <i>22.4mm OD x 14 Gauge (2mm)</i>		
Dimensions	5.80 <i>14.73cm</i>	7.30 <i>18.54cm</i>	9.20 <i>23.37cm</i>
Coating	Textured Powdered Paint		
Corrosion Resistance	Yellow Zinc Dichromate (Black Anodized)		
Middle Shaft			
Tubing	5/8 OD x 16 Gauge (.065) <i>15.63mm OD x 16 Gauge (1.63mm)</i>		
Dimensions	5.60 <i>14.22cm</i>	7.10 <i>18.03cm</i>	8.90 <i>22.61cm</i>
Coating	Chrome, Electroless or Gold Plated		
End Shaft			
Tubing	7/16 OD x 14 Gauge (.083) <i>10.90mm OD x 14 Gauge (2mm)</i>		
Dimensions	5.40 <i>13.72cm</i>	6.90 <i>17.53cm</i>	8.80 <i>22.35cm</i>
Coating	Chrome, Electroless or Gold Plated		
Cap			
Coating	Textured Powdered Paint		
Corrosion Resistance	Yellow Zinc Dichromate (Black Anodized)		
O-Ring Sealed	Internal		
Retention Clip	Assembly	Assembly	Assembly

NOTE: Metric measurements are printed in italic.



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LeverLoc Baton

TECHNICAL SPECIFICATIONS

	L16	L21	L26
Material	4140 Alloy Steel (Airweights 7075)		
Tubing Designation	DOM		
Striking Surface	49+ Rockwell C-Scale		
Diameter	1 <i>25.4mm</i>	1 <i>25.4mm</i>	1 <i>25.4mm</i>
Length Closed	7.25 <i>18.415cm</i>	8.75 <i>22.225cm</i>	10.61 <i>26.95cm</i>
Length Expanded	15.312 <i>38.9cm</i>	19.75 <i>50.16cm</i>	25.312 <i>64.30cm</i>
Steel Weight	16.6 <i>471g</i>	20.8 <i>589g</i>	24.0 <i>680g</i>
Airweight Weight	9.13 <i>259g</i>	10.9 <i>309g</i>	13.0 <i>369g</i>
Handle			
Surface	Foam, DuraTec, Wavemaster		
Tubing	7/8 OD x 14 Gauge (.083) 22.4mm OD x 14 Gauge (2mm)		
Dimensions	6.75 <i>17.15cm</i>	8.25 <i>20.95cm</i>	10.07 <i>25.58cm</i>
Coating	Textured Powdered Paint		
Corrosion Resistance	Electroless		
Middle Shaft			
Tubing	21/32 OD x 13 Gauge (.095) <i>1.67mm OD x 13 Gauge (2.4mm)</i>		
Dimensions	5.80 <i>14.73cm</i>	7.30 <i>18.54cm</i>	9.13 <i>23.19cm</i>
Coating	Black Chrome Chrome Electroless		
End Shaft			
Tubing	7/16 OD x 14 Gauge (.083) <i>10.9mm OD x 14 Gauge (2.0mm)</i>		
Dimensions	4.12 <i>10.46cm</i>	5.62 <i>14.27cm</i>	7.45 <i>18.92cm</i>
Coating	Black Chrome Chrome Electroless		
Cap			
Coating	Textured Powdered Paint		
Corrosion Resistance	Yellow Zinc Dichromate (Black Anodized)		
O-Ring Sealed	Internal		

NOTE: Metric measurements are printed in italic.



THE SEVEN COMPONENTS OF POWER

In this context, power is distinct from strength. Power is generated through the combination of seven forces. Strength is but one such component of power. The role of the trainer is to develop strength together with the six other competencies which enable an officer to generate power.

The most basic component of power is **balance**. It must be automatic, instantly fluid, present during continuous movement and capable of being sustained as momentum increases. Balance is linked with timing and is improved by working with moving targets.

The second component of power is **endurance**, primarily of a cardiovascular nature. Endurance is improved through aerobic exercises such as running, swimming or bicycling. A rule of thumb is to run one mile a day in preparation for each three minutes of a fight.

The third component of power is **flexibility**. Rigidity presents tremendous problems during a confrontation. It is tied to tension, fear, nervousness, and lack of confidence. Flexibility is improved by stretching and relaxation. Flexibility is enhanced when muscles are in dynamic tension, resisting each other in perfect tone.

The fourth of the seven components of power is **focus**. Focus is the result of proper mind/body coordination and occurs when the mental and physical systems complement each other to the point that total concentration can be directed to a specific technique for a short period of time. The two barriers to focus are hesitation and over-compensation. Hesitation is often tied to lack of flexibility. Over-compensation is defined as "trying too hard."

Speed is the fifth element of power. It is generated through continuous repetition until a technique is both physiologically and psychologically routine and lag time has been reduced. It is clear from ballistics research that speed is vitally important to the generation of devastating power.

The sixth component of power is **strength**. The low ranking of strength in the power typology is due to the other factors which can make up for lack of strength and the manner in which alternative components can impair power if not present with strength. The strongest officer possesses little power when off balance, exhausted or inflexible.

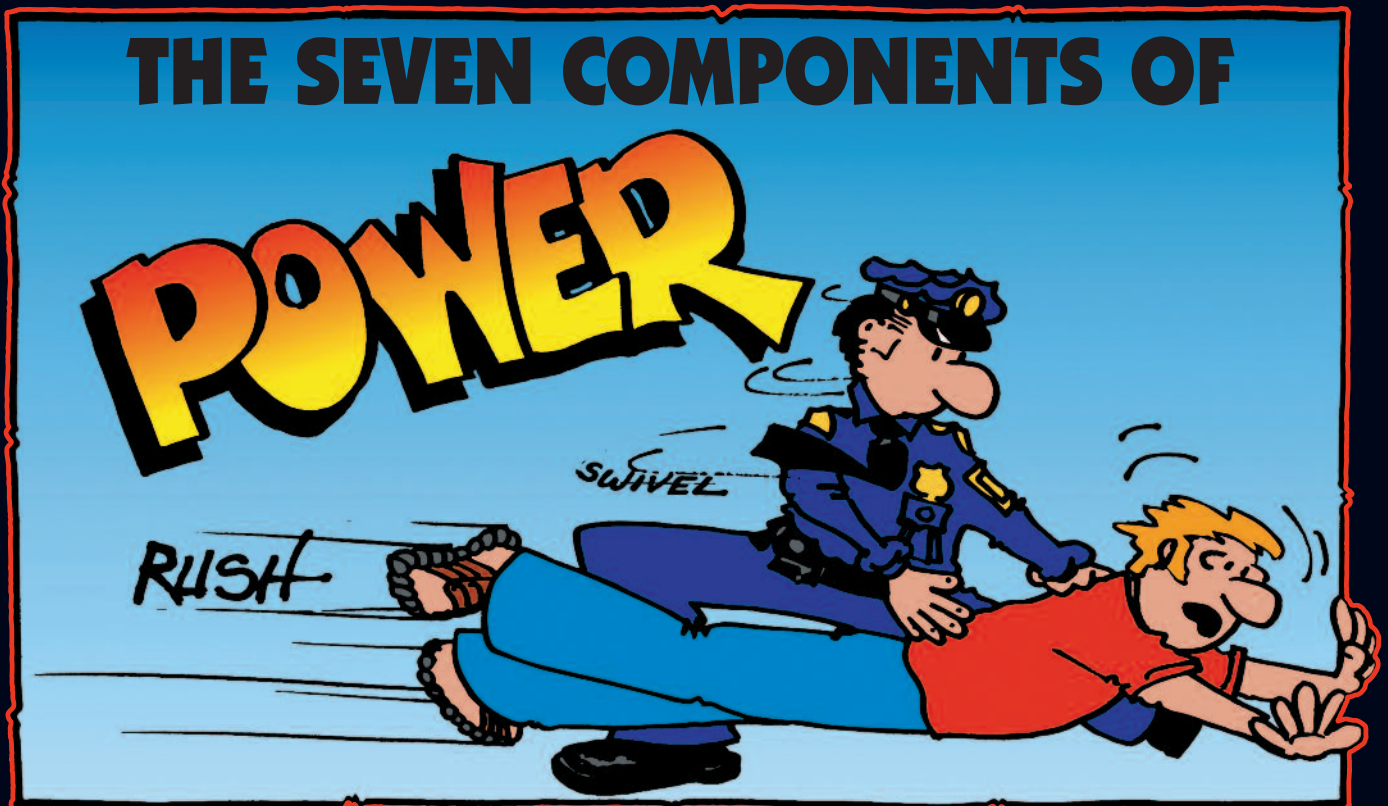
The seventh and final component of power is **simplicity**. Repetition of fundamentals combined with clear, systematic sequencing, yields tremendous power.

The seven components of power can be summarized as: Balance, Endurance, Flexibility, Focus, Speed, Strength and Simplicity.

Instructors would do well to concentrate on the design of training systems which will enhance these components and enable personnel to generate power. The alternative is to rely upon strength, a practice which is difficult to defend in court and marginally effective during confrontations.



COMPONENTS OF POWER



BALANCE - IT MUST BE AUTOMATIC, INSTANTLY FLUID, PRESENT DURING CONTINUOUS MOVEMENT AND CAPABLE OF BEING MAINTAINED AS MOMENTUM INCREASES.



COMPONENTS OF POWER



ENDURANCE - PRIMARILY OF CARDIOVASCULAR NATURE. IT IS IMPROVED THROUGH REGULAR AEROBIC EXERCISE.



COMPONENTS OF POWER



FLEXIBILITY - RIGIDITY PRESENTS TREMENDOUS PROBLEMS DURING A CONFRONTATION. IT IS TIED TO TENSION, FEAR, NERVOUSNESS AND LACK OF CONFIDENCE.



COMPONENTS OF POWER



FOCUS - A RESULT OF
AND BODY COORDINATION. TOTAL CONCENTRATION MUST
BE DIRECTED TO A SPECIFIC TECHNIQUE.

PROPER MIND



COMPONENTS OF POWER



SPEED - GENERATED THROUGH CONTINUOUS REPETITION. CAN MAKE UP FOR LACK OF STRENGTH.



COMPONENTS OF POWER



STRENGTH - WORKS IN CONJUNCTION WITH THE OTHER COMPONENTS OF POWER. THE STRONGEST OFFICER POSSESSES LITTLE POWER WHEN OFF BALANCE OR EXHAUSTED.



COMPONENTS OF POWER



SIMPLICITY - KEEP IT SHORT & SIMPLE!



ASP Warm-Up

DAILY DOZEN

This appendix contains a warm-up routine specifically designed for police baton and restraint training. All ASP training sessions should be preceded by an adequate routine to warm and stretch the body. At the conclusion of training, the student should warm down.

CONCEPTS

When warming the body for ASP Baton or Restraint Training activities, it is important to remember:

- a. Warm first, then stretch
- b. Stretch slowly, not ballistically
- c. Do **not** lock the knees
- d. Do **not** bounce

SET UP

1. Begin the music as students walk in a large circle two arm lengths (Safe Separation) apart.
2. The Instructor (in the middle) moves in the opposite direction to monitor participant progress.
3. Each component is repeated four (4) times or performed for approximately one minute.
4. After each walking component, move in the opposite direction on the command “**Stop, Turn, Walk.**”

ACTIVITIES

1. Walk
2. Arm Swing
3. Two Hand Check
4. Elbow Pull
5. Shoulder Shrug
6. Palm Press

Stop & Face Inward

7. Curl
8. Calf Stretch
9. Trunk Extension
10. Leg Stretch
11. Neck Stretch

Walk

12. Arm Cross



Box 1794 · Appleton, WI 54912 · (920) 735-6242 · Fax (920) 735-6245 · asp-usa.com

ASP Basic Certification (ABC) TRAINING CRITIQUE

INSTRUCTOR: _____

☐ Baton

☐ Handcuff

**THIS EVALUATION WILL BE USED BY THE INSTRUCTOR TO IMPROVE FUTURE WORKSHOPS.
PLEASE GIVE YOUR CANDID REACTION TO THE FOLLOWING QUESTIONS:**

1. WHAT DID YOU LIKE ABOUT THE PROGRAM?

2. WHAT DID YOU DISLIKE ABOUT THE PROGRAM?

3. WHAT SHOULD BE RETAINED IN FUTURE PROGRAMS?

4. WHAT CHANGES SHOULD BE MADE IN THIS PROGRAM?

(over)

5. INSTRUCTOR EVALUATION

	<i>Poor</i>	<i>Below Average</i>	<i>Adequate</i>	<i>Good</i>	<i>Excellent</i>
Knowledge of Subject	1	2	3	4	5
Preparation and Organization	1	2	3	4	5
Enthusiasm for Class	1	2	3	4	5
Ability to Communicate	1	2	3	4	5
Attitude Toward Students	1	2	3	4	5
Suitability of Tests	1	2	3	4	5
Use of Class Time by Instructor	1	2	3	4	5
Overall Evaluation of Instructor	1	2	3	4	5

COMMENTS:

EVALUATOR BACKGROUND (Optional)

Name _____ Rank _____

Agency _____ State _____

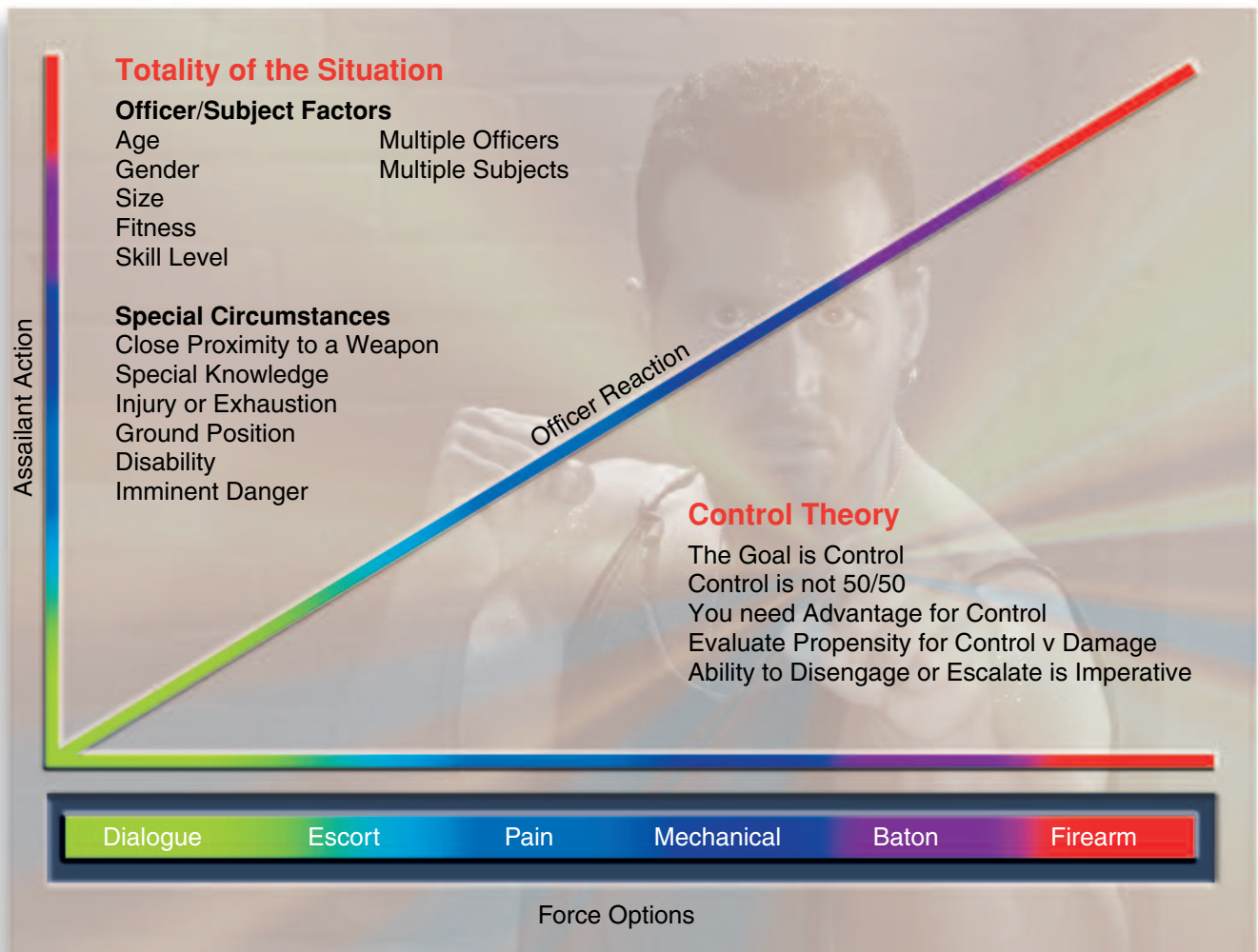
Years of Law Enforcement Experience _____

Other Baton or Handcuff Seminars Attended _____



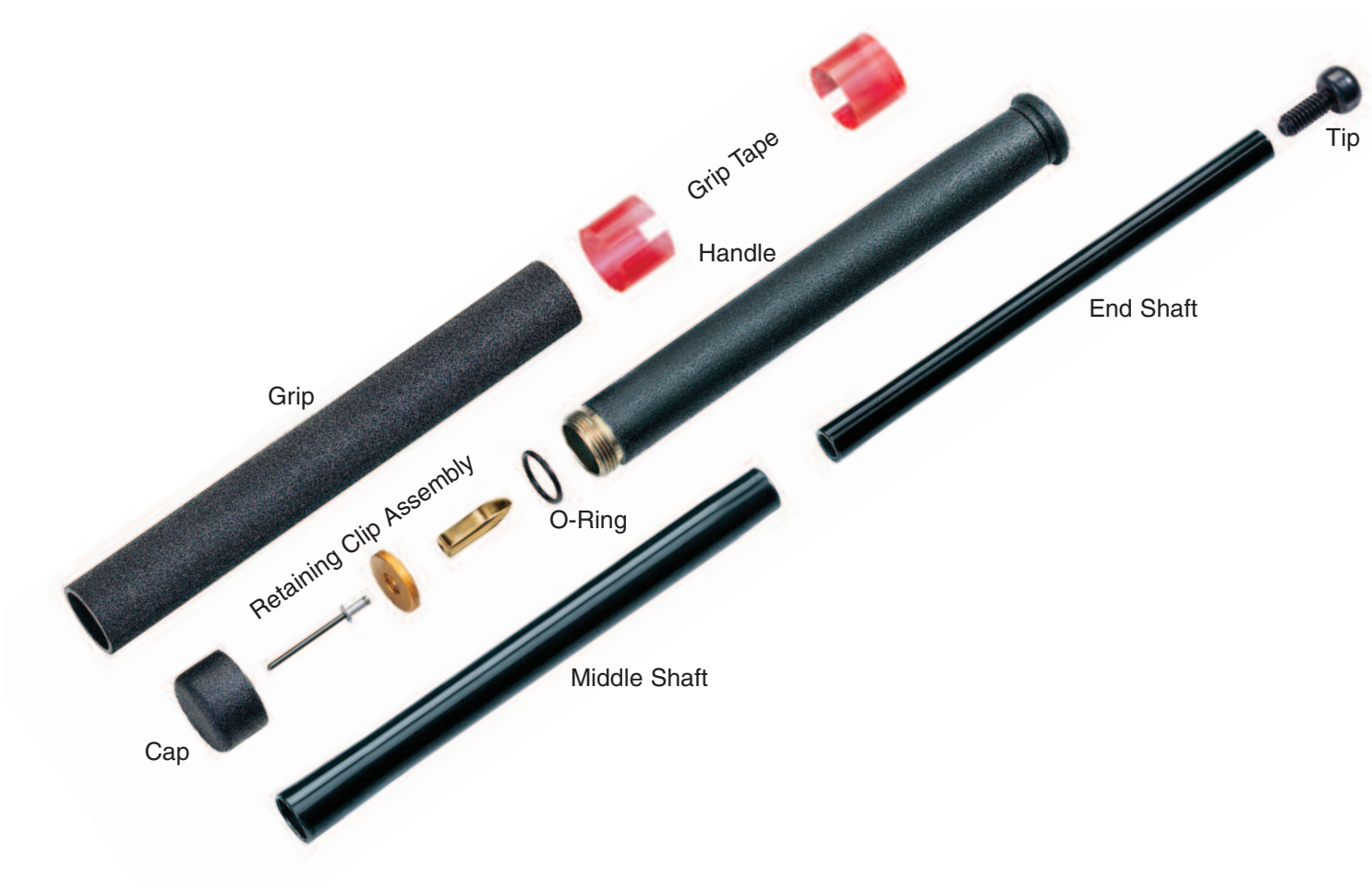
THE CONFRONTATIONAL CONTINUUM

Force Continuum[®]





FRICTION LOC BATON EXPLODED VIEW





LEVERLOC BATON EXPLODED VIEW





SIDEBREAK SCABBARD EXPLODED VIEW





FEDERAL SCABBARD EXPLODED VIEW





PYRAMID CONCEPT



1. Wide Base
2. Deep Base
3. Low Center
4. Head Over Center



DAILY DOZEN



1 Walk



2 Arm Swing



3 Two Hand Check



4 Elbow Pull



5 Shoulder Shrug



6 Palm Press

Stop and
Face Inward



7 Curl



8 Calf Stretch



9 Trunk Extension



10 Leg Stretch



11 Neck Stretch

Walk



12 Arm Cross



INTERVIEW STANCE





COMBAT STANCE





TARGET AREAS





BATON OPENING TO THE SKY

OVERHEAD K



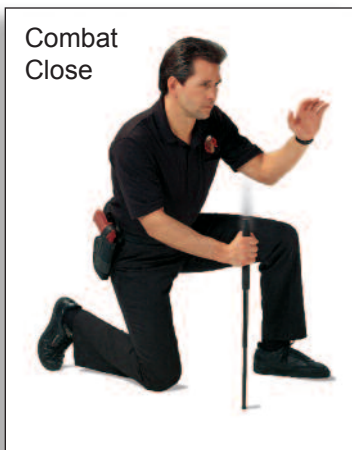


BATON OPENING TO THE GROUND





BATON CLOSING





BATON SYSTEM

PYRAMID CONCEPT



- Wide Base
- Deep Base
- Low Center
- Head Over Center

SAFE SEPARATION



Check

Redirect

PRESENT THE BATON



Closed Mode

Open Mode

THREAT LEVEL



Interview Stance

Combat Stance

STRIKE



Weapon

Reaction

Straight

STABILIZE



RESTRAIN





CLOSED MODE WEAPON STRIKE





CLOSED MODE REACTION STRIKE





CLOSED MODE STRAIGHT STRIKE





OPEN MODE WEAPON STRIKE





OPEN MODE REACTION STRIKE





OPEN MODE STRAIGHT STRIKE





VIGILANCE FOR THE MOMENT OF TRUTH

As you return to duty, remember the five **Principles of Officer Safety** engraved on your Vigilance Key Tag.



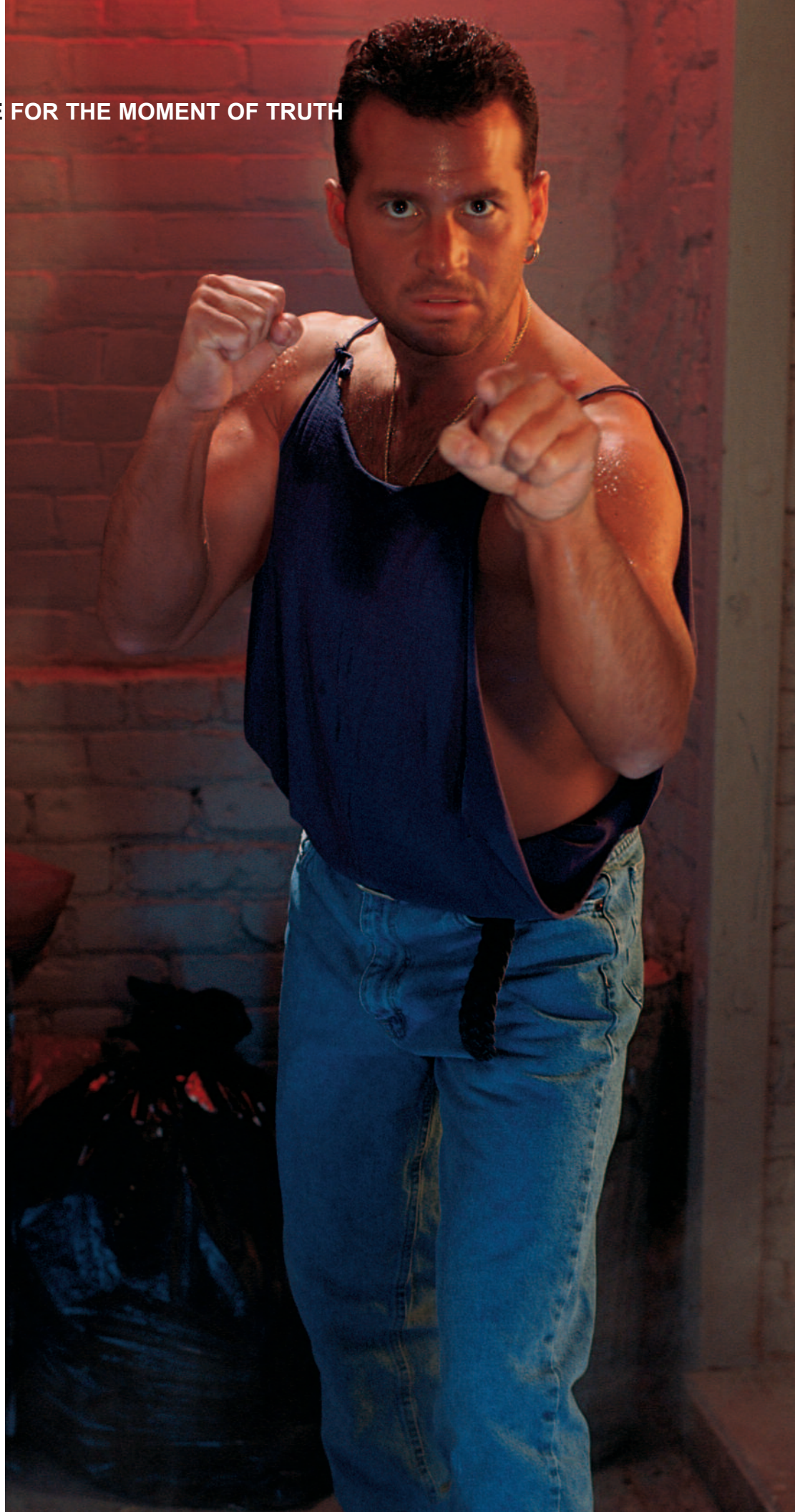
- Watch the palms
- Seek cover
- Maintain distance
- Keep your weapon back
- Control the Strong Hand

ASP Baton Instruction is the most dynamic use of force training in law enforcement. It is designed to prepare participants for the reality of the street.

However, ASP Training is only as effective as an officer is vigilant. Preparation begins with training. It is implemented with daily action. It is realized through increased public safety.

As an ASP graduate, you have become part of a worldwide family. You share a training heritage with the most sophisticated law enforcement professionals.

As you return to your agency, let us know how we can assist you. We look forward to working with you . . .
"Protecting those who protect."



Forged from experience. Tested on the street. The ASP Tactical Baton has proven itself "virtually indestructible." Here is the first choice of the world's most tactically sophisticated law enforcement agencies.



Psychological deterrence. Presentation of an ASP Expandable Baton will often deter an assaultive subject without the necessity of a strike.



Reliably rigid, easy to retract. The ASP Baton remains securely locked in its extended position until released on a hard non-yielding surface.



Airweight

Black Chrome

Chrome

Electroless



Design excellence. Proprietary concepts and a patented construction process yield batons of uncompromising quality.



Modular construction. Each portion of the ASP SideBreak can be independently adjusted.



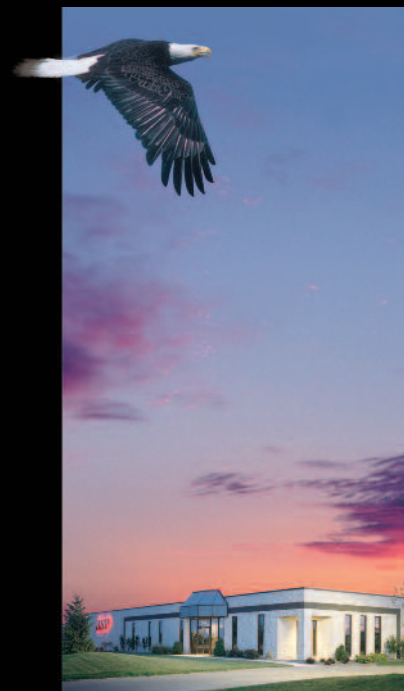
Compact, rugged and extremely versatile. A retracted or expanded baton may be rapidly presented, yet it is securely retained during dynamic confrontations.

"Protecting those who protect . . ."

ASP Basic Certification (ABC) is the most dynamic impact weapon training in law enforcement. The program is based upon a conceptual model for the use of force . . . the Confrontational Continuum. ASP Tactical Baton training has been implemented by agencies throughout the world. Thousands of police officers have learned first hand that ASP techniques work under the stress of actual street confrontations.

This 8-hour competency based training program teaches the ASP principles of control. Here are easily remembered, devastatingly effective baton techniques. Here is training that can be used by all officers under actual field conditions. Here are court defensible procedures that have reduced liability while improving officer safety. This is the training program that revolutionized police baton instruction.

ASP Basic Certification . . . the most tactically sophisticated impact weapon training in law enforcement.



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