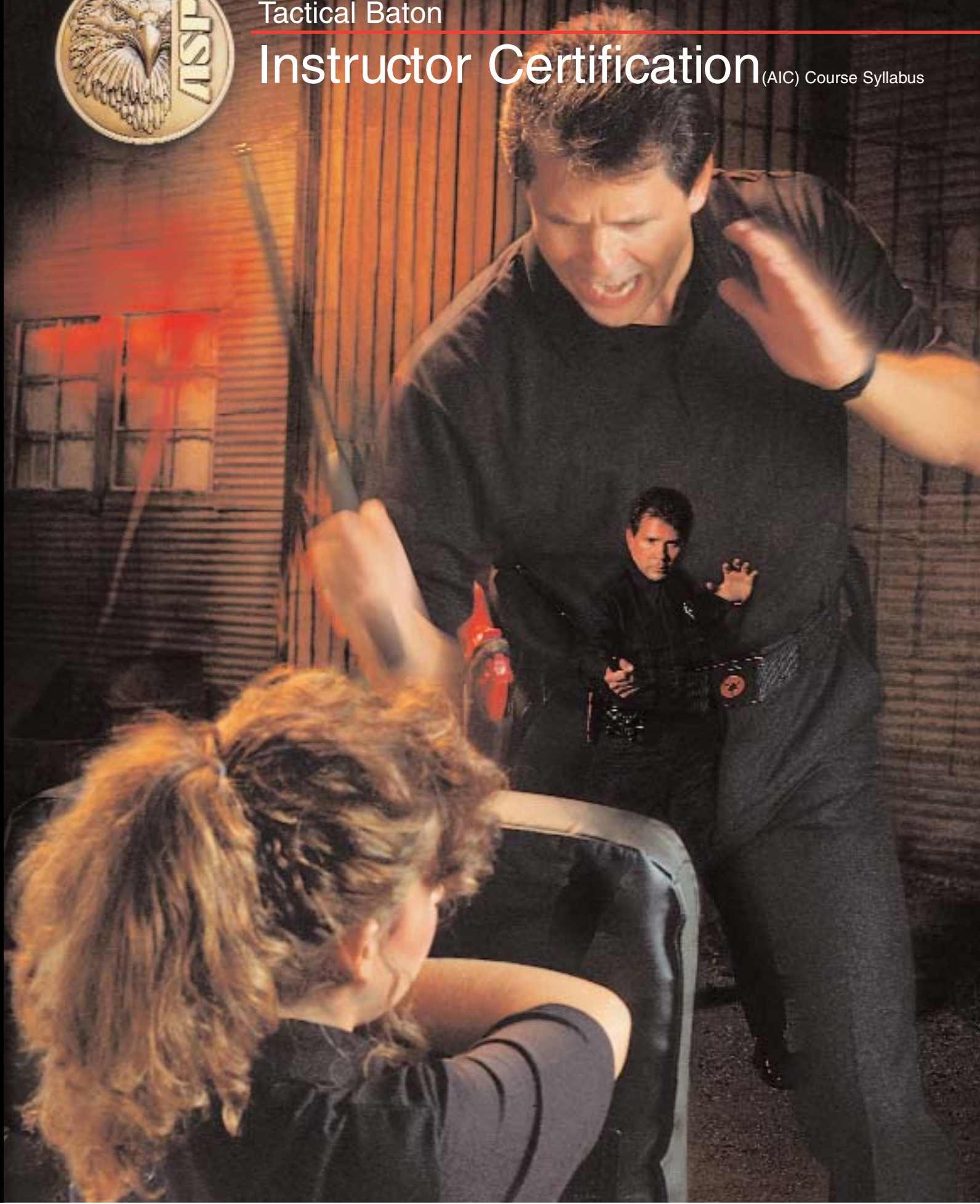
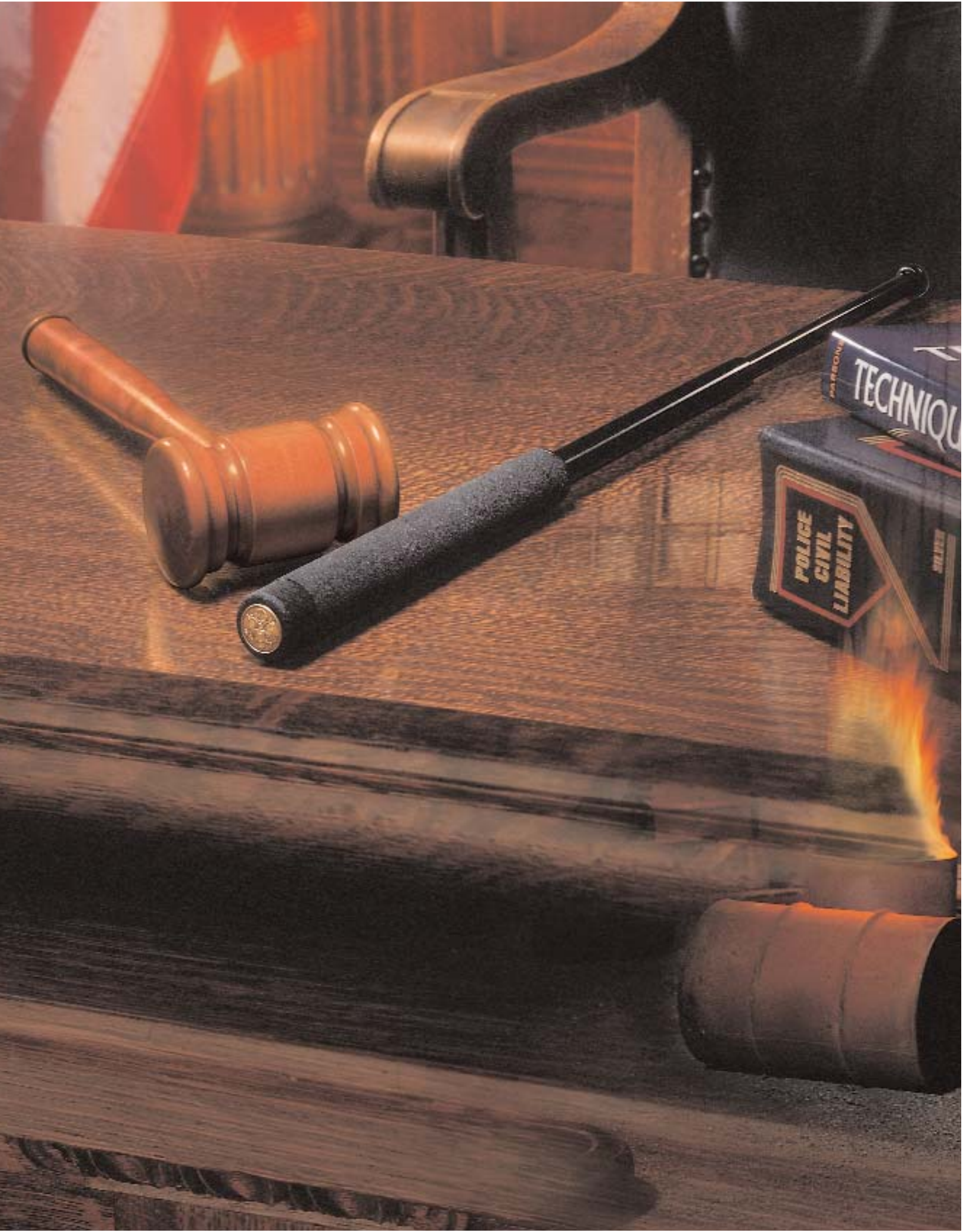




Tactical Baton

Instructor Certification (AIC) Course Syllabus



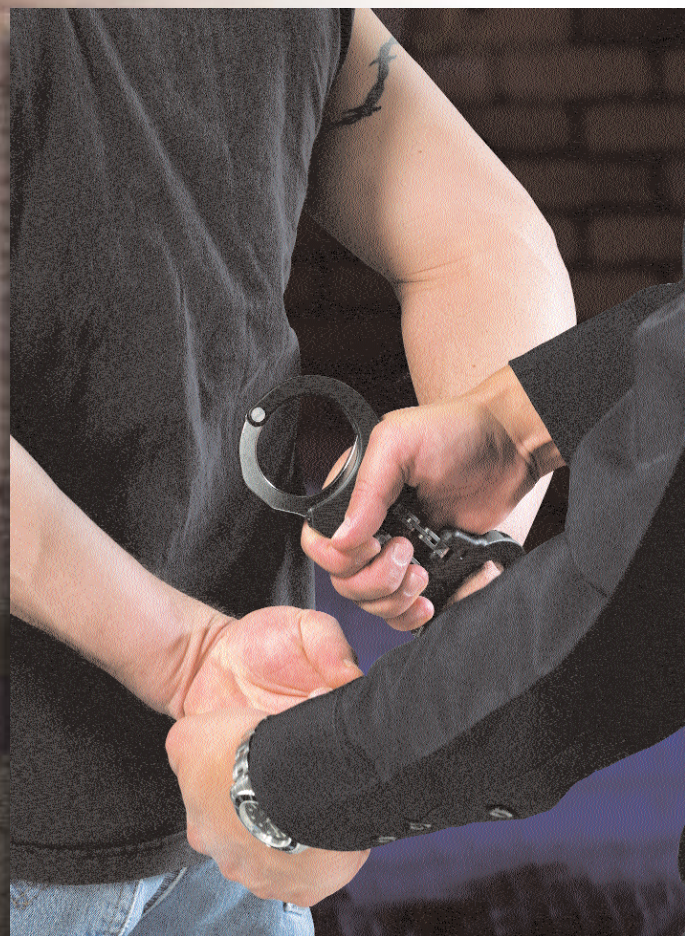
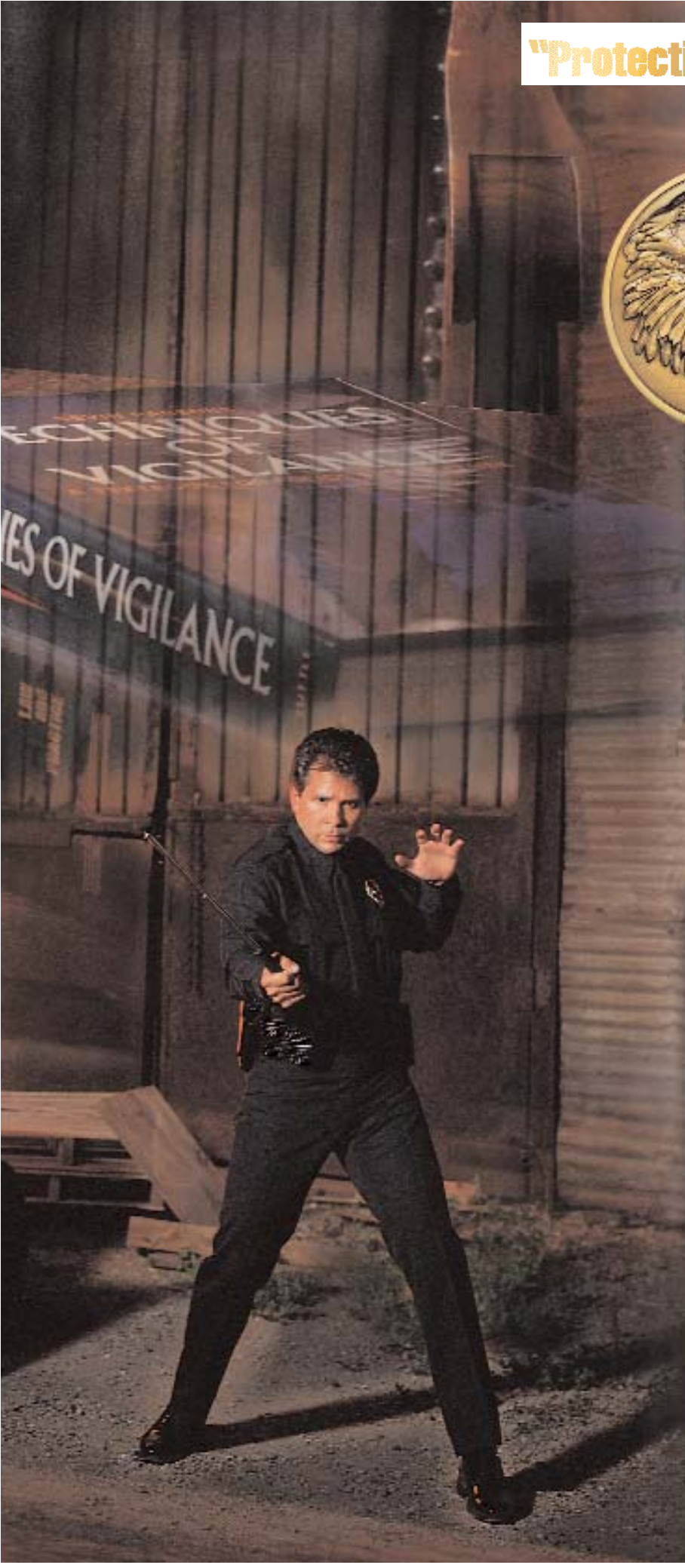


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TACTICAL BATON

ASP INSTRUCTOR CERTIFICATION

(AIC)

COURSE SYLLABUS

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Box 1794
2511 E Capitol DR
Appleton, WI 54911

O (800) 236-6243 · (920) 735-6242
F (800) 236-8601 · (920) 735-6245

www.asp-usa.com



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ISBN 0-9650547-0-5

Published by:

ARMAMENT SYSTEMS AND PROCEDURES, INC
2511 E Capitol DR
Appleton, WI 54911

Editor: Kevin Parsons, PhD

PRINTED IN THE UNITED STATES OF AMERICA

Fifth Printing
January 2006

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 75 countries. 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)	Emilio Bolea Lopez (Spain)	Jim Diamond IV (CA)
		Sam Faulkner (OH)
Matthew Antkowiak (OK)	Aidan Brennan (Scotland)	Marco Antonio Ferreira da Cruz (Portugal)
Paulo Antunes (Portugal)	Robert Bryant (England)	Stanislav Gazdik (Czech Republic)
David Bachi (Australia)	Generic Cantournet (France)	James Goddard (England)
Thomas Bardugon (GA)	Daniel Clanis (France)	Benito Gonzalez (NY)
Andreas Bauch (Germany)	Ken Cope (FL)	James Greenwood (England)
David Berengueras Duch (Spain)	Charley Corle (CA)	Steven Grout (England)

Fabrice Halopeau (France)	Carlos Sobrino Luengo (Spain)	Ronald Schwint (SD)
Gil Hansen (IA)	Louis Marquez (TX)	Samuel Simonneau (France)
Trevel Henry (England)	Bruce McAlpine (CA)	James Skyrn, SR (MD)
Russell Jenkins (MA)	Constantino Neto (Portugal)	Michael Son (IL)
Alex Jones (England)	Zane Nickell (OH)	Quinton Swanson (New Zealand)
Richard Kay (Australia)	Rui Oliveira (Portugal)	Paul Underhill (England)
Michael King (England)	Angel Pacheco (France)	Simon Verbanck (Belgium)
Gerard Laurent (France)	Alex Payne (KY)	Bobby Walker (GA)
Vito Hugo Lima (Portugal)	Robert Petry (WV)	Mark Williams (England)
	James Schramm (NY)	

During the next two days, 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 and CEO
January 2006*

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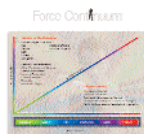
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J	ASP Basic Certification (ABC) Information Sheet



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A The Confrontational Continuum



B ASP Baton Exploded View



C SideBreak Scabbard Exploded View



D Pyramid Concept



E Daily Dozen



F Interview Stance



G Combat Stance



H Target Areas



I Baton Opening to the Sky



J Baton Opening to the Ground



K Baton Closing



L Baton System



M Closed Mode Weapon Strike



N Closed Mode Reaction Strike



O Closed Mode Straight Strike



P Open Mode Weapon Strike



Q Open Mode Reaction Strike



R Open Mode Straight Strike



SECTION 1: COURSE INTRODUCTION

ASP Basic Certification (ABC) training teaches law enforcement officers Tactical Baton fundamentals in an operational setting. The AIC program focuses on instructional techniques, mechanical functions and maintenance procedures for the ASP Baton. It increases Instructor familiarity and skill with expandable impact weapons.

While completion of ABC training is desirable, it is not a prerequisite for participation in AIC training. Some form of prior baton certification is required if the participant is not ASP certified. Proof of baton certification must be provided as part of AIC program registration.

Participation in all aspects of this program is a requirement for AIC certification. The nature of baton training requires strict discipline. Safe training procedures must be followed by all participants. *(See Section 1.07)*

1.01 Personnel

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

1.01a ATC: 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 Trainers (ATCs) are selected for their instructional skill and experience. Each must complete an extensive three day competency based testing 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.

TOPIC	NOTES
<p>1.02 Registration</p> <p>The seminar Information Sheet requests participant background data that is required for Instructor Certification. The participant's name will appear on certificates exactly as it is written on the Information Sheet. Instructor mailings will be sent to the address listed on the Information Sheet.</p> <p>Any health problems must be described in the medical section of the form. Individuals with medical 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 Instructor 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 Instructor Certification (AIC) program is a 16-hour, hands on seminar which trains participants to instruct classes 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>I hear . . . I forget I see . . . I learn I do . . . I remember</p>

TOPIC	NOTES
<p>The ASP Tactical Baton is designed to be used as an impact weapon, not a comealong device. Techniques taught in the AIC 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 AIC program, participants will be prepared to instruct other law enforcement personnel in operational use of the ASP Tactical Baton. The program participant 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 Instructor Certification (AIC) program, like 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 Instructor Certification</p>	
<p>AIC program participants must have completed the 8-hour ABC program or have obtained baton certification through another training program.</p>	
<p>AIC instruction, like the basic ASP program, is a participatory seminar. Instructors must pass a written examination, a physical performance test and a teaching skills evaluation. ASP Instructor status certifies an</p>	

TOPIC	NOTES
<p>individual to conduct ASP Basic Certification (ABC) programs. This does not imply that Instructors are certified to conduct ASP Instructor Certification programs.</p> <p>Instructor Certification must be conducted by an ASP Trainer who has been certified by Armament Systems and Procedures. To maintain certification, Instructors must be actively involved in conducting ASP training programs. Recertification for Instructors is available through attendance at another AIC course or an Instructor update. It is recommended that Instructors attend this session at least once every three years.</p> <p>1.07 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. 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. 	

TOPIC	NOTES
<p>9. Participants may strike target areas only when they are covered by a Training Bag or protective training suit.</p> <p>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.)</p> <div data-bbox="240 558 901 982"><p style="text-align: center;">NOTE</p><p>It is essential for participant safety that only ASP manufactured batons 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. 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

TOPIC	NOTES
<p>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>	
<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</p>	

TOPIC	NOTES
<p>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> <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>	

TOPIC	NOTES
<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> <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>	

TOPIC	NOTES
<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 	
<p>2.12 Liability Considerations</p> <p>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.</p> <p>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</p>	

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 careful 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®

Offense/Subject Factors

- Age
- Gender
- Multiple Offenses
- Multiple Subjects
- Size
- Strength
- Skill Level

Special Circumstances

- Crew Presence on a Scene
- Special Knowledge
- Ability to Communicate
- Emotional Reaction
- Unsettling
- Increased Danger

Control Theory

The goal is Control.
Control is not Control.
The most effective way to Control is to Control the Control.
The most effective way to Control is to Control the Control.
The most effective way to Control is to Control the Control.

Verbal De-escalation Physical Control Intermediate Control Less-lethal Control Lethal Control

Force Options

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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 lengths to meet specific needs. *(See Appendix A)* All models are characterized by an absence of knurling or sharp edges which might abrade clothing or unnecessarily cut an assailant.

3.02 Components *(See Overhead B)*

The ASP Tactical Baton is composed of the following parts:

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

TOPIC

NOTES

The middle shaft, end shaft and tip form the Shaft Assembly.



3.03 Operating System

ASP Tactical Batons employ a **Friction Loc** operating system. The flare of one shaft jams into the swage of another. This deadlock taper locks the shafts together.

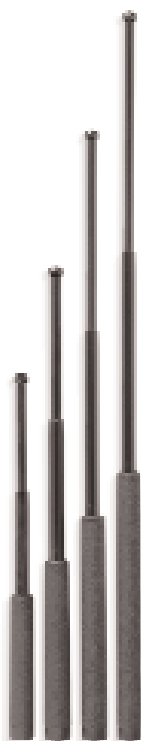


TOPIC

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3.04 Grip

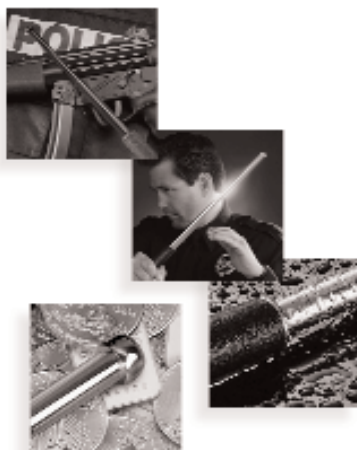
Replaceable foamed vinyl grips with metal front collars are used on A, B, C, E and G batons. D and F batons employ molded-on rubberized grips.

**3.05 Length**

16, 21, 26 and 31 inch expanded length batons are available. Lengths can be matched to the operational mission and the physical characteristics of the officer.

3.06 Finishes

Baton shafts are available in Black Chrome (B, F), Silver Chrome (C), Electroless Nickel (A, D, E) and 18K (G).



3.07 Specialized Batons

Special purpose batons are provided by ASP to meet unique operational needs. Airweight and DuraTec batons are 45% lighter than comparable steel models. However, they are not recommended for uniform duty use. Electroless DuraTec batons are designed for salt water environments.

FRICTION LOC SERIES

<i>Model</i>	<i>Code</i>	<i>16</i>	<i>21</i>	<i>26</i>	<i>31</i>
Airweight*	A	F16A 2212	F21A 2412	F26A 2612	F31A 3012
Black Chrome	B	F16B 2211	F21B 2411	F26B 2611	F31B 3011
Chrome	C	F16C 2210	F21C 2410	F26C 2610	F31C 3010
DuraTec*	D	F16D 2214	F21D 2414	F26D 2614	F31D 3014
Electroless	E	F16E 2213	F21E 2413	F26E 2613	F31E 3013
Federal	F	F16F 2215	F21F 2415	F26F 2615	F31F 3015
Gold	G	F16G 2219	F21G 2419	F26G 2619	F31F 3019

(*) *Airweight and DuraTec batons weigh 45% less than steel models. They are not recommended for uniform duty use.*

TOPIC	NOTES
<h3>3.08 Maintenance</h3>	
<p>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 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 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>	
<h3>3.09 Baton Adjustment</h3>	
<p>The ASP Tactical Baton is activated by gripping the handle and executing a full extension of the arm. This action causes the Shaft Assembly to extend.</p>	
<p>Centrifugal force locks the end section and middle section in place on Friction Loc batons.</p>	
<p>To close the baton, the tip must be struck sharply and directly into a non-giving surface.</p>	
<p>When closed, the retaining clip holds the end shaft, preventing its accidental extension.</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.</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>	

TOPIC	NOTES
 <p>The image shows two types of scabbards. On the left is the SideBreak Scabbard, which is shown in a retracted position. Above it are four small squares representing different finishes: Black, Basketweave, Ballistic Weave, and ASPtec. In the center is a diagram showing the scabbard in an expanded position. On the right is the Federal Scabbard, which is shown in a closed front carrier position.</p> <p>SideBreak Scabbard</p> <p>Federal Scabbard</p>	
<p>3.10 Rotating Scabbards <i>(See Overhead C)</i></p> <p>Injection molded cases are available for 16, 21, 26 and 31 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> <p>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.</p>	
<p>3.11 Specialized Scabbards</p> <p>Unique scabbards have been developed for use in a variety of operational settings. Clip-On Scabbards are designed for military belts. They rotate to 12 distinct positions.</p>  <p>The image shows a Clip-On Scabbard, which is designed for use with military belts. It is shown in a retracted position, attached to a belt. The scabbard is shown in a side view, highlighting its attachment mechanism and the belt loop.</p> <p>Clip-On Scabbard</p>	

TOPIC

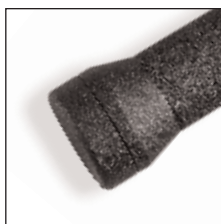
NOTES

**Belt Plate****Belt Paddle**

Scabbard Sets are available for both SideBreak and Federal carriers. Each set includes an interchangeable Belt Plate and Paddle. Scabbards can be locked in five distinct positions.

3.12 Accessories

A number of tactical accessories for expandable batons are available from ASP. Support products include the Clean Sweep Tactical Mirror, Swivel Waistband Concealment Cap and Wrist Strap Cap. The Grip Cap and Leverage Cap provide improved baton retention.

**Tactical Mirror****Wrist Strap Cap****Swivel Cap****Leverage Cap****Grip Cap**

3.13 Cutaways



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

ClearView Scabbards show the mechanical operation of ASP injection molded baton carriers.

3.14 Armorer Kit



Adjustment of retaining clips in ASP Batons is made possible by the Sizing Tool and lubricant.

TOPIC	NOTES
<p data-bbox="190 231 470 262">3.17 Scabbard Kit</p> <p data-bbox="190 304 928 409">Back plate and belt slide screws as well as a hex tool, replacement hex wrenches, retention clips and belt slides are included in the Scabbard Kit.</p>	

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 D*)



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 are together. The body's weight is equally distributed between both legs.

TOPIC	NOTES
<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
4.05 Decentralization	
<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>	
4.06 Position	
<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>	
4.07 Power Generation	
<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 concentration can be directed to a specific</p>	

TOPIC	NOTES
<p>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>	

TOPIC	NOTES
<p>SECTION 5: BATON TRAINING TERMINOLOGY</p>	
<p>In order to insure the safety of participants, both Instructor and students must share a common training terminology.</p>	
<p>For the purpose of explanation and instruction, the following terms are used throughout the AIC program:</p>	
<p>5.01 Clearance Strikes Baton strikes coming from the Reaction Side of the body.</p>	
<p>5.02 Fine Motor Skills Non-forgiving, difficult skills involving complex movement of small muscle groups (playing the piano).</p>	
<p>5.03 Forgiving Techniques Skills that are effective even when not done exactly right.</p>	
<p>5.04 Gross Motor Skills Forgiving, easily accomplished skills involving simple movements of large muscle groups (running).</p>	
<p>5.05 Hard Baton Expandable baton.</p>	
<p>5.06 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>5.07 Soft Baton Padded training baton.</p>	
<p>5.08 Universal Cue A direction that applies in all circumstances. 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>5.09 Weapon Side The dominant side of the officer's body. The side where the firearm is most often worn. The baton is commonly worn on the Weapon Side.</p>	

TOPIC	NOTES
<div data-bbox="191 270 930 573"><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></div> <p data-bbox="191 619 909 651"><i>(A complete list of ASP Training Terms is included in Appendix C.)</i></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. (*Overhead E*)

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 D 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 Trainer 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 movement 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 two 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 form, not power or speed, in delivery.</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
<p>6.05 Training Equipment</p> <div data-bbox="358 304 764 879" data-label="Image"> </div> <p>6.05a Training Bags ASP Training Bags were 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.</p> <p>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.</p> <p>The Strike Force logo on the front of the bag reinforces the correct execution of Weapon, Reaction and Straight Strikes.</p> <p>6.05b Training Batons The “soft baton” allows rapid, repetitive practice of baton techniques. They add an additional measure of safety during initial stages of baton instruction and during dynamic simulations.</p> <p>6.06 Drill Formations</p> <p>There are five basic formations from which ASP techniques are practiced.</p>	

TOPIC	NOTES
<p>6.06a Line: Students are placed in two lines facing each other with one student serving as the attacker and the other student being the officer.</p> <p>This formation allows the Instructor to look down one line as the technique is performed and see each student's movement. Instructors must clearly identify the lines so that each student will know what role they are playing at all times.</p> <p>6.06b Wheel: Students are placed into 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>6.05e 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 F)</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. Reaction Hand up to protect the face and guard the upper body
6. Weapon Hand slightly raised above the waist to draw the baton or firearm
7. 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 G*)

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.

TOPIC	NOTES
<p>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.</p> <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 Check can be performed with or without a baton in the officer's hand. Should the officer be holding a baton, care must be taken to avoid dislodging 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</p>	

TOPIC	NOTES
<p>the subject's ability to re-adjust the direction of attack. Step away from the line of attack with the 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. 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>	

SECTION 7: BASIC BATON SKILLS

7.01 Portation (Carrying the Baton)

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.

The baton is carried in the Closed Mode, tip down. This reduces contamination by moisture or dirt.

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.

NOTE

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.

7.02 Presentation (Drawing the Baton)


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 SideBreak and lift straight up. Drawing the baton at an angle may bind it in the SideBreak 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.

7.03 Baton Grip

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.

7.04 Securing the Baton

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. A closed baton is placed in the top opening of the scabbard.

TOPIC	NOTES
<p>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.</p> <p>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 H)</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 less 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> <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> <div data-bbox="191 1535 932 1978" 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="431 1667 678 1866" 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>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>Baton shafts are released as centrifugal force overcomes the retention clip tension. 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 I and J)</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 Baton</h3>	
<p>When closing the ASP 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>	
<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 Friction Loc between the joints. <i>(See Overhead K)</i></p>	

TOPIC	NOTES
<p>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.</p> <p>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.</p>	
<div><p>WARNING</p><p>Care should be taken when closing the baton to assure that the fingers gripping the handle have not slipped down onto the shaft.</p></div>	
<div><p>NOTE</p><p>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.</p></div>	

TOPIC	NOTES
<h2 style="text-align: center;">SECTION 8: BATON STRIKES</h2>	
<p>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.</p>	
<p>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. <i>(Overhead L)</i></p>	
<h3>8.01 Closed Mode Strikes</h3>	
<p>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.</p>	
<p>The low profile of the Closed Mode baton allows advanced control techniques for plainclothes or dignitary protection assignments.</p>	
<p>8.01a Weapon Strike: The Weapon Strike is executed with the baton held in a full hand grip with the base of 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.</p> <p>The primary striking surface of the Closed Mode Strike is the cap. The strike targets the center mass of the body. <i>(See Overhead M)</i></p>	<p>Strike with the cap</p>
<p>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 baton is held in a full hand grip with the base of the thumb across the side of the baton tip. The primary striking surface is the cap. The strike is directed at a 45° angle toward the center mass of the subject's body. <i>(See Overhead N)</i></p>	<p>Strike with the cap</p>

TOPIC	NOTES
<p>8.01c Straight Strike: The Straight Strike is executed from the Weapon Side with the baton grasped 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 O)</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>Strike with the knuckles</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 P)</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>Strike with the last 3" of the baton</p> <p>Strike with the last 3" of the baton</p>

TOPIC	NOTES
<p>8.02c Reaction Strike: A Reaction Strike is less powerful than a Weapon Strike. It should be 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 Q)</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 R)</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>Strike with the last 3" of the baton</p> <p>Strike with the middle shaft of the baton</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</p>	

TOPIC	NOTES
<p>Weapon Delivery System. This quickly ends the assault and returns control to the officer.</p>	
<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. At AIC training, Instructor skills are evaluated during teaching assignments.

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.

This testing drill requires reasonable responses to a variety of assaults. It is important that Instructors require students to use all of the ASP techniques.

Teaching rather than humbling students is the key ingredient to this simulation testing. When struck properly, the Instructor must simulate a subject's response.

Numerous scenarios are acted out by the Instructor to expose students to potential problems faced on the street.

The ASP Instructor in the role of the assailant wears protective padding. The officer uses a soft baton. Resistance should vary from passive to aggressive.

TOPIC	NOTES
<p>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.</p> <p>Static Testing is rapid and safe. Unfortunately, it provides minimal stress. The testing bears little resemblance to an actual confrontation.</p> <p>9.02 Written Examination</p> <p>A written examination is part of the performance evaluation of those seeking ASP certification. All grading is competency based. A written test is provided by the factory as part of the Certification Kit. An Answer Sheet is included with each set of tests.</p> <p>9.03 Teaching Skills</p> <p>The ability to convey ASP skills to other law enforcement officers is a critical part of ASP Instructor certification. Teaching Skills will be evaluated during the two days of ASP training. <i>(See Appendix E)</i></p> <p>9.04 Class Critique</p> <p>As an ASP Instructor, you should provide each student with a Training Critique. <i>(See Appendix F)</i> Encourage your students to answer each section candidly. These evaluations are for your own use. They are not returned to the factory.</p> <p>9.05 Awards Presentation</p> <p>Prior to issuing certificates, students not meeting the minimum criteria for certification should be notified and counseled. No student should be surprised when they do not receive a certificate. During each class, provide a method for individuals to contact you should questions arise.</p> <p>At the conclusion of training, award individual certificates in front of the class.</p>	

SECTION 10: INSTRUCTOR TECHNIQUES

10.01 Instructor Demeanor

An ASP Tactical Baton program requires Instructor vitality and enthusiasm. An Instructor who asks for 100 percent from class participants must give no less. A professional demeanor is an absolute necessity for conducting an ASP Tactical Baton class. The Instructor's demeanor underscores the seriousness of the subject matter. It fosters the discipline needed to prevent injuries during training.

It is important that interest be shown in each individual participant's progress and concerns. When answering questions or discussing ideas, use an attitude of shared professional interest rather than the traditional student/teacher relationship. Allow ABC program participants to offer suggestions in the training process and have them note ideas in the evaluation following the program. Always follow the ASP safety rules. *(See Section 1.07)*

10.02 Instructor Dress

Much of an Instructor's image as a professional comes from proper dress for the training session. Always dress in compliance with proper safety rules. Appropriate training dress, shoes with good lateral and linear support, a whistle and mouthguard are essential.

Avoid wearing T-shirts with inappropriate or unprofessional printing on them. Do not wear what you do not want shown at your trial or that of your officers. The professional image of an ASP Instructor lends credibility to the program which cannot be overstated. A complete line of Instructor training wear and accessories is available exclusively to ASP Instructors from Armament Systems and Procedures.

10.03 Safety Set

Impact weapon training can result in injuries that require immediate care. The Safety Set provides Instructors with two athletic quality chemical cold packs, two elastic wraps and training tape. Also included are two mouthguards, an Instructor whistle and a bandage dispenser. All items are packaged in a molded carrier.

TOPIC	NOTES
<p data-bbox="191 233 537 268">10.04 Class Preparation</p> <p data-bbox="191 304 930 443">Proper preparation for an ASP class is the key to successful training. The ASP Instructor must be ready for baton training and have all appropriate material from a current class roster to a complete Safety Set.</p> <p data-bbox="191 443 930 548">A checklist is helpful in assuring that the individual items each Instructor has found to be useful during ASP training is available for each program.</p> <p data-bbox="191 583 513 619">10.05 Training Injuries</p> <p data-bbox="191 655 930 760">Injuries occurring during an ASP training session must be documented by the Instructor. An Injury Evaluation Form is included in Appendix G.</p> <p data-bbox="191 760 930 827">The Instructor should keep a copy of this form in their own files.</p>	

SECTION 11: INSTRUCTOR ASSISTANCE

11.01 Publications

Armament Systems provides extensive documentation of all aspects of Tactical Baton training. For a list of available ASP publications, see Appendix H. There is no charge to ASP Instructors for these publications.

11.02 ABC Kit

A set of training materials for individuals who will be participating in an ABC course is available from Armament Systems. *(Appendix I)* An Information Sheet *(Appendix J)*, training manual, mouthguard, certificate, ID card and lapel pin are included.

11.03 Instructor Set

A set of frequently used training products is made available to ASP Instructors at a reduced cost.

11.04 Instructor Designation

The distinctive Arrow Logo is a federally registered trademark for ASP training. Red Arrow insignias indicate completion of ASP Basic Certification, Black Arrows are ASP Instructor Certified and Gold Arrows are ASP Trainer Certified. Each Certified Instructor is awarded an ID number. The number is required when ordering ASP Instructor products or ABC Kits.

11.05 Instructor Products

Black Arrow Instructor products are available exclusively to certified ASP Instructors.

11.06 Authorized ASP Distributors

Armament Systems and Procedures carefully screens Distributors in key locations who wish to carry ASP products. Distributorships are established based on the experience of personnel, reputation of the business in the community and the firm's commitment to assisting ASP clients. For a list of authorized ASP Distributors in your community who stock ASP products and may be

TOPIC	NOTES
<p>interested in supporting or sponsoring training seminars, contact Armament Systems.</p> <p>11.07 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 letters are associated worldwide with the very finest in tactical armament.</p> <p>Armament Systems offers free ongoing training for all aspects of the ASP Tactical Baton. ASP training is currently conducted in over 75 countries. Individual assistance with agency modification of ASP programs is available without charge.</p> <p>Feedback from ASP Instructors is valued and desired. Comments from Instructors 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-net.com Web Site: www.asp-usa.com</p>	



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

Tactical Baton

TECHNICAL SPECIFICATIONS

	F16	F21	F26	F31
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>	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>	11.25 <i>28.58cm</i>
Length Expanded	15.63 <i>39.69cm</i>	20.00 <i>50.80cm</i>	25.60 <i>65.02cm</i>	30.25 <i>76.84cm</i>
Steel Weight	13.3 <i>377g</i>	16.3 <i>462g</i>	20 <i>577g</i>	24.1 <i>683g</i>
Airweight/DuraTec Weight	7.3 <i>207g</i>	8.9 <i>252g</i>	11.2 <i>318g</i>	13 <i>372g</i>
Handle				
Surface	Foam			
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>	10.88 <i>27.62cm</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>	10.56 <i>26.82cm</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>	10.31 <i>26.19cm</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	Assembly

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.



Training Terms

TERM	DEFINITION
90% Rule	<ul style="list-style-type: none">- ASP techniques are designed to work 90% of the time in 90% of the situations that officers face. However, nothing works 100% of the time. Officers should not give up a good technique because of an exceptional case in which a procedure does not work. In the same manner, officers must always be in a position to disengage or escalate if a procedure is not effective.
After Care	<ul style="list-style-type: none">- Once an individual has been under control through the use of force, the officer is responsible for securing medical treatment of injuries sustained by the subject.
Blade the Body	<ul style="list-style-type: none">- Minimizing exposure of the body by turning the torso so only the side faces the subject while the officer is in a strong Pyramid Stance.
Body Mechanics	<ul style="list-style-type: none">- The physical components of human movement which contribute to the creation of center and decentralization of a subject.
CBI	<ul style="list-style-type: none">- Competency Based Instruction
Cease to Exist	<ul style="list-style-type: none">- A technique for presenting a weapon where the item in an officer's hand is dropped while acquiring a firm grip on the weapon.
Center	<ul style="list-style-type: none">- The building of a Pyramid. Center is achieved through use of a wide, deep, low stance with the head over center.
Check	<ul style="list-style-type: none">- One of the two primary means for dealing with a subject's forward momentum. The Reaction Hand and Weapon Hand contact the subject's chest to stop forward movement.
Circle	<ul style="list-style-type: none">- A dynamic drill in which an officer employs techniques against an Instructor dressed in Red Man as other students form a protective observation circle.
Competency Based Instruction (CBI)	<ul style="list-style-type: none">- Criteria reference testing in which a standard is established and students are judged to that standard.
Confrontational Continuum	<ul style="list-style-type: none">- A model for evaluating the appropriate response of an officer to an escalating series of actions on the part of a subject.

<i>TERM</i>	<i>DEFINITION</i>
Decentralization	<ul style="list-style-type: none"> - Removing the pyramid by taking away center, making the base narrow, shallow or high and taking the head off center by rolling the ball.
Dialogue	<ul style="list-style-type: none"> - The control of a subject through two-way communication, directing a subject to take action through one-way communication, calming the individual down by debriefing and documenting the actions involved in the confrontation.
Direct to the Ground	<ul style="list-style-type: none"> - Taking an individual to the ground to stabilize the subject and create a position of advantage for the officer.
Disengage or Escalate	<ul style="list-style-type: none"> - The option of an officer to leave the confrontation or escalate to a higher level of force. All techniques should provide an officer with an ability to disengage or escalate.
Dynamic/Fluid/Static Training	<ul style="list-style-type: none"> - Traditional defensive tactics instruction has been static without movement or options on the part of the subject. Fluid training combined movement in a relatively prearranged manner. Dynamic training provides the participant with an opponent who is thinking and moving with a full range of motion and a series of offensive options.
Fidelity of Simulation	<ul style="list-style-type: none"> - How close the simulation is to an actual confrontation.
Fine Motor Skills	<ul style="list-style-type: none"> - Physical movement requiring complex skills that are difficult to perform. (playing the piano)
Five Principles of Officer Survival	<ul style="list-style-type: none"> - The basic principles for officer safety as shown on the Vigilance Key Tag. <ul style="list-style-type: none"> · Watch the palms · Seek cover · Maintain distance · Keep the weapon back · Control the Strong Hand
Floor Dynamics	<ul style="list-style-type: none"> - Control of the training environment to prevent bags, jackets, batons and other equipment from presenting a safety hazard.
Forgiving Techniques	<ul style="list-style-type: none"> - Procedures that remain effective even if not done exactly right or directed to the precise target.
Gross Motor Skills	<ul style="list-style-type: none"> - Relatively easy movements involving large muscles of the body which can be accomplished by unskilled personnel under stress.

<i>TERM</i>	<i>DEFINITION</i>
Injury Free Training	<ul style="list-style-type: none"> - The emphasis of all ASP instruction is the creation of an environment in which officers can learn dynamic skills in an environment that is as safe as possible recognizing that defensive tactics is by definition a contact activity.
Interview Stance	<ul style="list-style-type: none"> - A solid pyramid position with a wide base, deep base, low center and head over center with the baton in a Closed Mode position.
Line	<ul style="list-style-type: none"> - A basic training drill that begins with officers facing each other or the Instructor as skills are repeated by the numbers.
Officer/Subject Factors	<ul style="list-style-type: none"> - The relational aspects of a confrontation (between the parties) which have an effect upon the amount of force that can be reasonably employed. <ul style="list-style-type: none"> · Age · Skill Level · Gender · Multiple Officers · Size · Multiple Subjects · Fitness
Post	<ul style="list-style-type: none"> - Officers are placed in staggered positions on the training floor. They move from position to position as they complete one circuit of techniques.
Progressive Training	<ul style="list-style-type: none"> - Instruction that moves through a series of techniques that increase the level of fidelity to actual confrontations: <ul style="list-style-type: none"> · By the Numbers · Slow for Form · Full Speed and Power · Simulation
Propensity for Control v Propensity for Damage	<ul style="list-style-type: none"> - A means of evaluating techniques based upon the likely outcome of their application.
Pyramid Concept	<ul style="list-style-type: none"> - Use of a wide, deep, low base with the head over center to build a stable stance.
Reaction Hand	<ul style="list-style-type: none"> - The support or non-firearm hand. Not referred to as the "Weak Hand" as officers should not be trained that they are weak.
Reaction Hand Defense	<ul style="list-style-type: none"> - Use of the Reaction Hand to create distance and measure the distance to target so that an individual being struck is not too close or too far away. Nonuse of the Reaction Hand Defense is a primary characteristic of the "old school" of defensive tactics.

<i>TERM</i>	<i>DEFINITION</i>
Reaction Side	<ul style="list-style-type: none"> - The bladed side of the officer's body closest to the subject. Handcuffs are commonly worn on the Reaction Side.
Red Man	<ul style="list-style-type: none"> - The protective equipment worn by the Instructor during circle training.
Redirect	<ul style="list-style-type: none"> - One of the two primary means of gaining Safe Separation by stepping out of the line of attack and directing energy at the subject's torso from the side.
Relative Positioning	<ul style="list-style-type: none"> - The location of the officer in relation to the subject. Starting in the front of the subject and moving around the subject clockwise, Position 2.5 (right rear) is the most desirable position for control of a subject. It places the officer in a position of advantage to control the subject's right hand.
Roll the Ball	<ul style="list-style-type: none"> - A technique for decentralizing a subject by moving the head off of center.
Safe Separation	<ul style="list-style-type: none"> - A procedure for creating distance through use of a Check or Redirection. The purpose of the Reaction Hand Defense.
Seven Components of Power	<ul style="list-style-type: none"> - Seven elements that combine to create techniques that are effective in a law enforcement environment: <ul style="list-style-type: none"> · Balance · Endurance · Flexibility · Focus · Speed · Strength · Simplicity
Soft Baton	<ul style="list-style-type: none"> - A foam padded ASP Training Baton.
Special Circumstances	<ul style="list-style-type: none"> - Elements that impact the amount of force that can reasonably be employed by a law enforcement officer in the control of a subject. <ul style="list-style-type: none"> · Close proximity to a firearm/weapon · Special knowledge · Injury or exhaustion · Ground position · Disability · Imminent Danger

<i>TERM</i>	<i>DEFINITION</i>
Stabilization	- Control of an individual that creates a position of advantage for the officer prior to the application of restraints. The most effective stabilization is on the ground in a prone position.
Stacking	- Placing two subjects in a line so that the officer fights only one at a time during an attack by multiple assailants.
Subject	- The name given to the individual who the officer attempts to control. (Sir)
Sustain Momentum	- Maintenance of decentralization once it has been achieved by narrowing the base, shortening the base, raising the center or taking the head off center.
Three Minute Drill	- Simulation training that is conducted one-on-one and ends with the subject stabilized on the ground and restrained.
Training and Experience	- The basis for decisions made by law enforcement personnel.
Training Drills	- Specially designed repetitive exercises which develop muscle memory and aid in the mastery of psychomotor skills to a high level of competency.
Training the "2"	- A learning system designed so that techniques can be employed by law enforcement personnel regardless of age, gender, size, fitness or skill level.
Universal Cue	- Directions that will be perceived by all students in the same manner. (Up and Down v Left and Right)
Visual Cue	- An indicator of a specific situation or circumstance. (Training Bags held by left-handed students show the letters ASP upside down)
Weapon Hand	- The strong, predominant, firearm hand.
Weapon Side	- The dominant side of the officer's body. The side where the firearm is most often worn. Tactical Batons are commonly worn on the Weapon Side behind the firearm.
Wheel	- Officers are placed in concentric circles with the inner circle positioned toward the outer circle and the outer circle facing inward. Students in the outer circle rotate after each technique.
Your 100%	- The effort required during ASP Training. While all officers do not have the same level of physical skill or fitness, they should all participate to their maximum ability.



ASP Warm-Up Explanation

DAILY DOZEN

CONCEPTS

When warming the body for ASP 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

SETUP

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** - As the participants walk around the circle, gradually pick up the pace until they are walking at a brisk, yet comfortable pace. Take long heel-to-toe strides.
2. **Arm Swing** - Combine arm movement with walking as the participants gradually increase the range of motion of the forward and rear arm swing until the arms are swung fully above the head.
3. **Two Hand Check** - Participants alternately push across the body as far as possible with the palms of both hands.
4. **Elbow Pull** - As participants walk around the circle, place the right arm on the left shoulder. Pull the right elbow to the body. Repeat with the left arm on the right shoulder. Perform with each arm twice.
5. **Shoulder Shrug** - Raise both shoulders up as high as possible. Lower both shoulders as low as possible. Alternate raising one shoulder while the second is lowered. Roll both shoulders forward in large circles. Roll the shoulders backward.
6. **Palm Press** - Participants push the palms of both hands upward as far as possible. Push both palms to the ground. Alternate simultaneously pushing one palm to the sky and the second to the ground.

STOP & FACE INWARD

[The last six components of the Daily Dozen serve as a postactivity warm-down. They are performed before allowing the body to cool. These activities remove the chemical by-products of strenuous exercise. They will reduce follow-on stiffness and soreness.]

7. **Curl** - Starting at the head, let the arms hang and slowly curl forward until completely bent at the waist. Slowly uncurl and raise up. Repeat four (4) times.
8. **Calf Stretch** - Step forward with the left leg raising the heel of the right foot off the floor. Supporting the weight on the left knee, slowly lower the right heel as the calf of the right leg is stretched. Step forward with the right leg and repeat the activities stretching the left calf.
9. **Trunk Extension** - Spread the feet shoulder width apart. Bend the knees and place the palms on the ground. Raise the buttocks slowly, stretching the back of both legs. Repeat four (4) times.
10. **Leg Stretch** - From the same position, extend the right heel and raise the toes. Support your weight on the opposite knee. Rock back stretching the back of the thigh. Extend the left heel and repeat the activity, stretching the back of the left thigh. Repeat each side twice.
11. **Neck Stretch** - Press the chin to the chest. Turn the head to the right and, once again, press the head forward. Turn the head to the left. Press forward. Repeat four (4) times.

WALK

12. **Arm Cross** - Briskly walk around the circle crossing the arms in front and pulling the elbows straight back.



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

SETUP

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



Baton Instructor Certification

TEACHING SKILLS CHECKLIST

<i>Skills</i>	<i>Comments</i>
<input type="checkbox"/> Takes command of the class <input type="checkbox"/> Seen and heard by all participants <input type="checkbox"/> Selected an appropriate training activity <input type="checkbox"/> Clear, correct skill description and demonstration <input type="checkbox"/> Clear, correct drill description and demonstration <input type="checkbox"/> Correct ASP terminology <input type="checkbox"/> Checks safety equipment and training area <input type="checkbox"/> Keeps class moving and motivated <input type="checkbox"/> Appropriate use of training time <input type="checkbox"/> Encourages and answers questions satisfactorily	

A check mark indicates an acceptable observed skill.

The minimum passing score is 70% (7 skills).

TEACHING SKILLS: ACCEPTABLE _____ NOT ACCEPTABLE _____

COUNSELED _____

TRAINER _____ DATE _____

* * * * *

Written Examination _____

Comments:

Technique Proficiency Checklist _____

Teaching Skills Checklist _____

☐ Certification Approved ☐ Certification Denied TRAINER _____ ATC _____



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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 _____



ASP Training

INJURY EVALUATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Agency _____ Date of Birth _____ Sex _____

Date of Injury _____ Time of Injury _____

* * *

Injury Category: ☐ New ☐ Existing

Initial Assessment:

Orientation	Color	Respiratory	Skin Temperature	Treatment Rendered Prior to Arrival	
<input type="checkbox"/> Alert	<input type="checkbox"/> Pale	<input type="checkbox"/> Adequate	<input type="checkbox"/> Warm	<input type="checkbox"/> Ambulatory	<input type="checkbox"/> Iced
<input type="checkbox"/> Disoriented	<input type="checkbox"/> Flushed	<input type="checkbox"/> Shallow	<input type="checkbox"/> Cool	<input type="checkbox"/> Wheelchair	<input type="checkbox"/> Elevated
<input type="checkbox"/> Unconscious	<input type="checkbox"/> Normal	<input type="checkbox"/> Coughing	<input type="checkbox"/> Dry	<input type="checkbox"/> Stretcher	<input type="checkbox"/> Elastic Wrap
			<input type="checkbox"/> Moist	<input type="checkbox"/> Ambulance	

Specific location of injury _____

Characteristics (symptoms) _____

Activity involvement at time of injury _____

Cause of injury _____

Surface on which injury occurred _____

Were class safety rules explained prior to training? _____

Was a proper warm-up conducted prior to training? _____

Type of shoes worn at time of injury _____

Type of training apparel worn at the time of injury _____

Did trainee have regular exercise habits prior to training? _____

Describe the specifics of the injury _____

Witnesses to the injury _____

Describe aid provided to the trainee _____

Was consultation with medical personnel suggested? _____

Instructor

Witness



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Agency Literature Order Form

TACTICAL BATON

(Type or Print)

NAME _____ E-MAIL _____

SHIPPING ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE _____ ASP INSTRUCTOR CERTIFICATION NUMBER _____

TRAINING

- _____ ASP Basic Certification (ABC) Manual
(\$10.00)
- _____ ASP Instructor Certification (AIC) Manual
(\$15.00)
- _____ Agency Sponsored AIC Training

PRODUCT PRICING

- _____ Product Catalog
- _____ Pocket Catalog
- _____ Retail Price Schedule
- _____ GSA Price Schedule
(US Government Agencies)
- _____ ASP Facts

AGENCY ISSUES

- _____ Agency Evaluation Manual
- _____ Liability Manual

PRODUCT BACKGROUND

- _____ Media Reprints
- _____ Parts Manual
- _____ Service Center Manual

VIDEO TAPES

- _____ United States Coast Guard
- _____ Beaverton, Oregon
- _____ United States Drug Enforcement
Administration
- _____ National Oceanic and Atmospheric
Administration
- _____ Immigration and Naturalization Service

DECALS

- _____ Use of Force Report
- _____ Strike Force
- _____ ASP Eagle
- _____ ASP Training Center



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ASP Basic Certification (ABC) APPLICATION

- Photocopy and complete this application.*
- Return the application to the ASP Training and Certification Section.*
- The following guidelines must be followed when sanctioning a training program with Armament Systems and Procedures.*

- This Sanction Application must be submitted to Armament Systems at least *two weeks* prior to the proposed training dates.
- All sanctioned Seminars must include the phrase, "This Seminar is Sanctioned by Armament Systems and Procedures."
- There is no Sanction Fee required to conduct a training program.
- The participant fee of \$15.00 per officer covers the cost of training materials (syllabus, certificate, certification card, lapel pin and mouthguard).
- Training registration fees are left to the discretion of the sponsoring agency.

(Please type)

Sponsoring Agency _____

Instructor _____ ASP Instructor Certification (AIC) Number _____

Agency Phone _____ Home Phone _____

Training Date: _____

Ship the Training Kits to:

AGENCY _____		
ATTENTION: _____		
SHIPPING ADDRESS _____		
CITY _____	STATE _____	ZIP _____

Please ship _____ Training Kits at \$15.00 per kit consisting of:
(number)

ASP Basic Certification Training Syllabus (ABC)
Information Sheet
Certificate
Certification Card
Lapel Pin
Mouthguard
Training Critique

Please send at no charge for display in our training room: ☐ Training Center Decal ☐ Training Center Plaque

Method of payment: ☐ Money Order ☐ Agency Purchase Order Enclosed ☐ MasterCard/VISA ☐ American Express

Card Number: _____ EXP _____

This program is competency based. Mere participation does not automatically assure successful completion.



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ASP Basic Certification (ABC)**EXPANDABLE BATON TRAINING**

Information Sheet

(Please Print)

Date _____

✓ ☐ Initial Certification ☐ Recertification

First Name _____ Last Name _____

Home Address _____

City _____ State _____ Province _____ Zip _____

Telephone (_____) _____ E-mail Address _____

Employing Agency _____

Agency Address _____

City _____ State _____ Province _____ Zip _____

Agency Telephone (_____) _____ E-mail Address _____

✓ Duty Status: ☐ Full Duty ☐ Restricted Duty

Has your agency adopted or authorized the use of the ASP Baton? _____

How many officers are in your agency? _____

Height _____ Weight _____ Age _____ Date of Birth _____

Have you been exercising? _____

Do you have any knee, back or health problems? _____

Are you on any medication? _____

Person to be notified in case of an emergency:

Name _____

Phone (_____) _____ Alternate (_____) _____

Relationship _____

✓ Briefly describe any health problems: _____

Injury Check: ☐ 1A ☐ 1P**WAIVER**

Release from Liability and Assumption of Risk Agreement

1) Intending that this Agreement be legally binding upon me, my heirs, executors, administrators, and assigns, I hereby waive, release, and forever discharge Armament Systems and Procedures, INC, and all of their agents, representatives, heirs, executors, administrators, successors and assigns, of and from any and all claims, demands, rights and causes of action of whatsoever kind and nature, arising from, and by reason of any and all known and unknown, foreseen and unforeseen physical and mental injuries and consequences thereof, suffered by me during any and all ASP Expandable Baton certification training activities.

2) In signing this Release, I assert that (a) I am presently in good physical and mental health; (b) I have no reason to believe that I am not in good physical and mental health; (c) I am fully aware of, and do acknowledge and assume all risk of injury inherent in my participation in this training seminar; (d) I have read and fully understand the terms and conditions of this Agreement.

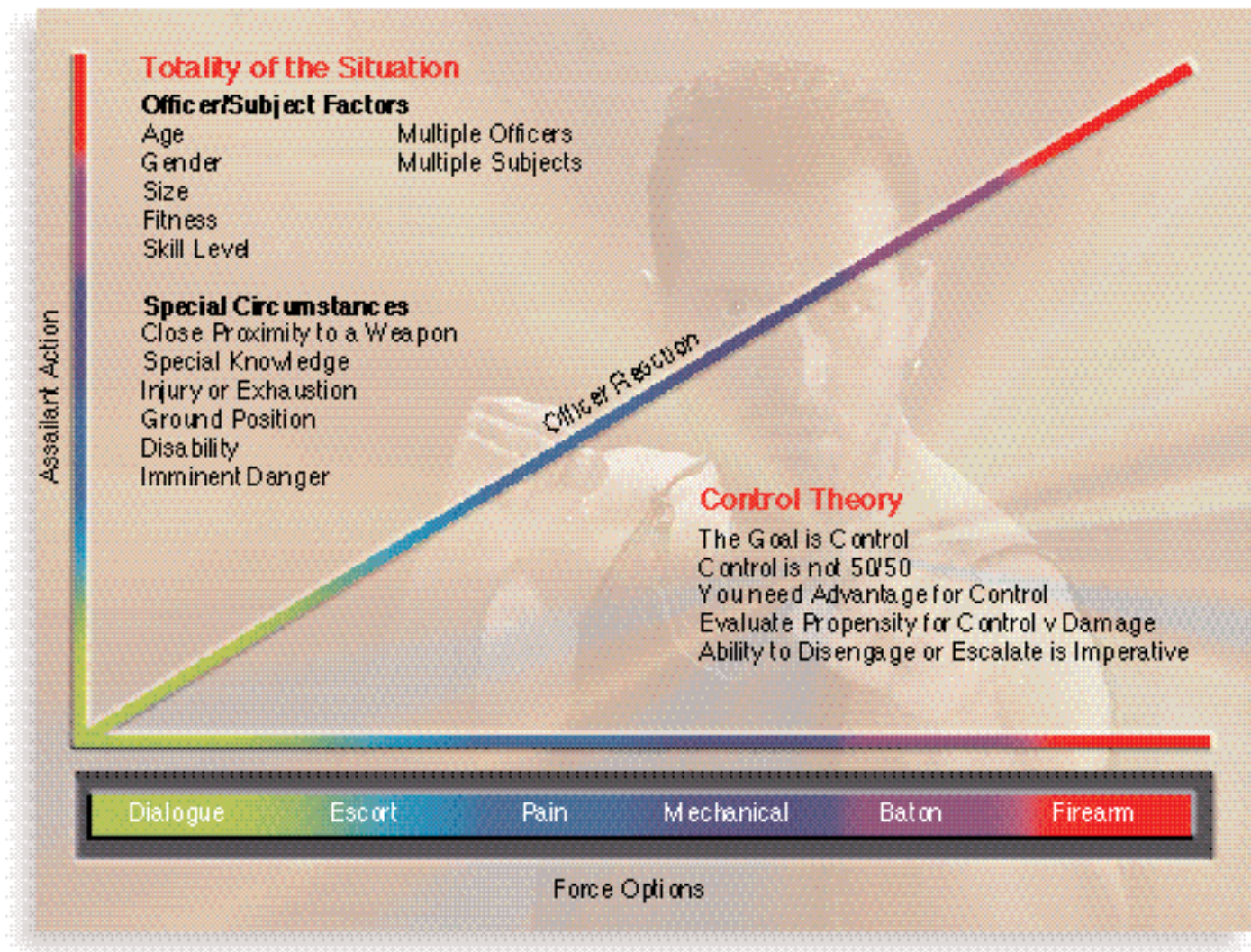
This program is competency based. Mere participation does not automatically assure successful completion.

Date_____
Signed



THE CONFRONTATIONAL CONTINUUM

Force Continuum[®]





ASP BATON EXPLODED VIEW





SIDEBREAK SCABBARD **EXPLODED VIEW**

OVERHEAD C





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



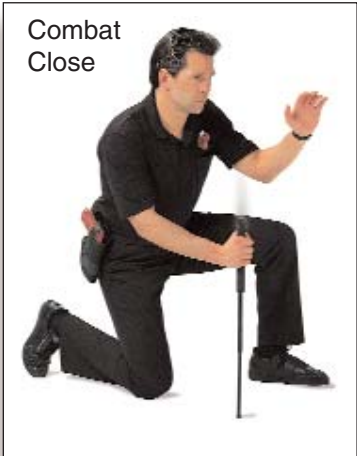


BATON OPENING TO THE GROUND





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

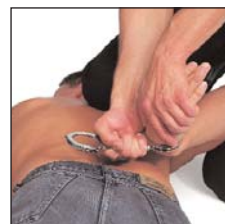


Straight

STABILIZE



RESTRAIN





CLOSED MODE **WEAPON STRIKE**

OVERHEAD M





CLOSED MODE REACTION STRIKE

OVERHEAD N





CLOSED MODE STRAIGHT STRIKE

OVERHEAD 0





OPEN MODE **WEAPON STRIKE**

OVERHEAD P





OPEN MODE REACTION STRIKE

OVERHEAD Q





OPEN MODE **STRAIGHT STRIKE**

OVERHEAD R





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 Tactical Handcuff 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."

