



AIC Protocol

BATON TRAINING

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
DAY 1 (AM)			
Course Introduction	Instructor	Classroom	AIC Baton Manual/PPT/OHP
Control Theory	Instructor	Classroom	AIC Baton Manual/PPT/OHP
Baton Training Terminology	Instructor	Classroom	AIC Baton Manual/PPT/OHP
Break			
TRAINING SESSION 1			
Warm-Up (Daily Dozen)	Instructor	Gym	Duty Gear, Warm-Up Card
Body Mechanics Pyramid Concept Movement (Step & Drag) Hand Position	Instructor	Gym	Duty Gear
Holding the Training Bag & Baton	Instructor	Gym	Duty Gear, Training Bag & Baton
Portation & Presentation	Instructor	Gym	Duty Gear
Safe Separation Check Redirect	Instructor	Gym	Duty Gear, Training Bag, Mouthguard
Opening & Closing the Baton Friction Loc LeverLoc	Instructor	Gym	Duty Gear
Power Generation	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Strikes Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight	Instructor	Gym	Duty Gear, Training Bag, Mouthguard

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
Break			
Wheel Drill Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Post Drill Baton	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
3 Minute Drill Baton to Control	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Lunch			
DAY 1 (PM)			
Technical Characteristics of the Baton	Instructor	Classroom	AIC Baton Manual/PPT/OHP
Training Format	Instructor	Classroom	AIC Baton Manual/PPT/OHP
Evaluation	Instructor	Classroom	AIC Baton Manual/PPT/OHP
Break			
TRAINING SESSION 2			
Warm-Up (Daily Dozen)	Instructor	Gym	Duty Gear, Warm-Up Card
Body Mechanics Pyramid Concept Movement (Step & Drag) Hand Position	Instructor	Gym	Duty Gear
Holding the Training Bag & Baton	Instructor	Gym	Duty Gear, Training Bag & Baton
Portation & Presentation	Instructor	Gym	Duty Gear
Safe Separation Check Redirect	Instructor	Gym	Duty Gear, Training Bag, Mouthguard
Opening & Closing the Baton Friction Loc LeverLoc	Instructor	Gym	Duty Gear
Power Generation	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
Strikes Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight Break	Instructor	Gym	Duty Gear, Training Bag, Mouthguard
Wheel Drill Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Post Drill Baton	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
3 Minute Drill Baton to Control	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Review	Instructor	Classroom	AIC Manual
DAY 2 (AM)			
Program Review	Instructor	Classroom	AIC Baton Manual
TRAINING SESSION 3			
Warm-Up (Daily Dozen)	Candidates	Gym	Duty Gear, Warm-Up Card
Body Mechanics Pyramid Concept Movement (Step & Drag) Hand Position	Candidates	Gym	Duty Gear
Holding the Training Bag & Baton	Candidates	Gym	Duty Gear, Training Bag & Baton
Portation & Presentation	Candidates	Gym	Duty Gear

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
Safe Separation Check Redirect	Candidates	Gym	Duty Gear, Training Bag, Mouthguard
Opening & Closing the Baton Friction Loc LeverLoc	Candidates	Gym	Duty Gear
Power Generation	Candidates	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Strikes Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight	Candidates	Gym	Duty Gear, Training Bag, Mouthguard
Break			
Wheel Drill Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight	Candidates	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Post Drill Baton	Candidates	Gym	Duty Gear, Training Bag & Baton, Mouthguard
3 Minute Drill Baton to Control	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Lunch			
DAY 2 (PM)			
Written Exam	Instructor	Classroom	Information Sheet, Pen
TRAINING SESSION 4			
Warm-Up (Daily Dozen)	Candidates	Gym	Duty Gear, Warm-Up Card

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Body Mechanics Pyramid Concept Movement (Step & Drag) Hand Position	Candidates	Gym	Duty Gear
Holding the Training Bag & Baton	Candidates	Gym	Duty Gear, Training Bag & Baton
Portation & Presentation	Candidates	Gym	Duty Gear
Safe Separation Check Redirect	Candidates	Gym	Duty Gear, Training Bag, Mouthguard
Opening & Closing the Baton Friction Loc LeverLoc	Candidates	Gym	Duty Gear
Power Generation	Candidates	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Strikes Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight	Candidates	Gym	Duty Gear, Training Bag, Mouthguard
Break			
Wheel Drill Closed Mode Weapon 2x Weapon Reaction Straight Open Mode Weapon 2x Weapon 2x Weapon (High Low) Reaction Straight	Candidates	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Post Drill Baton	Candidates	Gym	Duty Gear, Training Bag & Baton, Mouthguard
3 Minute Drill Baton to Control	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Circle Drill (RedMan) Baton to Control	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
Instructor Techniques	Instructor	Classroom	AIC Baton Manual/PPT/OHP
Instructor Assistance	Instructor	Classroom	AIC Baton Manual/PPT/OHP