



Baton Training Drills

FORMATIONS

1. Line
2. Wheel
3. Circle
4. Post

PYRAMID CONCEPT

1. Demonstration - Drill
 - a. Wide Base
 - b. Deep Base
 - c. Low Center of Gravity
 - d. Head Over Center

Line Drill
Feet together with side push
Feet wide with front push
Feet deep with front push

DECENTRALIZE

(Demonstration & Practice)

2. Check
3. Redirection

CLOSED MODE STRIKES

4. Weapon Strike
5. Reaction Strike
6. Straight Strike

POWER GENERATION

7. Demonstration - Practice

OPENING AND CLOSING

8. Demonstration - Practice

Line Drill

CHECKS

Line/Wheel/Post Drill

9. Two Hand Check
10. Interview Stance - Check - Draw
11. Two Hand Check with Closed Baton
12. Two Hand Check with Closed Baton - to - Open Mode

REDIRECT

Line Drill

13. Two Hand - Weapon Side Away - to - Combat Stance
14. Two Hand - Weapon Side Away - to - Draw - to - Closed Mode - to - Combat
15. Two Hand - Weapon Side Away - to - Draw - Open - to - Combat
16. Two Hand - Weapon Side Away - to - Draw - Open - to - Combat - with Strike

CLOSED MODE STRIKES

Line/Wheel/Post Drill

17. Weapon
18. Weapon - Reaction
19. Straight

OPEN MODE STRIKES

Line/Wheel/Post Drill

(High and Low Targets - Arms/Legs)

20. Weapon
21. Weapon - Reaction
22. Straight

COMBINATION DRILLS

Line/Wheel/Post Drill

*** Closed Mode**

23. Weapon - Weapon
24. Check - Weapon
25. Check - Weapon - Reaction
26. Straight - Check - Straight

* Combinations can finish in the open mode

*** Open Mode**

Line/Wheel/Post Drill

27. Weapon - Weapon (High - Arm)
28. Weapon - Weapon (High/Low - Arm/Leg)
29. Weapon - Reaction
30. Straight - to - Weapon

* Any combination of high or low target areas
Strike and evaluate
Maximum of four strikes with training baton

FORMATIONS

A. **Line**

Arrange students in lines. Each student has an opponent or partner standing directly across from them. Everyone in one line will be performing an ASP technique (ie, Weapon Strike) while the opposite line will be holding an ASP Training Bag. Instructor can stand at the end of the lines and view student's techniques, looking for visual cues and improper techniques.

B. **Wheel**

Arrange students in two circles. Bag holders are forming one circle, standing with their backs facing to the inside of the circle and holding the bags facing outward. The student performing the ASP Technique (ie, Hand Check) will line up directly across from a student holding a bag and will form the second circle with their backs to the outside and facing the bag holder. On the instructor's commands, the students forming the outside circle will perform the technique and then move to the next bag. The inner circle of bag holders will remain stationary. For maximum safety and class control, each strike or technique performed shall be done on the instructor's command.

C. **Circle**

Arrange students in a circle with their backs facing outward. Students performing the drill or techniques (ie, Red Man Simulation Drills) are placed in the center of the circle for the duration of the exercise. Students forming the circle must monitor the action in the center of the circle and maintain the safety of the students and prevent them from exiting or falling outside the safety perimeter formed by the circle of students.

D. **Post**

Arrange students in an alternating zig-zig pattern. Bag holders stand with their bags facing forward. The student performing the ASP technique (ie, Open Mode, Straight Strike) will move to each post, take a position in front of the bag, strike and then move to the next position.

PYRAMID CONCEPT

1. Demonstration - Drill

- a. Wide Base
- b. Deep Base
- c. Low center of gravity
- d. Head over center

Line Drill

Feet together with side push
Feet wide with front push
Feet deep with front push

A Line Drill is used to demonstrate the components and body mechanics of the Pyramid Concept of balance and movement. Place the students in two lines so that each student has a partner directly across from each other. Have the lines turn so that the students are standing side by side approximately one arm's length away from each other and facing the same direction. One line will stand with their feet together while their partner gently pushes them sideways at the shoulder. The student then widens the feet approximately shoulder width and their partner now pushes again from the side at the shoulder to demonstrate that with a wider base the officer has more balance.

The student remains with the wide base and the student's partner steps in front of them and gently pushes them backward from the front at chest level. The student is then directed to place their Weapon Side back to form a wide and deep base with knees

bent. The partner again pushes backward from the front at chest level to demonstrate that the officer has a firm base of support and balance and reinforces the Pyramid Concept of balance with a wide and deep base, low center of gravity and head over center.

Visual Cues:

Interview Stance

- Check for feet/legs that are cross (incorrect)
- Check for feet in straight line (Horse Stance - incorrect)
- Watch for even weight distribution - not all on one leg
- Watch for students locking knees out
- Keep hands above waist along center line of body. Watch for Reaction Foot turning and pointing toward subject and opening up stance and exposing vital line (knees, groin, torso). Keep body bladed.

Combat Stance

- Hands up to protect head and face - to maintain the commonality of training, Weapon Hand should be in same position whether empty handed, with ASP in closed mode or open mode.
- Keep elbows in to protect vital areas (ribs, torso, etc.)
- Caution student about keeping Reaction Arm fully extended
- Keep Reaction Hand either open or closed - not a constant transition between the two

DECENTRALIZATION

(Demonstration & Practice)

The instructor may explain, demonstrate and practice the Pyramid Concept in movement and balance. Movement will be forward, backward, right and left while maintaining a strong pyramid position.

Visual Cues:

- Fluid movement in all directions
- Watch for hopping type movement
- Watch for students crossing their legs during movement

2. **Check**
3. **Redirection**

CLOSED MODE STRIKE

4. **Weapon Strike**
5. **Reaction Strike**
6. **Straight Strike**

POWER GENERATION

7. Demonstration

Instructor may explain, demonstrate and practice the concept of power generation with the use of a progressive force format. First strike with the use of the wrist, then the forearm, the arm, shoulders, hips and finally by adding movement.

8. OPENING & CLOSING

Visual Cues:

Opening:

- Full extension of arm approximately 45° angle behind officer - upward or downward
- Flick wrist at end of arm extension
- Pull baton back to Combat Stance position
- Watch for opening baton in front of body
- Watch for short, choppy arm movements

Closing:

- Head and eyes up
- Reaction Hand up
- Tip down with baton vertical (not angled)
- Drive Weapon Hand to ground to insure full closure
- Bend knees - not at waist

CHECKS

Line/Wheel/Post Drill

9. Two Hand Check:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a Two Hand Check while utilizing verbalization skills. Instructors shall look for visual cues for improper techniques while using a progressive format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the students performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Use palm or heel of hand for strikes - not fingertips
- Don't leave arms extended after strikes
- Don't push or shove - perform sharp, crisp palm strikes
- Keep head over center - don't lean

10. Interview Stance - Check - Draw

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a Two Hand Check while utilizing verbalization skills from an Interview Stance. After the check is performed, the student will draw their ASP Baton.

A Wheel Drill may be used in positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike, draw their ASP Baton and then move in the designated direction to the next bag holder and wait for the next command of execution.

11. Two Hand Check with Closed Baton

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a Two Hand Check from an Interview Stance while utilizing verbalization skills while holding their ASP Baton in a closed mode.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike, from an Interview Stance while utilizing verbalization skills and holding their ASP Baton in a closed mode and then move in the designated direction to the next bag holder and wait for the next command of execution.

12. Two Hand Check with Closed Baton - to - Open Mode

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a Two Hand Check from an Interview Stance while utilizing verbalization skills while holding their ASP Baton in a closed mode. After the hand check is completed, the student will open the ASP Baton in the proper and prescribed manner to the open mode. The ASP Baton must then be closed in the proper manner before additional repetitions are performed.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike from an Interview Stance while utilizing verbalization skills and holding their ASP Baton in a closed mode and then move in the designated direction to the next bag holder and wait for the next command of execution. The ASP Baton must then be closed in the proper manner before additional repetitions are performed.

REDIRECT

Line Drill

13. Two Hand - Weapon Side Away - to - Combat Stance:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder. On command, the bag holder will walk

towards the student performing the drill. The student will move out of the way by stepping with their Weapon Side away from the bag holder, redirect the bag holder away from them, verbalize and then transition into a Combat Stance.

Visual Cues:

- Palm or Hand Check to shoulder/back area - not front
- Keep fingertips vertical - not horizontal
- Redirect subject away - don't pull them past you
- Use palm or heel of hand for strikes - not fingertips
- Don't leave arms extended after strikes
- Don't push or shove - perform sharp, crisp palm strikes
- Keep head over center - don't lean

14. Two Hand - Weapon Side Away - to - Draw - Closed Mode - to - Combat:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder. On command, the bag holder will walk towards the student performing the drill. The student will move out of the way by stepping with their Weapon Side away from the bag holder, redirect the bag holder away from them, verbalize, draw their ASP Baton and then transition into a Combat Stance with the ASP in a closed mode.

15. Two Hand - Weapon Side Away - to - Draw - Open - to - Combat:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder. On command, the bag holder will walk towards the student performing the drill. The student will move out of the way by stepping with their Weapon Side away from the bag holder, redirect the bag holder away from them, verbalize, draw their ASP Baton, open the baton and transition into a Combat Stance.

16. Two Hand - Weapon Side Away - to - Draw - Open - to - Combat - With Strike:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder. On command, the bag holder will walk towards the student performing the drill. The student will move out of the way by stepping with their Weapon Side away from the bag holder, redirect the bag holder away from them, verbalize, draw their ASP Baton, open the baton and transition into a Combat Stance and perform a Weapon Side Strike.

CLOSED MODE STRIKES

Line/Wheel/Post Drill

17. Weapon:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a closed mode Weapon Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Strikes delivered at a 45° angle with handle cap
- Thumb over tip
- Keep handle cap facing subject
- Keep elbows in and down
- Use proper body mechanics for power generation
- Create fluid shock waves - "stick" momentarily - don't poke at subject

18. Weapon - Reaction:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a Weapon and Reaction Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- After Weapon Strike, Weapon Hand flow to Reaction Side and rotates baton with handle cap facing subject
- Reaction Strike horizontal or 45° angle downward and return to Combat Stance
- Don't reach out or overextend with Reaction Strike
- Use as a "clearance" strike - watch for students pulling baton back into Combat Stance from the Reaction Side without performing a Reaction Strike
- Use proper body mechanics and power generation skills

19. Straight:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a Straight Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Thumb may be removed from tip of baton for strike
- Use a vertical fist - strike with first two knuckles of the Weapon Hand - not the baton
- Keep wrist straight
- Use proper body mechanics and power generation skills

OPEN MODE STRIKES Line/Wheel/Post Drill
(High and Low Targets - Arms/Legs)

20. Weapon:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform an open mode Weapon Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Instructors may have students close the baton in the proper and prescribed manner before moving on to the next strike, thereby incorporating opening and closing the baton into the drills.

(Drills should be comprised of strikes to the arms and legs)

Visual Cues:

- Strikes at a 45° angle downward
- Hit with last three inches of baton - not the entire shafts
- Create fluid shock waves by "sticking" momentarily
- Maintain a full hand grip
- Keep handle cap facing subject while in Combat Position
- Maintain shaft on top of shoulder - not along side or up in the air
- Use proper body mechanics and power generation skills

21. Weapon - Reaction

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform an open mode Weapon and Reaction Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructors command, the student

performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Instructors may have students close the baton in the proper and prescribed manner before moving on to the next strike, thereby incorporating opening and closing the baton into the drills.

(Drills should be comprised of strikes to the arms and legs)

Visual Cues:

- Reaction Strike delivered horizontal or 45° angle downward
- Don't reach or over extend
- Return back to Combat Stance

22. Straight:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform an open mode Straight Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Baton held at an angle (modified from prior technique)
- Reaction Hand resting on top of shaft - not above shaft
- Do not grip shaft with Reaction Hand
- Don't overextend to strike subject

Instructors may have students close the baton in the proper and prescribed manner before moving on to the next strike, thereby incorporating opening and closing the baton into the drills.

COMBINATION DRILLS
Closed Mode

Line/Wheel/Post Drill

23. Weapon - Weapon:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform two closed mode Weapon Strikes while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format. A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside

and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Strikes delivered at a 45° angle with handle cap
- Thumb over tip
- Keep handle cap facing subject
- Keep elbows in and down
- Use proper body mechanics for power generation
- Create fluid shock waves - "stick" momentarily - don't poke at subject

24. Check - Weapon:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a check from an Interview Stance and then a closed mode Weapon Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Use palm or heel of hand for strikes - not fingertips
- Don't leave arms extended after strikes
- Don't push or shove - perform sharp, crisp palm strikes
- Keep head over center - don't lean
- Create distance
- Weapon Strikes delivered at a 45° angle with handle cap
- Thumb over tip
- Keep handle cap facing subject
- Keep elbows in and down
- Use proper body mechanics for power generation
- Create fluid shock waves - "stick" momentarily - don't poke at subject

25. Check - Weapon - Reaction:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a check from an Interview Stance, a closed mode Weapon and Reaction Strikes while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the

technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Use palm or heel of hand for strikes - not fingertips
- Don't leave arms extended after strikes
- Don't push or shove - perform sharp, crisp palm strikes
- Keep head over center - don't lean
- Create distance
- Weapon Strikes delivered at a 45° angle with handle cap
- Thumb over tip
- Keep handle cap facing subject
- Keep elbows in and down
- Create fluid shock waves - "stick" momentarily - don't poke at subject
- After Weapon Strike, weapon hand flows to Reaction Side and rotates baton with handle cap facing subject
- Reaction Strike horizontal or 45° angle downward and return to Combat Stance
- Don't reach out or overextend with Reaction Strike
- Use as a "clearance" strike - watch for students pulling baton back into Combat Stance from the Reaction Side without performing a Reaction Strike
- Use proper body mechanics and power generation skills

26. Straight - Check - Straight:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform a closed mode Straight Strike from an Interview Stance, a check and another closed mode Straight Strike while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Thumb may be removed from tip of baton for strike
- Use a vertical fist - strike with first two knuckles of the Weapon Hand - not the baton
- Keep wrist straight
- Use palm or heel of hand for strikes - not fingertips
- Don't leave arms extended after strikes
- Don't push or shove - perform sharp, crisp palm strikes
- Keep head over center - don't lean
- Create distance
- Use proper body mechanics and power generation skills

27. Weapon - Weapon (High - Arm):

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform open mode Weapon Strikes to the arms while utilizing verbalization skills. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Instructors may have students close the baton in the proper and prescribed manner before moving on to the next strike, thereby incorporating opening and closing the baton into the drills.

Visual Cues:

- Strikes at a 45° angle downward
- Hit with last three inches of baton - not the entire shafts
- Create fluid shock waves by "sticking" momentarily
- Maintain a full hand grip
- Keep handle cap facing subject while in Combat Position
- Maintain shaft on top of shoulder - not along side or up in the air
- Use proper body mechanics and power generation skills

28. Weapon - Weapon (High/Low - Arm/Leg):

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform open mode Weapon Strikes while utilizing verbalization skills. Open mode Weapon Strikes will be to the arms and legs. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Instructors may have students close the baton in the proper and prescribed manner before moving on to the next strike, thereby incorporating opening and closing the baton into the drills.

Visual Cues:

- Strikes at a 45° angle downward
- Hit with last three inches of baton - not the entire shafts
- Create fluid shock waves by “sticking” momentarily
- Maintain a full hand grip
- Keep handle cap facing subject while in Combat Position
- Maintain shaft on top of shoulder - not along side or up in the air
- Bend knees to lower body for leg strikes - not at waist
- Use proper body mechanics and power generation skills

29. Weapon - Reaction:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform open mode Weapon and Reaction Strikes while utilizing verbalization skills. Open mode Weapon and Reaction Strikes may be to the arms and legs. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student performing the drill will initiate a strike and then move in the designated direction to the next bag holder and wait for the next command of execution.

Visual Cues:

- Strikes at a 45° angle downward
- Hit with last three inches of baton - not the entire shafts
- Create fluid shock waves by “sticking” momentarily
- Maintain a full hand grip
- Keep handle cap facing subject while in Combat Position
- Maintain shaft on top of shoulder - not along side or up in the air
- Bend knees to lower body for leg strikes - not at waist
- Use proper body mechanics and power generation skills
- Reaction strike delivered horizontal or 45° angle downward
- Don't reach or overextend
- Return back to Combat Stance

30. Straight - to - Weapon:

Students are in lines. One line consists of students holding ASP Training Bags and opposing line consists of students performing the technique or drill. The students performing the drill will face the bag holder and on command will perform open mode Straight Strike and Weapon Strike while utilizing verbalization skills. Open mode Straight Strikes shall be to the center mass of the torso and Weapon Strikes may be to the arms or legs. Instructors shall look for visual cues for improper technique while using a progressive training format.

A Wheel Drill may be used by positioning the student bag holders in a circle with their backs to the inside and facing outward with the bags. The student performing the technique will be facing a student bag holder. On the instructor's command, the student

performing the drill will initiate a strike and the move in the designated direction to the next bag holder and wait for the next command of execution.

Instructors may have students close the baton in the proper and prescribed manner before moving on to the next strike, thereby incorporating opening and closing the baton into the drills.

Visual Cues:

- Baton held at an angle (modified from prior technique)
- Reaction Hand resting on top of shaft - not above shaft
- Do not grip shaft with Reaction Hand
- Don't overextend to strike subject
- Weapon Strikes at a 45° angle downward
- Hit with last three inches of baton - not the entire shafts
- Create fluid shock waves by "sticking" momentarily
- Maintain a full hand grip
- Keep handle cap facing subject while in Combat Position
- Maintain shaft on top of shoulder - not along side or up in the air
- Use proper body mechanics and power generation skills

ADDITIONAL ASP DRILLS

1. Roll the Ball
2. Cease to Exist

