



The DTS™ (Defensive Tactics System) is designed to empower security staff, increase awareness, knowledge, skills and actions with regard to use of force, control and restraint, self-defense, and defending others with defensive tactics strategies and techniques.

When situations are escalated and YOU need tactics and skills for controlling someone who is out of control, DTS™ (Defensive Tactics System) Certification Training is the solution.

This instructor course involves exercises, group interaction, discussion, lecture and hands-on training. DTS™ training is modular based and can be adapted into a variety of scheduling and training dynamics.

Call us today to schedule DTS™ training – for YOU and your agency.

Toll Free: 1.866.773.7763 or Outside the US: (208) 664-5551

On-Site Training is available. Please call for pricing and availability.

Upon successful completion of the 16hr. (2-day) DTS™ certification program, Instructors will receive the following:

- DTS™ 3-year In-house Instructor certification -Personal Safety Training Inc.
- Authorization to train and certify staff in the:
 - DTS™ 1-day certification course
 - DTS™ recertification classes
 - DTS™ modular training (for unique scheduling dynamics)
- The DTS™ Instructor package includes:
 - Flash drive for the DTS™ one day and modular training courses.
 - DTS™ Instructor manual
 - **VIDEOS of all the DTS™ Techniques**
 - DTS™ Student Handouts and Training Forms
 - “Be Safe Not Sorry” the Art and Science of keeping YOU and your family Safe from crime & violence, David Fowler.
 - Maintenance of training records
 - Continual support from DTS™ - Personal Safety Training Inc.

DTS™ Instructor Course Outline & Table of Contents

Introduction
Introduction to the Defensive Tactics System
The First Rule of Training = Safety
Modular Based Training
Modules and Objectives

Module One

Use of Force and Self-Defense
Awareness of Liability Risks.....
Agency Policies and Procedures.....
What is Self-Defense?
Lawful Use of Force and Self-Defense
Levels of Force Continuum
Subjects Actions – Officer’s Actions
Increasing the Level of Force
Vulnerable Areas of the Body
Low Risk Target Areas
Medium Risk Target Areas
High Risk Target Areas

Module Two

Defensive Tactics Fundamentals.....
Fundamentals
The Bladed Stance
Defensive Movement (Forward Shuffle)
Defensive Movement (Rear Shuffle)
Defensive Movement (Side to Side Shuffle)
Forward and Rear Pivoting
Core Energy Principle
Defensive Verbalization
The Art of Distraction
Escape Strategies
Reactionary Gap
Hand Positions

Module Three

Contact and Cover Team Positioning
Initial Contact (1 Person)
Initial Contact (2 Person)
Contact and Cover Positioning

Module Four

Escort Strategies and Techniques
Escort Technique (1 Person)
Escort Technique (2 Person)
Hands-On Escort Technique (1 Person)
Hands-On Escort Technique (2 Person)

Module Five

Control and Decentralization Techniques

- One Arm Take-Down (part 1)
- Prone Control Positions
- Positional Asphyxia
- Rear Arm Control Technique (part 1)
- Rear Arm Control Technique (part 2)

Module Six - *Optional*

Handcuffing Techniques

- Handcuff Nomenclature
- General Handcuffing Guidelines
- Standing Handcuffing Technique
- Proper Fit and Placement / Double Locking
- Kneeling Handcuffing Technique
- Prone Handcuffing Technique
- Standing the Prone Handcuffed Subject (part 1)
- Escorting Handcuffed Subject

Module Seven

Defensive Blocking Techniques

- Shoulder Block Defense
- Elbow Block Defense
- Turtle Block Defense
- High Block Defense
- Middle Block Defense
- Outside Block Defense
- Low Block Defense

Module Eight

Personal Defense Skills and Techniques (Optional).....

- Palm Heel Defense
- Fist Defense
- Hammer Fist Defense
- Forearm Defense
- Elbow Defense
- Knee Defense
- Kick Defense

Module Nine - *Optional*

Weapon Retention Techniques

- Holstered Weapon Retention
- Elbow, Single Hand and Two Hand Retention Techniques

Module Ten

Post Incident Response & Documentation

- Post Incident Response
- Post Incident Documentation
- Elements of Reporting Force

Training Drills and Exercises

 Static Air Drills

 Blocking Drills

 Impact Drills

 Partner Drills

 Positioning Drills

 Combination Drills

Defensive Tactics System™ Review

Appendix I
Reference Guide and Bibliography

Appendix II
Trainer Development Techniques

Part 1 - Instructor Development Tools and Techniques

Part 2 - Instructor Development Tools and Techniques

Appendix III
Instructor Requirements and Procedures

Instructor Procedures

Instructor Qualifications

Student Training Requirements

Student Training Course Certifications

Student Recertification Certification Form

Student Written Test

Student Written Test Answer Key

Student Roster of Training

Student Proficiency Skills Test Check Sheet

Defensive Tactics System™ Order Form

Defensive Tactics System™ Safety Rules Form

Personal Safety Training Inc. Class Offerings

Defensive Tactics System™ Instructor Requirements & Procedures

Instructor Procedures

- Certified instructors shall provide training in the Defensive Tactics System™ training program to individuals in security, law enforcement, military, corrections, and protective services only.

- Each person trained in the Defensive Tactics System™ training program must receive a Defensive Tactics System™ Student Manual for their initial certification. The Defensive Tactics System™ Instructor is responsible for purchasing the student manuals from Personal Safety Training Inc. Copying of the student manuals is strictly prohibited © Copyright Laws.

- Instructors are required to acknowledge that they are not agents or employees of Personal Safety Training Inc.
- Trainers will thoroughly explain safety and liability requirements to all trainees.
- Every individual trained in the Defensive Tactics System™ training program must be registered with Personal Safety Training Inc. Instructors are required to submit the original student registration form and student roster form within seven (7) days to Personal Safety Training Inc. These records will be maintained by:

Personal Safety Training Inc.
P.O. Box 2957
Coeur d' Alene, ID 83816 USA or
Fax: 208-777-7001

Instructors are required to utilize their trainer's manual and the methods set forth within.

Defensive Tactics System™ Instructor Qualifications

- Defensive Tactics System™ One Day Instructor Course
 - The Instructor must pass a thirty five question written exam with an 85% or better. One re-test allowed.
 - Instructor must pass a trainers presentation with an acceptable rating.
 - Instructor must pass the proficiency skills test with an acceptable rating.
 - Instructor must adhere to all requirements and guidelines as set forth in this instructor's manual.
 - Recertification as an Instructor is required every three years.

Defensive Tactics System™ Student Training Requirements

- Defensive Tactics System™ One Day Training Course Certification
 - Student must pass the twenty five question written exam with an 80% or better. One re-test allowed. If student fails re-test, course must be taken over again.
 - Student must pass the proficiency skills test with an acceptable rating.
 - Recertification is required every other year. (no time requirement for recert) *Student must pass written and proficiency test for recertification. *Yearly training is recommended.

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