

PPCT Course Outline



**Columbia College
Security Services Unit**
In partnership with



Presents

**Pressure Point Control Tactics
PPCT COURSE**



Course Syllabus
(Full-Time 'Weekday' Delivery)

PPCT Course Outline

Lead Instructor: Larry Wheaton (403) 510-1363 (cell)
E-mail: maccon1094@hotmail.com

Class Schedule: Monday, June 5th through Friday, June 9th, 2017
9:00 AM (0900hrs) – 4:30 PM (1630hrs) daily

Location: Alberta Security College @
1107 – 53 Ave. NE Calgary, AB

Course Description: The PPCT course is one of the most popular entry-level, defensive tactics course in existence. This training provides participants with the knowledge and skills required to make an arrest using force consistent with Section 494 and Section 25 c.c. The student must achieve a pass mark of 80% on the written exam and successfully demonstrate all techniques on the practical exam (pass or fail).

Delivery: Theory (PowerPoint) and Practical (Hands-on Techniques)

Contact Hours: 40 hrs.

Learning Outcomes: At the end of this course, the candidate will be able to:

- Apply handcuffs to both cooperative and uncooperative subjects effectively
- Identify pressure points used to gain compliance of an uncooperative subject
- Describe the Use of Force continuum and apply it in real situations
- Utilize the collapsible baton and understand the targeted pressure points
- Use various empty hand control techniques to control a resistive subject
- Employ officer safety techniques including the;
 - ❖ Reactionary Gap
 - ❖ Contact and Cover
 - ❖ Relative Positioning Model
 - ❖ Personal Danger Zone
 - ❖ Officer Presence
 - ❖ Verbal Commands (Projection)

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Student Expectations: Attendance on all class days is required. Students must be respectful and courteous toward each other at all times and manage any personal stress or conflict in a positive and constructive manner while assisting others to do the same. **Disrespect will not be tolerated.** Arrive with an open mind, positive attitude and be ready to work hard. This is a very 'physically demanding' course. Be aware of any previous injuries or medical conditions that may become an issue during training. Monitor yourself and provide full disclosure to your instructor on all health matters.

Dress and Deportment: Students should be dressed in a manner appropriate for physical interaction with each other. Loose fitting tops, shorts, sandals or otherwise 'provocative' or 'inappropriate' apparel will not be permitted. All equipment will be provided. Student manuals will be provided the first day of the course. You will require a **pen** or **pencil** and perhaps some **paper** to write on. There will be a fridge and microwave available for lunches. Lunches will be 45-minutes in duration with numerous 15-minute breaks throughout the day. There will be water available but please bring your own **water bottles**.

☛ **Introductions, Course Overview, Paperwork**

☛ **Review: Criminal Code of Canada (PowerPoint)**

- ✓ Section 494 (Citizen's Powers of Arrest)
- ✓ Section 25 (Authorization to Use Force)
- ✓ Section 26 (Excessive Use of Force)
- ✓ Section 27 (Using Force to Prevent an Offence)
- ✓ Section 34 (Using Force to Defend Yourself or Others)
- ✓ Section 35 (Using Force to Defend Property)

☛ **Chapter One: Human Factors (PowerPoint)**

- ✓ Autonomic Nervous System (ANS)
- ✓ SNS Activation and Effects on the Body
- ✓ PNS Backlash and Effects on the Body
- ✓ Combat Variables
- ✓ Reducing Combat Stress

Day 1 AM
Mon

PPCT Course Outline

🌿 Chapter Two: Use of Force (PowerPoint)

- ✓ Components of Acceptability
- ✓ Use of Force Continuum
- ✓ Force Variables
- ✓ Use of Force Reporting
- ✓ Resistance Types and Types of Control
- ✓ Reaction Options (Penetrate or Disengage)
- ✓ Officer Safety

🌿 Chapter Six: Officer Safety (Practical)

- ✓ Reactionary Gap
- ✓ Personal Danger Zone
- ✓ Contact / Cover
- ✓ Relative Positioning Model
- ✓ Body Mechanics

Day 1 PM

Mon

🌿 Chapter Six: Defensive Counterstrikes (Practical)

- ✓ Palm Heel Strike, Punches and Kicks
- ✓ Universal Block
- ✓ Brachial Stun
- ✓ Ground Avoidance (High, Medium, Low)

🌿 Chapter Seven: Shoulder Pin Restraint (PowerPoint)

- ✓ Respiratory vs. Vascular Neck Restraints
- ✓ Physiological Factors
- ✓ Effective within 5 seconds
- ✓ 3 Levels of Compression

🌿 Chapter Seven: Shoulder Pin Restraint (Practical)

- ✓ From the 2 ½ Position
- ✓ From the Inside Position
- ✓ From the Ground Mount Position
- ✓ From the High Guard Position

Day 2 AM

Tues

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🌟 **Chapter Five: Pressure Points** (*PowerPoint*)

- ✓ Touch vs. Strike Techniques
- ✓ Fluid Shock Wave Principal
- ✓ Identify the 6 Nerve Pressure Points (Touch)
- ✓ Identify the 8 Nerve Motor Points (Strike)

🌟 **Chapter Five: Pressure Points** (*Practical*)

- ✓ Practice the 6 Touch Pressure Techniques

🌟 **Chapter Six: Escort Position** (*Practical*)

- ✓ Control Position
- ✓ Escort Position
- ✓ Arm Curl Resistance ⇒ Straight Arm Bar Takedown
- ✓ Straight Arm Lockout ⇒ Transport Wrist Lock
- ✓ Knee Strike to Common Peroneal Nerve
- ✓ Verbal Alpha Commands

Day 2 PM

Tue

🌟 **Review of Day Two** (*Practical*)

- ✓ Escort Position
- ✓ Arm Curl Resistance ⇒ Straight Arm Bar Takedown
- ✓ Straight Arm Lockout ⇒ Transport Wrist Lock

🌟 **Chapter Three: Tactical Handcuffing** (*PowerPoint*)

- ✓ Parts of a Handcuff
- ✓ 3 Types of People you Will Encounter
- ✓ 3 Tactical Considerations
- ✓ When you Should Handcuff Legally
- ✓ When you Should Double Lock the Handcuff

🌟 **Chapter Three: Tactical Handcuffing** (*Practical*)

- ✓ Verbal Commands / Projection of Authority
- ✓ Cooperative Handcuff
- ✓ Handcuff From The Standing Position
- ✓ Double Locking of Handcuffs

Day 3 AM

Wed

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Chapter Three: Tactical Handcuffing *(Practical)*

- ✓ Handcuff From the Kneeling Position
- ✓ Handcuff From the Prone Position
- ✓ Handcuff From the Control Position
- ✓ Iron Wrist Lock Takedown
- ✓ Terry Frisk while Handcuffed
- ✓ Tactical Removal of Handcuffs

Day 3 PM

Wed

Chapter Eight: PPCT Impact Weapon *(PowerPoint)*

- ✓ Use of Force Continuum Review
- ✓ Tactics for Baton
- ✓ Blocking and Striking Techniques
- ✓ Nerve Motor Point Targets

Chapter Eight: PPCT Impact Weapon *(Practical)*

- ✓ Deployment
- ✓ Interview Stance
- ✓ Ready Stance
- ✓ Forward Fluid Shock Wave Strike
- ✓ Forward Cutting Strike
- ✓ Backhand Cutting Strike

Day 4 AM/PM

Thur

Chapter Nine: Weapon Retention / Disarming *(Practical)*

- ✓ Front Holstered Defense ⇒ Lateral Forearm Strike
- ✓ Back Holstered Defense ⇒ Brachial Stun
- ✓ Drawn Weapon Grab ⇒ Upper and Lower
- ✓ Front Hostage Disarm
- ✓ Rear Hostage Disarm

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🌟 **Final Review (Practical)**

- ✓ Escort Position
- ✓ Arm Curl Resistance ⇒ Straight Arm Bar Takedown
- ✓ Straight Arm Lockout ⇒ Transport Wrist Lock
- ✓ Handcuff From The Standing Position
- ✓ Double Locking
- ✓ Terry Frisk
- ✓ Tactically Removing Handcuffs
- ✓ Handcuff From the Kneeling Position
- ✓ Handcuff From the Prone Position
- ✓ Iron Wrist Lock Takedown

Day 5 AM

Fri

🌟 **Written Exam (Multiple Choice)**

- ✓ 54 Questions
- ✓ 80% Pass Mark

Day 5 PM

Fri

🌟 **Practical Exam (See Final Review Practical)**

- ✓ 2nd Attempt built into the Exam for each technique
- ✓ Pass or Fail Exam

🌟 **Final Paperwork**

- ✓ Waiver signed
- ✓ Update to Security License Form completed
- ✓ Final Remarks

Written Exam: If the candidate is unsuccessful with the written exam (scores below 80%) they will be permitted to make a second attempt only. This second attempt will be conducted at Columbia College and will involve a **\$20.00** sitting fee payable at the main reception / registration desk. Proof of receipt must be presented prior to writing along with picture ID. Appointments must be made in advance by contacting **Laura Trettwer @ (403) 235-9321** or **Larry Wheaton @ (403) 510-1363**.

Certificate: PPCT Certificates will be mailed to your home address or available for pickup from Columbia College (your choice). Certification is valid for **one year** from the date displayed on the certificate. This course will enable you to carry handcuffs and also carry an impact weapon (baton). However, it is up to each specific service provider regarding the use of these items. All Security Service Providers have **final say** regarding the use of this training and the use of handcuffs and batons within their respective organizations.

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Alberta Security College

