


[HOME](#)
[MY CATALOG](#)
[MY HISTORY](#)
[MY FORUMS](#)
[MANAGE CERTIFICATIONS](#)
[REPORTS](#)
[MY AGENCY](#)

[Home](#) > [Course Certifications](#) > [Course Certification Info](#)

### Course Certification Info

[Edit](#)
[Close](#)
[Create Working Copy](#)
[Copy Shortcut](#)

## Weaponless Self Defense

Type: RFC Annual

Status: Approved

Version: 1.0

Cert. Number: 128-16408

Certification Date: 1/1/1900

Expiration Date: 5/23/2024

Created By:

Created Date: 1/1/1900

Last Modified By:

Last Modified Date: 5/23/2022

### Course Information

Est. Class Size: 20

Course Hours: 4

Primary Population: Adult Corrections Officer

Agency Specific: No

Delivery Method: ILT – Instructor Lead Training

### Course Summary:

During this 4 hour course, instructors will explain and demonstrate how to apply wrist locks, twist locks and escape moves including knife escapes, bear hug escapes and head locks. Students will demonstrate the ability to deal with a passive resistor using pain compliance techniques. Departmental policy will be reviewed.

Contact:

Phone: 5302651291

### Provider Information

Provider Name: Nevada County Sheriff's Office

Contact:

Phone: 5302651291

Fax: (530) 470-8538

925 Maidu Ave

Nevada City, CA 95959

Course will exceed the STC maximum tuition per hour? No

### Performance Objectives

- a) Demonstrate how to control an inmate using wrist locks, twist locks & take downs
- b) Demonstrate how to escape from head locks and choke holds using open handed techniques
- c) Demonstrate knife escapes and passive resistance moves
- d) Identify departmental policy

### Testing Procedures (if applicable)

Performance (Behavior Skills)

### Assurance Statement

By submitting this course you are assuring that you are following **the STC Policies and Procedures Manual for Training Providers**, including the requirement to have a lesson plan on file for this course. I further certify that the information included in this request is accurate to the best of my knowledge.

Assured by Provider: Yes

### Versions

<i>Previous versions of this certification</i>				
Cert #	Course Title	Expires	Last Changed ▲	Status

### Change History

<i>Changes made to this certification</i>			<a href="#">View All</a>
Change	Action	Changed Date	

### Attachments

<i>Attachments for this certification</i>	<a href="#">Edit</a>

### Instructors

<i>Course instructors</i>	<a href="#">Edit</a>	<a href="#">Delete</a>
I		
I		

### Course Outline

<i>Course Outline</i>							<a href="#">Edit</a>
Day	Begin	End	Subject Matter	Instructional Methodology	Instructor	Agency Notes	
1	0800	0820	Introduction and warm up / departmental policy. Safety briefing with all class attendees to go over any pre-existing	"Lecture"			

1	0820	0910	injuries and go over safety protocols for class. Escort and control holds, wrist locks and twist locks	"Group Discussion", "Demonstration", "Group Exercise"
1	0910	1010	Take downs	"Group Discussion", "Demonstration", "Group Exercise"
1	1010	1100	Releases and escapes from head locks and choke holds	"Group Discussion", "Demonstration", "Group Exercise"
1	1100	1120	Knife escapes	"Group Discussion", "Demonstration", "Group Exercise"

7 event(s) total

**Schedule**

Course dates and locations				Edit
Event ID	Start Date ▼	End Date	Location	Registration Count
	3/19/2018	3/19/2018	Nevada County Sheriff	
	2/10/2020	2/10/2020	Nevada County Sheriff	
	11/2/2020	11/2/2020	Station 91 - Grass Valley	
	11/2/2020	11/2/2020	Station 91 - Grass Valley	
	11/6/2020	11/6/2020	Station 91 - Grass Valley	
	11/6/2020	11/6/2020	Station 91 - Grass Valley	
	11/7/2020	11/7/2020	Station 91 - Grass Valley	

7 date(s) total