



**OAKLAND POLICE ACADEMY**  
 Combined Regional Emergency Services Training  
 Oakland Community College

2900 Featherstone Road • Auburn Hills, MI 48326-2845 • [www.oaklandcc.edu/police](http://www.oaklandcc.edu/police)



## L.O.C.K.U.P.® CONTROLLING LARGER COMBATANTS OVERCOMING SIZE DIFFERENCES FOR FEMALE ENFORCERS

**INSTRUCTORS:** Sergeant Toni Weinbeck has been with the City of Brooklyn Park, MN, since 2004. She is currently assigned as a Sergeant on Patrol. Toni has held the positions of Patrol Officer, School Resource Officer, and Community Liaison Officer. Toni has an extensive combative/martial arts background, is an Advanced L.O.C.K.U.P.® Instructor and was personally recruited to the training team by Lt. Kevin Dillon (Founder of L.O.C.K.U.P.®)

**Officer Josh Seifert** has been serving with the Bloomington PD, MN since 2000. He is currently assigned to the patrol division's Mall of America Unit. In addition to his patrol duties, Josh has been a combative instructor since 2002 and is an Advanced L.O.C.K.U.P.® Instructor. Josh has been a SWAT Operator since 2004 and has won numerous combat pistol shooting competitions. He has studied Brazilian Jiu Jitsu, Goshin Jiu Jitsu, American and Thai Boxing and has extensive experience training law enforcement personnel.

**COURSE DESCRIPTION:** This two day course is designed for female officers to address violent encounters dealing with suspects of larger stature. When attempting control larger suspects, size and strength differentials necessitate combat strategies and techniques less reliant on pure upper body strength. The concepts and techniques can be utilized by **any officer** addressing a larger suspect. L.O.C.K.U.P.® Police Combat orientation provides the core of the instruction. The days are hands-on and mentally challenging. Officer's train and drill wearing vest and gun belt because anything else makes no sense.

**TOPICS INCLUDE:**

- L.O.C.K.U.P.® Police Training System and Principals
- Risk Assessment and Threat Indicators
- Understanding the Dynamics of Police Engagements
- Fear Management and Control
- Police Combat vs. Defensive Tactics
- Fighting Techniques and Fatigue
- Circle of Combat Training
- Effective Skeletal Manipulations
- Preparing Accurate Reports Documenting Incidents
- Tactical Communications and Verbal De-Escalation
- Team Approaches and Strategies
- Understanding Mass/Power and Kinetic Energy
- Overcoming/Understanding Size Challenges
- Using Your Size to Your Benefit
- Angles of Attack and Escape
- Proper Weapon and Target Selection

**COURSE NAME:** Controlling Larger Combatants

**COURSE CODE:** PBSV-5724

**DATE:** April 18 - 19, 2016

**Registration Ends March 18**

**TIME:** 8:30 am - 4:30 pm

**COST:** \$375.00

**LOCATION:** Oakland Police Academy  
 Oakland Community College  
 2900 Featherstone Road  
 Auburn Hills, MI 48326-2845  
 Phone: (248) 232-4220  
 Fax: (248) 232-4225

– This Course is MCOLES Approved –

**CANCELLATION POLICY:** Class reservations may be cancelled up to 7 calendar days prior to the first day of class with a 100% refund, less than 7 days, but prior to the first day of class with a 50% refund, on the first day of class with a 0% refund. All "no shows" will be charged full price. Please include the registered person's name, course name and date, your signature and date. Students are responsible for amounts not covered by third party sponsors or departments unwilling to satisfy the invoice.



OAKLAND COMMUNITY COLLEGE  
 Community is our middle name.®

**TRAINING NOTICE**