



DEFENSIVE TACTICS TRAINING ESSENTIAL SAFETY CONSIDERATIONS FOR THE CHIEF OF POLICE

The New Jersey Attorney General has mandated Defensive Tactics training in 2025, and the Police Training Commission has issued a Defensive Tactics In-Service Training Manual that agencies must follow, which is attached.

Defensive tactics training is crucial for preparing officers to handle various situations they may encounter. Proper training can significantly reduce the risk of injury and improve the effectiveness of law enforcement operations. This bulletin details critical safety considerations for the Chief of Police concerning defensive tactics training, which might likely be new to some agencies.

CONSIDERATIONS FOR THE CHIEF OF POLICE:

- Thoroughly read the Defensive Tactics In-Service Training Manual issued by the New Jersey Police Training Commission.

Equipment and Facility Considerations:

- Ensure the agency has adequate equipment and, as necessary, include needed equipment or supplies in the agency budget request.
- Mouth guards: The PTC indicates that mouth guards are recommended. Discuss this with agency instructors and agree that attendees must wear mouthguards for designated training evolutions. Determine how officers will obtain mouthguards, such as whether the agency issues them or whether officers should bring their own. Ensure any requirements established by the Chief of Police concerning equipment usage is provided in advance to the attendees.
- Discuss with the agency instructor if other protective equipment, such as ear-covering headgear, is necessary.
- The PTC indicates that floor mats rated for defensive tactics training must be utilized. Discuss with the instructor the types of floor mats that will be used, their rating, and if acquiring additional floor mats is necessary.
- Discuss with the instructor any other equipment needs, such as knee and striking pads. Ensure the Chief of Police has authorized any equipment utilized.
- Determine the location of the training to ensure it is free of hazards, has adequate space for all participants, and has appropriate lighting and ventilation.
- Direct that a first aid kit, including oxygen and a defibrillator, be present at the training location.
- Ensure procedures are established to sanitize all mats and equipment before and after the training to help avoid skin infections such as staph, ringworm, and herpes. Advise officers to shower before and after the training, using anti-bacterial soap, and wash all clothing worn after the training to avoid further skin infections.
- Ensure that if the training occurs at a location such as a school, non-profit venue, or private establishment, appropriate steps concerning insurance have occurred.

Training Curriculum:

- Ensure the instructor has attended an appropriate instructor course, is committed to the subject, is provided ample time to regularly instruct the course, and stays abreast of current issues concerning this critical topic.
- Discuss with the instructor that following the PTC Defensive Tactics Manual is required.
- Direct the instructor on how lesson plans, training logs, participant sign-in sheets, and other materials will be retained.
- Discuss with the instructor any additional training they might wish to include to enhance the training program.
- Ensure the instructor has fully read and thoroughly understands the New Jersey Attorney General Use of Policy, and direct the instructor to read the [MEL Safety Institute Risk Analysis, Use of Force, and Addendum C – Critical Considerations Beyond Tactical Teams](#).
- Conduct a debrief specifically with officers assigned to internal affairs and supervisors responsible for reviewing the use of force, including body-worn cameras, to ensure mutual understanding of the tactics trained and the New Jersey Use of Force Policy. It is essential that those responsible for reviewing the use of force know the appropriate defensive techniques so there is no confusion about what is permitted and what is not.

Participant Safety:

- Direct the instructor to advise officers to report injuries or discomfort before the start of the training, immediately at any time during the training, and review the agency injury reporting process.
- Discuss with the instructor how situations should be handled involving officers wearing a knee or elbow compression band or other medical devices and if such devices will interfere with the training or cause potential harm to others. The use of such devices must be handled consistently by officers and by different instructors.
- Discuss with the instructor the risk of some clothing increasing the potential for injury, such as shorts, loose-fitting clothing, tank tops, certain types of footwear, etc. Determine the appropriate attire for the training, including any clothing restrictions. Ensure that attire requirements are communicated to participants in advance.
- Review the agency's policy concerning wearing jewelry and discuss with the instructor if additional restrictions are necessary when officers participate in the training program to prevent injury to themselves or others. Ensure any restrictions are communicated to participants in advance.
- Discuss with the instructor the likely need for officers to secure their cell phones in a safe location and not have them on their person to avoid damage to the phone or possible injury to others.
- Determine what other essentials might be necessary for the attendees, such as a towel, food, and notebook, and provide this information in advance.
- Discuss with the instructor the appropriate length of fingernails for officers participating in the training. Evaluate the agency rules and regulations concerning personal grooming and discuss the issue with the Municipal Attorney to determine if any changes are necessary.
- Ensure adequate water is present at the training site, or direct attendees to bring their water or other appropriate liquids to help stay hydrated.

Fatigue Considerations:

- Determine, as best as possible, the appropriate assignment of personnel to the training class. For example, requiring an officer to attend at the end of a long shift might increase the risk of injury due to fatigue.

Furthermore, consider the impact the training might have on some officers if they are required to attend the training before the start of a shift.

- Discuss with the instructor some guidance that can be issued concerning appropriate sleep and rest, food intake, avoiding alcohol, and light stretching sometime before the training class.

Review and Feedback:

- Direct the instructor to conduct a debrief to discuss what went well and areas for improvement after each session and to provide any feedback to the Chief of Police.

Physical Fitness and Competence:

- Evaluate the feasibility and any present or future options of motivating officers to advance the skills they've learned in the training. The four-hour training requirement is a significant step, but the skills learned might easily be diminished if officers do not regularly practice or participate in further training.
- Encourage officers to remain physically fit to reduce the risk of injury. Review the MEL Safety Institute Bulletin, [Fitness Room Best Practices](#).

If you have any questions, please contact your Law Enforcement Risk Control Consultant.



State of New Jersey

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DEPARTMENT OF LAW AND PUBLIC SAFETY

OFFICE OF PUBLIC INTEGRITY AND ACCOUNTABILITY

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2025 Mandated Training

The mandatory training for calendar year 2025 will consist of that which is required by Attorney General Guidelines or Directives, training which is required by law, or training that is recommended by industry standards. This is the minimum training that agencies must provide. Additional training is encouraged. Continuing education enables officers to perform more efficiently, safely, and within legal standards. Mandatory training includes:

Twice annual firearms qualifications

Use of force policy

Pursuit driving policy

Domestic violence training

CLEAR Institute training

Case law updates

Search and seizure updates

Active shooter refresher

Agencies can continue to use existing training, however consideration should be given to Active Shooter Incident Management Training (ASIM) and Law Enforcement Active Shooter Emergency Response Training (LASER) offered by NJ OHSP.

Defensive tactics (Jiu Jitsu based similar to that approved by the PTC) This is intended to be a hands-on class with practical exercises. Agencies must follow the training outline issued by the PTC.

The following training is recommended but not mandated:

This training is not mandated, however agencies should train to the standard of the manufacturer or to the standard of the training system used by the agency.

Baton (If used by the agency)

OC spray (If used by the agency)

Incident command system

First aid/CPR

Resiliency update (No formal training exists but agencies can consider developing instruction)

ABLE/ICAT refreshers (No formal training exists but agencies can consider developing instruction)

Agencies should consider a physical fitness and wellness program. Many agencies already have a program in place. A program will help officers be prepared for the demands of the profession and help them stay healthy.

Training that is required if applicable to assigned duties:

Bloodborne Pathogens

Hazardous Materials

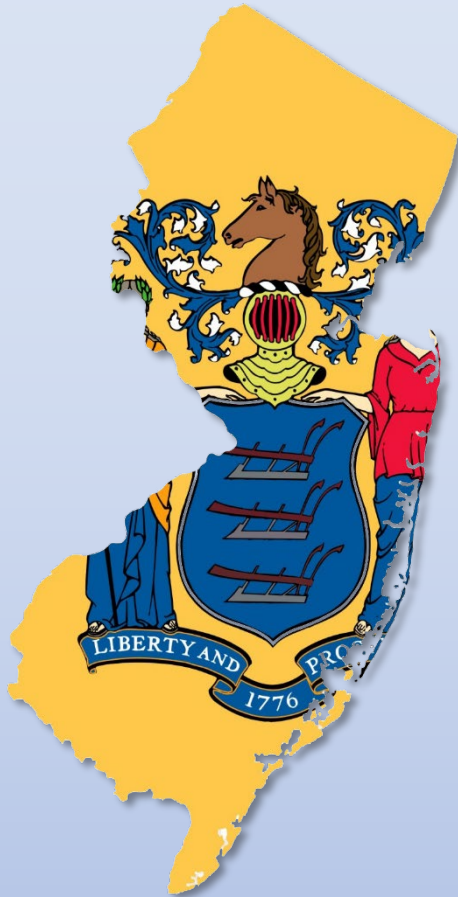
Right to know

Alcohol Breath testing

CED/Less-lethal

Radar

Internal Affairs Policies and Procedures

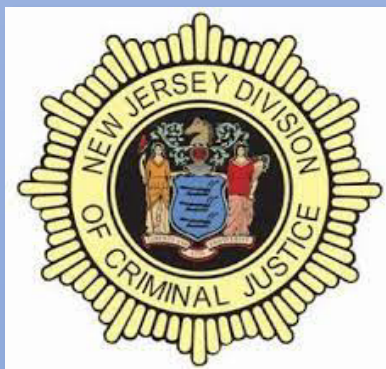


POLICE TRAINING COMMISSION

Defensive Tactics Manual

**In-Service
Training**

October 2024



NEW JERSEY POLICE TRAINING COMMISSION

DEFENSIVE TACTICS

IN-SERVICE TRAINING

2025

4 Hour Training Block

INTRODUCTION:

The Police Training Commission (PTC) was established by the Legislature to administer the provisions of N.J.S.A. 52:17B-66 et seq., commonly referred to as the Police Training Act. To implement the intent of this act, the improvement of the policing system, the Commission has been vested with the power and responsibility to prescribe the curriculum to be followed in the training of a police officer.

In this Mandatory Defensive Tactics Training, the New Jersey Use of Force Policy, Core Principles (April 2022) should be reinforced.

Tactical de-escalation involves the use of techniques to reduce the intensity of an encounter with a suspect and enable an officer to have additional options to gain voluntary compliance or mitigate the need to use a higher level of force while maintaining control of the situation.

Note: Tactical de-escalation does **not** require that an officer compromise his or her safety or increase the risk of physical harm to the public. De-escalation should be used when it is safe and prudent to do so.

The following training curriculum should be taught by Instructors with knowledge in Methods of Instruction and defensive tactics.

All safety precautions, including floor mats, rated for this type of training **must** be utilized.

Mouth guards are **recommended**.

Instructors must be aware of the capabilities of those scheduled for training.

COURSE OUTLINE:

1. Introduction (15 minutes)

- Overview of Training
- Safety
- Existing Injury report

2. Warm up (30 minutes)

- Dynamic light warm up and stretches.
- **Stance:** Hands up protecting face, elbows down protecting body, power foot back with body bladed, feet shoulder width apart, chin tucked. (4.1.2)
- Patterns of Movement: Move on the balls of your feet, stay in stance as you move dynamically in all directions (front, back, right, and left) keep hands up and chin tucked while maintaining head movement blocks. (4.1.2)
- Break falls: Tuck chin wrap arms around chest, lower level, fall to back extending arms and slapping the mat as you breathe out. (4.8.1)
- Tactical standup: Roll to side with top leg up, rise to elbow and knee, rise to hand and foot while keeping hands up and retreating for distance control. (4.8.1)

BREAK – (10 Minutes)

3. Refresher (20 Minutes)

Instructor and Participant will demonstrate the following techniques:

- **Interview Stance:** 4-6 feet away from subject, power foot back, hands above waist. (4.1.1) Explain reaction /survival gap.
- **Strikes** (4.3.2)
 1. **Jab:** Front arm extends fully while pushing off back foot and stepping forward. Turn fist over and contact first two (2) knuckles. Keep chin tucked using front shoulder and back hand to protect face.
 2. **Open Hand Strike:** Fingers extended, point of contact is heel of palm.
- **Leg Strikes** (4.3.2)
 1. **Push Kick:** Elevate back leg at a 90-degree angle. Extend back leg and push off front foot. Extend hips and contact with the ball of your foot.
 2. **Leg Kick:** Raise back leg above waist, pivot on front foot and turn hips over while extending the back leg and striking the subjects outside thigh. Throwback arm down to give you more power and balance and contact shin.
- **Blocks** (4.2.1, 4.2.2)
 1. **Cage Block:** Hands and forearms cover head with elbows creating a cage in front of face.
 2. **Body Block:** Absorb body blow by keeping elbow to the side protecting your organs and ribs.

4. **Positional Control (20 Minutes) (4.4.1)**

Instructor and Participant will demonstrate the following techniques:

- **Mount:** Anchor and Base, Low swim and High Swim, Transition to back mount if subject rolls
- **Back Mount:** Insert hooks and lock arms over one shoulder and under one arm (seatbelt grip)
- **Side Control:** Apply crossface and shoulder pressure to the suspect's face. Control suspect's hips by trapping them between officer's near-side knee and far-side elbow. Transition to Mount or Knee on Belly.

5. **Offensive Takedowns (15 Minutes) (4.6.2)**

Instructor and Participant will demonstrate the following techniques:

- **Single Leg:** Level Change and penetrate bringing your hips with you to the leg. Lock Hands around leg and pinch between your legs. Run the pipe finish by sitting the subject down as you pull the leg towards you.
- **Double Leg:** Level Change and penetrate to the subject bringing your hips with you to maintain good position. Shoot hands behind both legs and grab the hamstrings. Trail leg now becomes the front leg on the opposite side of the head. Use your head to finish as you drive the subject to the ground.

6. **Clinching Techniques (15 Minutes) (4.4.1)**

Instructor and Participant will demonstrate the following techniques:

- **Body Lock:** Under both arms wrap a bear hug, lock hands with a gable grip and squeeze.
- **Under/Over:** Pummeling Position: One arm over clamping on tricep and pinching elbow to ribs. One is arm under on the other side draped across the back. Head goes on the over hook side.

BREAK – (10 Minutes)

7. **Escapes/Defending front or rear bearhug/bodylock (30 Minutes)**

(4.5.3-4.5.4)

Instructor and Participant will demonstrate the following techniques:

- **Front Body Lock Defense:** Pummel in to gain under hooks.
- **Rear Body Lock Defense:** Lower level, fight hands, peel grip, turn and face.
- **Rear: Standing Kamura:** Clamp on elbow and lift, apply Kimura lock, turn into the Kimura, step to side, and raise arm for compliance.
- **Rear-Switch:** Trap wrist with inside hand, execute hip heist while placing arm over subject's arm and under leg to execute a standing arm bar compliance hold.

- **Defending Leg Attacks:** Identify level change and block shot with hands transition to collar tie for snap down or catch the shot and pull up to a clinch position.
- **Heavy Hips:** Stuff head with hand, sprawl legs back keeping hip pressure, retreat or spin behind to take back.

8. **Pain Compliance Technique (15 Minutes) (4.7.1)**

Instructor and Participant will demonstrate the following techniques:

- **Wrist Lock:** Push knuckles in causing pain at bottom of wrist.
- **Ankle Lock:** Can be used for 2-man handcuffing: apply ankle lock by holding toe under armpit and locking hands together. Apply pressure by posturing up. Once subject's hips raise off ground roll over.
- **Compression Locks:** Apply pressure to tender area of body (example: Achilles Heel)

9. **Handcuffing (30 Minutes) (5.1.1)**

Instructor and Participant will demonstrate one and two-person handcuffing:

- Handcuffing: With subject on belly, lace arm through subject's arm across back and place knees tight to subject's side.
- Handcuffing: With subject's hand on back, cover the hips with one leg up and one knee down.
- Two-officer handcuffing: With subject on back, step on foot and block other foot, grab heel of the foot you stepped on and lift to under arm to apply ankle lock. As subject's hips raise, step over body to place subject on belly.
- Two Officer Handcuffing: With subject on back and arms tucked to chest, apply infra orbital with pinky side of hand. This will cause the arms to come out for proper handcuffing.
- Americana to handcuffing: Attack wrist and apply keylock, after gaining compliance raise up and bring subjects arm to your opposite hip, guide the arm down to the ground while assisting subject to their stomach.

10. **Weapon Retention (20 Minutes) (4.9.1-4.9.4)**

Instructor and Participant will demonstrate options from front, rear and/or ground positions:

- **Elbow Shield to Strike:** Use elbow to block subject's hand and protect weapon. Strike with free hand.
- **Elbow Shield to arm drag:** Use elbow to block subject's hand and protect weapon. Transition to arm drag for control.
- **Kimura and Bump Sweep for Weapon Retention:** Execute Kimura and bump sweep as described above. Attack the subject's hand that is grabbing the Officer's weapon.

- **Safe Draw:** Open guard and under hook weapon side while shrimping. Secure arm by putting your hand on the back of your head. Shrimp in the other direction to roll to hip opposite your weapon side. Relock guard and clamp down on arm with both hands, locking it in place. Safely draw your weapon.
- **Step up Kimura for Weapon Retention:** As subject grabs weapon, peel hand and apply Kimura as described above.
- **Gun Hug for Weapon Retention with weapon out of holster (4.9.4):** Pull weapon into chest, wrap support elbow around bottom of gun and rip away with muzzle awareness.

11. Debriefing (10 Minutes)

- Brief discussion on the importance of continuous training and exercise
- Q & A
- Feedback from participants