



Southwest Florida Public Service Academy

Cadet Physical Training Overview

(Law Enforcement/ Corrections)

Cadets begin physical training once the academy starts. Cadets attend physical training at various times for the duration of the academy and are required to complete a minimum of sixty (60) hours of physical fitness training.

At some point within the first two (2) weeks of the academy beginning and within the last two (2) weeks of the academies end the cadet students must take an initial and final physical fitness assessment. The assessment for the beginning and end are the same, and the exercises are dictated by the Florida Department of Law Enforcement, and include: 1.5 mile run, vertical jump, 300 meter sprint, one (1) minute max sit-ups, one (1) minute max push-ups.

The physical fitness sessions are run by, on average, four physical fitness instructors. Not included in the instructors is one medical specialist to assist with injuries or other medical issues that may arise during physical exertion.

There is always at least one instructor present that has attended and received a certificate from a certified physical fitness instructor course, normally there are three present with these credentials.

Daily Routine:

Cadets form up by class at 0650 hrs. on scheduled physical fitness days. Attendance is taken and the officers of the day for each class report to the lead physical fitness instructor the status of their respective class.

Beginning of PT

A warm up is conducted to get the body and muscles warmed up prior to an extensive stretching routine (muscles should not be stretched when cold).

Warm-up: run/jog one lap around the academy track, after the lap cadets return to formation with their respective classes.

- Cadets are led by an instructor or the Officer of the Day in 50 four count jumping jacks
- Cadets are then led in 20 four count push-ups
- Cadets are then led in 50 four count flutter kicks (lying on the back legs straight out alternately lifting each foot with straight legs from 6" to 24" inches off the deck)

At the conclusion of the warm-up cadets are led in an extensive stretching routine

- Triceps stretch each side for a count of 15
- Shoulder stretch each one for a count of 15
- Upper back stretch for a count of 15
- Chest stretch for a count of 15

- Standing groin stretch for a count of 15
- Calf stretch for a count of 15 each calf muscle
- Sitting groin stretch for a count of 15
- Lower back stretch left for a count of 15
- Lower back stretch right for a count of 15
- Quad stretch left for a count of 15
- Quad stretch right for a count of 15

Cadets are then given thirty seconds for any additional stretching as they deem necessary

Daily work outs are varied depending on the fitness of the overall group and to ensure that each muscle group is attended to as well as cardio vascular fitness. It is also important to vary workouts to keep the cadets active and interested in participating (not boring). Another important reason to vary workout routines is for the purpose of creating muscle confusion; vary the amount of repetitions, the overall number of exercises in each workout and the intensity of each workout.

For the first few weeks of any academy an emphasis is placed on cardio vascular fitness therefore running is an important part of the daily routine, the running consists of an average pace run to full speed sprints.

The majority of all workout sessions incorporate interval training meaning that the heart rate is elevated with a brief workout, then rest, then elevated again. The workouts used in interval training often include (cardio) a formation shuttle Run with the classes separated and run in formation on the track on the inside and outside lanes. The pace of this run is somewhat slow and when prompted the last two in each line sprint to the front of their respective lines and take control of the pace. Using the academy track as a template this is usually run for four full laps then the cadets are given a short break for full recovery and water, and then the routine is repeated. This is a sound cardio vascular training technique simply because it keeps the heart rate elevated somewhat during the jog then elevates during the sprint then is allowed to go back down again during the jog.

Another method of conducting the interval training is to maintain the formation run as described above but instead of a shuttle run the cadets jog/run a series of laps around the academy track stopping at the end of each lap and completing an exercise such as pushups, squats, flutter kicks.

The instructors place an emphasis on upper, lower and core strength

Upper body exercises include:

- Pushups (regular with back straight)
- Diamond pushups thumbs and forearms are together forming a diamond the individual lowers their chest over the diamond formed by the hand, this pushup isolates the triceps
- Shoulder or pike pushups this push up isolates the shoulder, the student bends at the waist and places their hands on the ground as close to the feet as possible and lowers themselves straight down over their hands and then pushes up
- Sitting dips, student sits on the ground and places each hand beside their hips then raises their buttock off the ground supported only by their hands and feet, the student then lowers their behind as far as possible and then pushes back up.

Lower body:

- Leg lunges (Usually the cadets lunge walk each corner of the academy track and jog each straight section)
- Squats (paying careful attention that the cadets do them properly by squatting to 90 degrees putting their body weight on their heels and keeping their knees over their ankles.)
- Basketball jumps cadets squat down and simulate picking up a basketball from the ground then explode upwards in a jump simulating taking a jump shot (usually starts in 30 second intervals and more time is added as the cadets' fitness improves)

Core:

- Full range sit-ups
- Crunches
- Leg lifts (in a variety of forms lying flat on the back lifting both feet and legs to a ninety degree angle, sitting in a "V" with both hands on the ground next to each hip raising both legs together as far as possible and or each leg individually)
- Plank holds, pushup position with palms and forearms on the ground using the core to keep the back straight.
- Flutter kicks (previously described)

Custom workouts:

There are a variety of custom workouts that the cadets complete, the custom workouts incorporate cardio, upper, lower, and core in one workout.

Examples include:

- Boston Marathon: The Boston marathon consists of 50 burpies, then running 5 laps around the academy track, followed by 40 squats then running 4 laps around the academy track, followed by 30 pushups and three laps around the track, followed by 20 full range sit-ups then 2 laps around the academy track, followed by 10 pull-up and 1 lap around the academy track. This workout takes between thirty five to forty five minutes to complete.
- End of Watch: The end of watch consists of 8 sets of jumping knee touches and ten pull-ups, at the conclusion of the 8 sets the cadets then run one lap around the track starting and finishing at the pull-up bar station while carrying an Olympic plate weight varies depending on strength of cadet somewhere between 25lbs and 45lbs, after the lap the cadet completes 20 burpies

The good thing about custom workouts is that they offer a range of exercises and the number of repetitions can easily be adjusted to meet the condition of the cadets, normally they start with a lower set of repetitions and then increase as they become more physically able. Another important aspect is the majority of custom workouts break the cadets into teams so they can assist and encourage each other.

After a few weeks of working out each morning a long run is incorporated into the weekly workouts. An example of a long run consists of the cadets meeting for PT in downtown Fort Myers at the foot of the Edison Bridge. The cadets then run across the bridge to the north side and back, the distance is a little

over two miles. This run is then followed by a series of exercises that include squats, push-ups, triceps dips, and elevated push-ups.

As the students' physical capabilities increase so do the workouts, for example the long run is lengthened by approximately one mile and the students run a distance of just over three miles with the Edison Bridge being crossed. In some instances the exercise routine is in the middle of the run when the students reach the turnaround point they are tasked with completing a series of push-ups, jumping jacks, squats, burpies.

Important factors: Utilizing instructors with knowledge of conducting physical fitness training; instructor participation in the exercises instead of someone walking around barking out directions; the instructor must be able to properly demonstrate an exercise if they expect a student to do it properly; proper correction of students doing an exercise incorrectly; monitoring students physical and mental condition; having medical professionals on hand; ensuring that proper water breaks are provided.

The physical fitness program shall be designed to improve the student's overall physical fitness, improve the student's performance on the second physical fitness test, and provide a foundation for lifelong fitness.

UNIT 1 INTRODUCTION

LESSON 2

PREPARATION FOR DEFENSIVE TACTICS TRAINING

LESSON GOAL

At the end of this lesson, you will be prepared to participate in the defensive tactics training program and demonstrate stretching exercises, falling techniques, and recovery techniques.

Because defensive tactics training is a physical endeavor, prepare for the activities required in this course by looking at your daily habits. Eat healthy food, get enough rest, and drink plenty of fluids to get the most out of this training. Making these changes will enhance physical performance and minimize the risk of injury.

Apply strategies for optimal physical performance during a defensive tactics training program

Defensive tactics skills require physical fitness, strength, agility, balance, and flexibility. Because flexibility reduces the risk of injuries, do stretching exercises every day.

WARM-UP AND COOLDOWN EXERCISES

Begin and end each session with stretching exercises. A warm-up session raises the heart rate and increases blood circulation to the muscles, saturating them with oxygen. This helps your body prepare itself for physical activity. A cooldown after exercise redistributes blood flow, causing the metabolic rate to decrease. This process helps the muscles relax and prevents the tightening of muscles, which is vital for the body to recover.

Stretching usually begins with a warm-up, such as running in place, jumping jacks, push-ups, or any calisthenics exercises that last for 15–30 minutes to warm up the muscles, and increase heart rate, respiration, and perspiration. The following examples of stretching exercises and techniques are suitable to prepare for defensive tactics training. Incorporating the techniques listed below into your warm-up session can be beneficial since it readies you for training while also letting you practice fundamental techniques.

RECOMMENDED WARM-UP STRETCHES

Lunge and Twist

Stand with feet about shoulder-width apart. Hold both arms in front of you with elbows bent at 90° horizontally. Step forward with your left foot into a lunge position. Be sure to keep your knee over your left foot; don't twist at the knee. From your torso, twist your upper body to the left, then to the right. Maintain a slow and controlled movement throughout the exercise. Slowly move your arms to center and step forward with the opposite foot and twist to the other side. Perform 10 repetitions per side.

Knee Raises

Stand with feet about shoulder-width apart. Bend your left knee and raise it up as high as you can toward the left side of your chest. At the same time, bend your left elbow and lower it to meet your left knee. Repeat this sequence with your right knee. Do 10 repetitions per leg.

High Kicks

Stand tall with your feet shoulder-width apart or closer. Raise your arms straight in front of you at shoulder height. Lift one leg up as high as possible. Keep the leg straight. Then lower the leg back down. Do the same with the other leg. Keep alternating legs. Arms stay stationary throughout the exercise. Do 10 repetitions per leg.

Arm Swings

While standing, hold both arms out to your side horizontally, making a "T." Swing both arms in and cross them in front of your chest, then swing them back out to the side. Repeat this movement for 30 seconds.

Arm Rotations

While standing, hold both arms out to your side horizontally, making a "T." Rotate arms in a circle. Do 10–15 repetitions clockwise and 10–15 repetitions counterclockwise.

Arm Cross

While standing, bring your right arm across your chest with the palm up. Keep your arm straight. Grasp your upper arm above the elbow with your left hand and slowly pull in toward and across your chest. Hold for 10–20 seconds and repeat with the left arm.

Jump Squats

Stand with your feet shoulder-width apart. Start by doing a regular squat, then tighten your core and jump up explosively. When you land, lower your body back into the squat position to complete one repetition. Land as quietly as possible, which requires control. Do 10–15 repetitions.

Stationary Sprints

Begin in a standing position. Raise and lower one knee at a time as if running in place. Alternate legs as quickly as possible. Do three sets of 10–15 second intervals.

Wrist Rotations

From a standing, kneeling, or sitting position, extend both arms out in front, then slowly rotate one wrist in a clockwise direction and the other wrist in a counterclockwise direction. Do two to three sets of 10–15 second intervals in each direction.

FALLING TECHNIQUES

Falling techniques are useful if a subject attacks, pushes, or hits you with enough force to send you to the ground, or if you trip over an obstacle.

Demonstrate falling techniques

Falling properly reduces the potential for injury and minimizes the stuning effect associated with falling, so you can assume an effective defensive position. Returning to a defensive stance puts you in a position to defend against further attack or control the subject.

Front Fall

1. Use loud, clear verbal commands throughout the application of the technique.
2. Extend your bent arms slightly in front of your chest as in a natural bracing position.
3. Fall forward to a **prone position** (lying on the stomach, face down) contacting the ground with the palms, forearms, and feet, turning your head to the side, and exhaling on impact. If falling with an unholstered weapon, make contact with the ground with just one palm.
4. Follow up with appropriate action(s). (See Figure 4-1)



Front fall

Figure 4-1

Rear Fall

1. Use loud, clear verbal commands throughout the application of the technique.
2. Tuck your chin to your chest.

3. Squat and roll backward.
4. As your back makes contact with the ground, pull your arms in tightly, or you may swing both of your arms out at a 45° angle and strike the ground with the palms of both hands while exhaling.
5. Follow up with appropriate action(s). (See Figure 4-2)



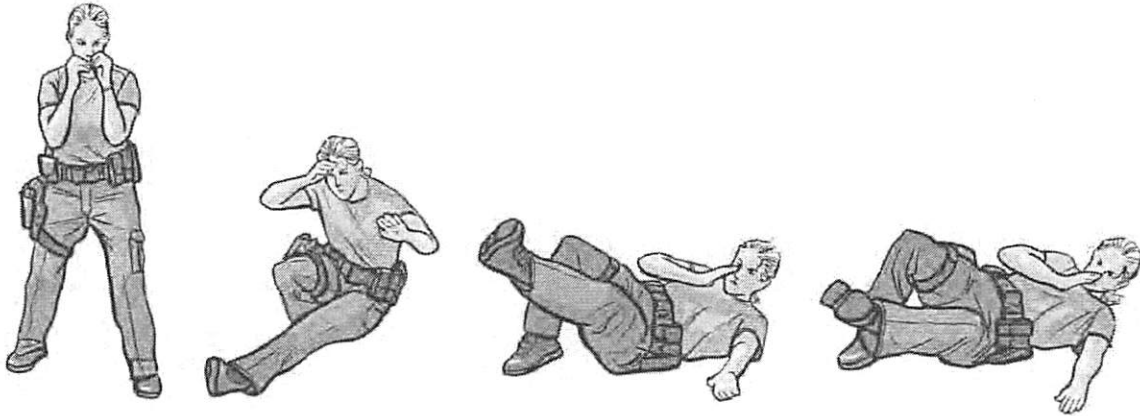
Rear fall

Figure 4-2

Side Fall

1. Use loud, clear verbal commands throughout the application of the technique.
2. Tuck your chin to your chest.
3. Squat and roll to the rear quarter and to one side.
4. Relax your body as you fall.
5. Don't land flat. Reduce the shock by rolling after hitting the ground.
6. As your body makes contact with the ground, you may swing the same side arm and strike the ground with the palm to minimize impact.

7. Exhale to relax your body and to prevent having the wind knocked out of you.
8. Follow up with appropriate action(s). (See Figure 4-3)



Side fall

Figure 4-3

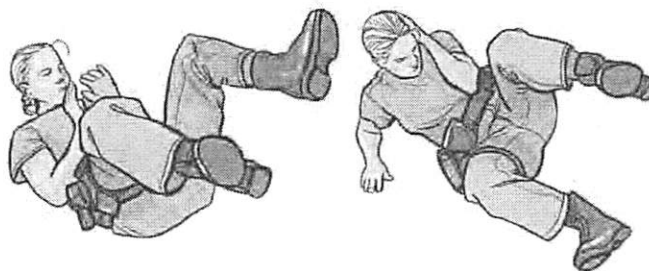
FOUNDATION

This position allows you to be ready to engage the subject on the ground or to recover to a standing position.

Demonstrate recovery techniques

From lying on the back:

1. Use loud, clear verbal commands throughout the application of the technique.
2. Using an extended arm, prop the upper body off the ground (posting). **Posting** is supporting the balance of the body using a limb.
3. Bend the knees with feet on the ground.
4. Keep your free hand up in a defensive position to protect vital areas.
5. Follow up with appropriate action(s). (See Figure 4-4)



Foundation

Figure 4-4

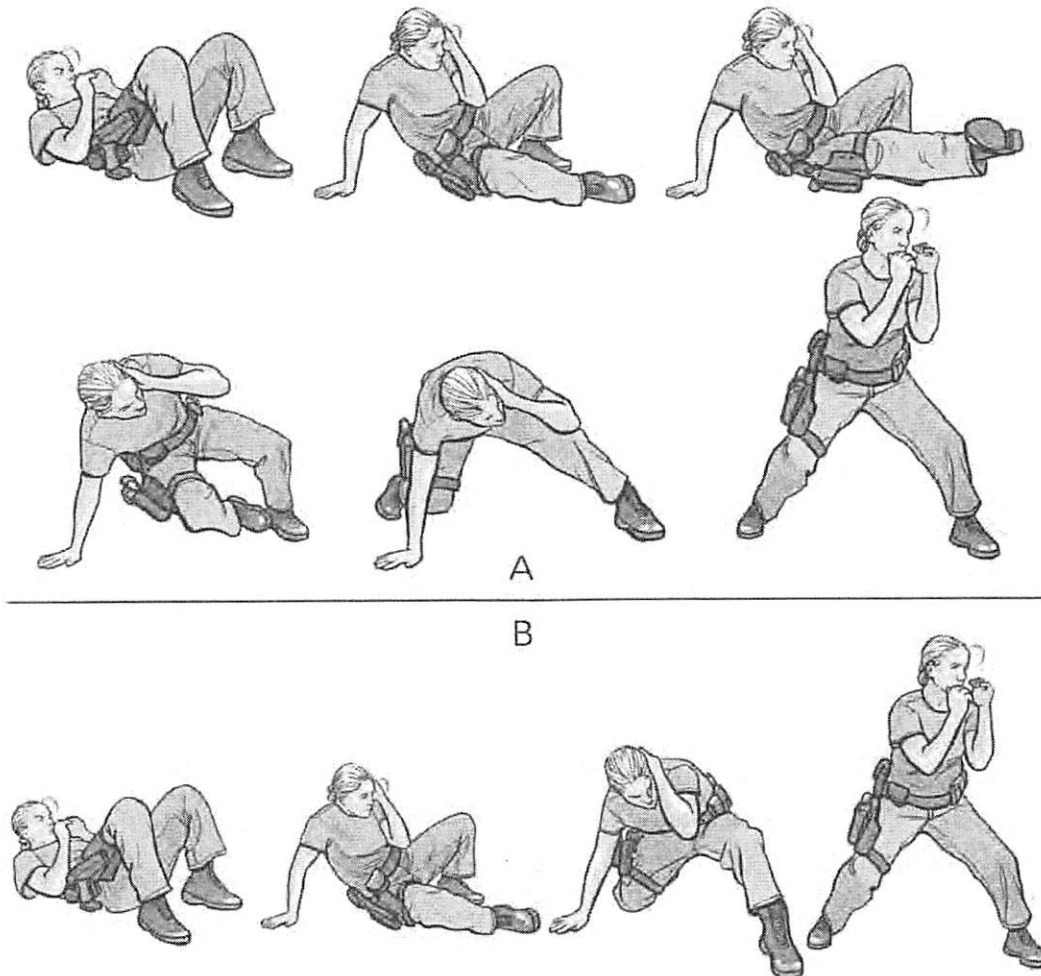
RECOVER TO THE STANDING POSITION

Your ability to get up safely from a ground encounter is critical. This technique prepares you to get back on your feet while protecting your face, head, body, and weapon from an aggressive subject.

Use this technique to gain time and distance between you and the aggressive subject. If you do not gain distance, the subject may get on top of you or strike you while trying to get up and get away.

From the foundation position:

1. Use loud, clear verbal commands throughout the application of the technique.
2. Stand up from the ground establishing a strong base.
3. Use an appropriate technique to gain distance and protect your vital areas.
4. Maintain an appropriate stance.
5. Follow up with appropriate action(s). (See Figure 4-5)



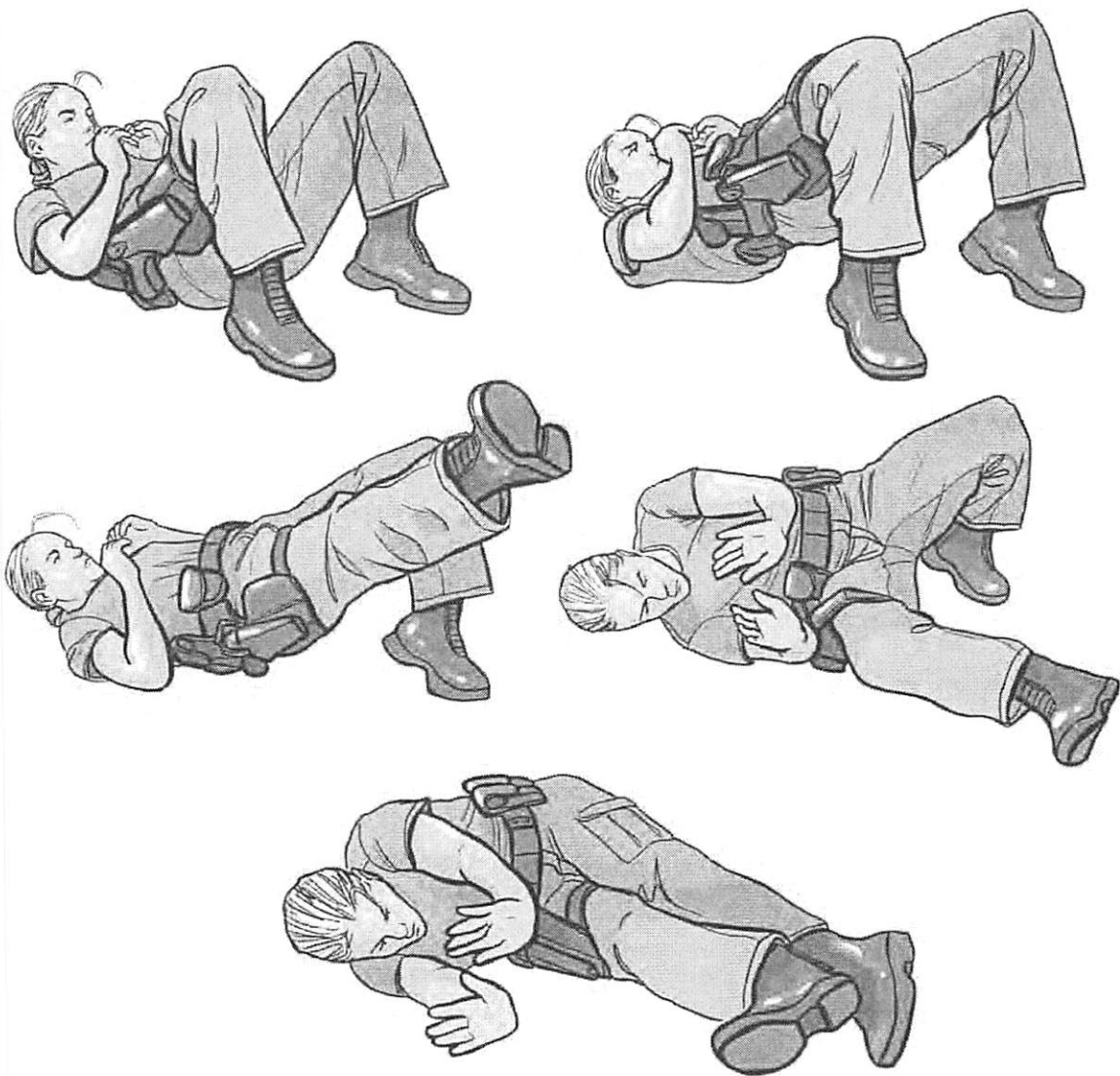
Recover to the standing position

Figure 4-5

HIP ESCAPES

Hip escapes allow you to move from side to side to avoid or defend against an attack. The movement in a hip escape is also known as *shrimping*. You can use shrimping to escape from certain ground positions, such as side control and full mount, which are discussed later in the lesson on Ground Control.

1. Use loud, clear verbal commands throughout the application of the technique.
2. From the foundation, tuck the chin to the chest to protect your neck and back of your head.
3. Push off with one foot, force your hips up, and push out toward the opposite side. Your hands will imitate a pushing motion, as if pushing the subject away.
4. Follow up with appropriate action(s). (See Figure 4-6)



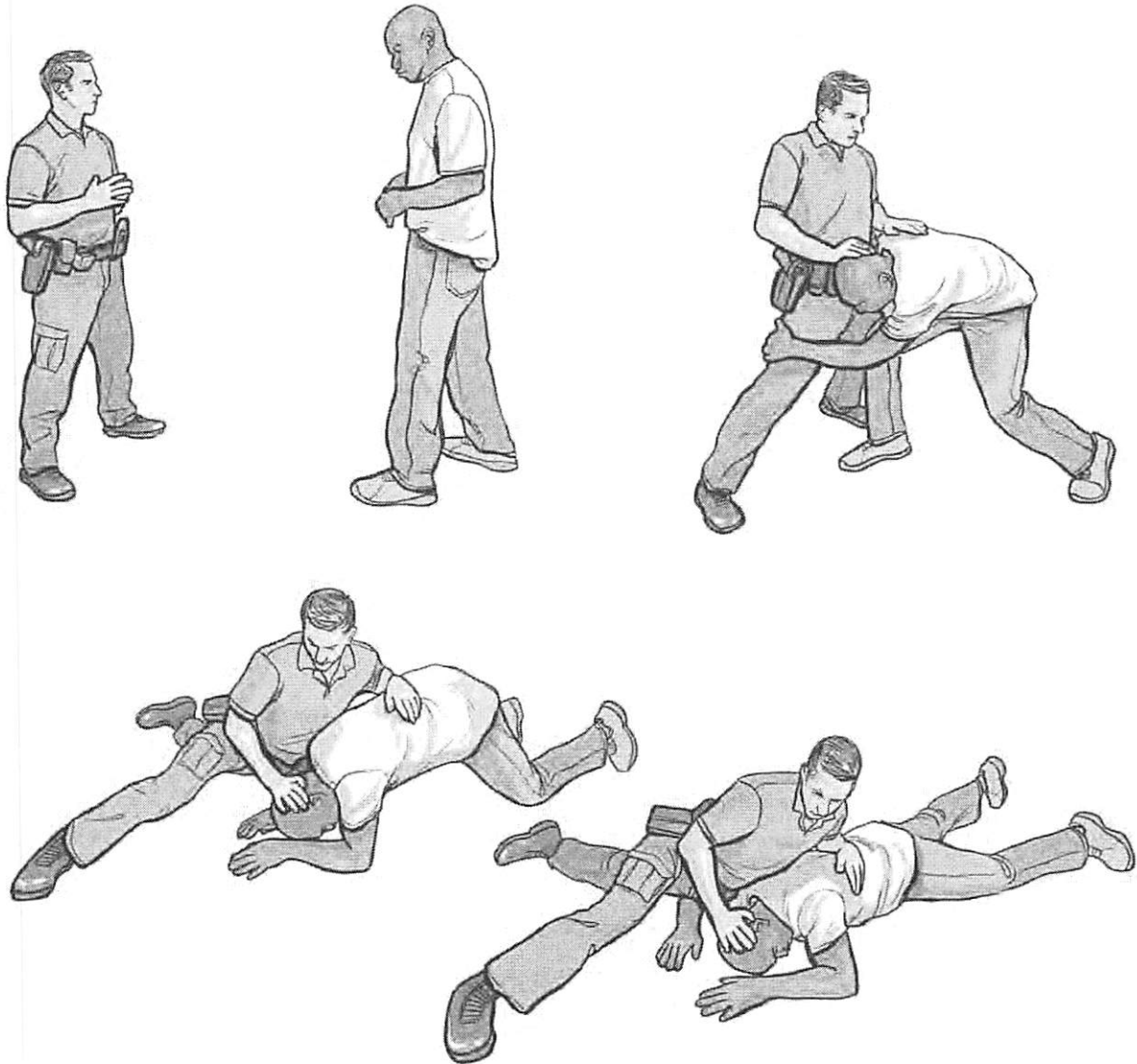
Hip escape

Figure 4-6

SPRAWL

A sprawl is usually used to defend against a subject who shoots in for a takedown.

1. Use loud, clear verbal commands throughout the application of the technique.
2. Shoot legs backwards, driving one hip down, which stops the subject's forward momentum.
3. Your chest will make contact with the subject's shoulder blades and drive the subject down. (See Figure 4-7)



Sprawl

Figure 4-7

RECOMMENDED COOLDOWN STRETCHES

Neck Stretch

While standing, lean your left ear to your left shoulder for a count of 10 seconds. Repeat on the opposite side. Stretch chin to chest and head to rear. Perform two to three sets in each direction.

Straight Arm Behind Back Stretch

While standing, place both arms behind your hips. With interlocking hands, slowly raise your arms behind your back for a count of 10–20 seconds. Keep your head upright and neck relaxed.

Behind Neck Triceps Stretch

While standing, raise your right arm above your head and bend your right arm. Your elbow will be above your head. Using the opposite hand, grasp your elbow and slowly pull toward the midline of your back, moving your hand in between your shoulder blades. Hold the stretch for 10–20 seconds, and repeat on the left side.

Arm Crossed in Front of Chest

While standing, bring your right arm across your chest with the palm up. Keep your arm straight. Grasp your upper arm above the elbow with your left hand and slowly pull in toward and across your chest. Hold for 10–20 seconds, and repeat with the left arm.

Both Arms up Above Head Stretch

While standing, raise both arms above your head. Keep your arms straight and interlock your fingers with the palms facing up. Reach upward slowly while reaching slightly backward. Hold for 10–20 seconds.

Both Arms in Front of Chest Stretch

While standing with your feet shoulder-width apart, bring your arms from an overhead position slowly toward the front of your body, while rounding the back and stretching the shoulder blades apart. Hold for 10–20 seconds.

Butterfly Stretch

While seated on the floor, bend your legs so that the soles of your shoes touch. Your legs should be relaxed and knees should be flat on the floor, if possible. (If you lack flexibility, your knees might not rest on the floor.) Lean forward from the waist with a straight back. Bring your head as close to your feet as possible. Hold for 10–20 seconds.

Spinal Twist

Sitting on the floor with your legs extended straight, bend your right leg and bring your right foot to the outside of your left leg next to the knee. Place your right hand behind your hips for support. Push your right knee to the left with your left elbow while turning your upper body to the right and rotating your shoulders as far as possible. Hold for 10–20 seconds, and repeat on the opposite side.

Supine Knee Flex Stretch

Lie on your back with your legs straight. Bring your right knee toward your chest, placing both hands below the knee while continually pulling the knee toward your chest. Hold the stretch for 10–20 seconds, and repeat on the opposite side.

Seated Bent Knee Stretch

While seated on the floor with both legs bent, bring your right ankle to your left knee. Support your upper body by placing your palms on the floor with fingers pointing away from your body. Bring both legs toward your chest. Hold the stretch for 10–20 seconds, and repeat on the opposite side.

Modified Hurdler's Stretch

While seated on the floor, extend your right leg straight in front of your body. Bend your left leg and bring the sole of your left shoe to the inside of your straight leg. Lean forward from the waist and grasp the toes of your right foot while moving your chest as close to your straightened leg as possible. Hold the stretch for 10–20 seconds, and repeat on the opposite side.

Straddle Stretch

Sit on the floor with your legs straight out and spread your legs as far as possible. Grasp the toes of your right foot while leaning from the waist. Keep your buttocks on the floor and your back straight. Your chest should be directly over your right knee. Facing your right knee and keeping your back straight, lean your upper body forward toward the ground with your hands grasped as close to the right toes as possible. Hold the stretch for 10–20 seconds, and repeat on the opposite side.

DRILLS

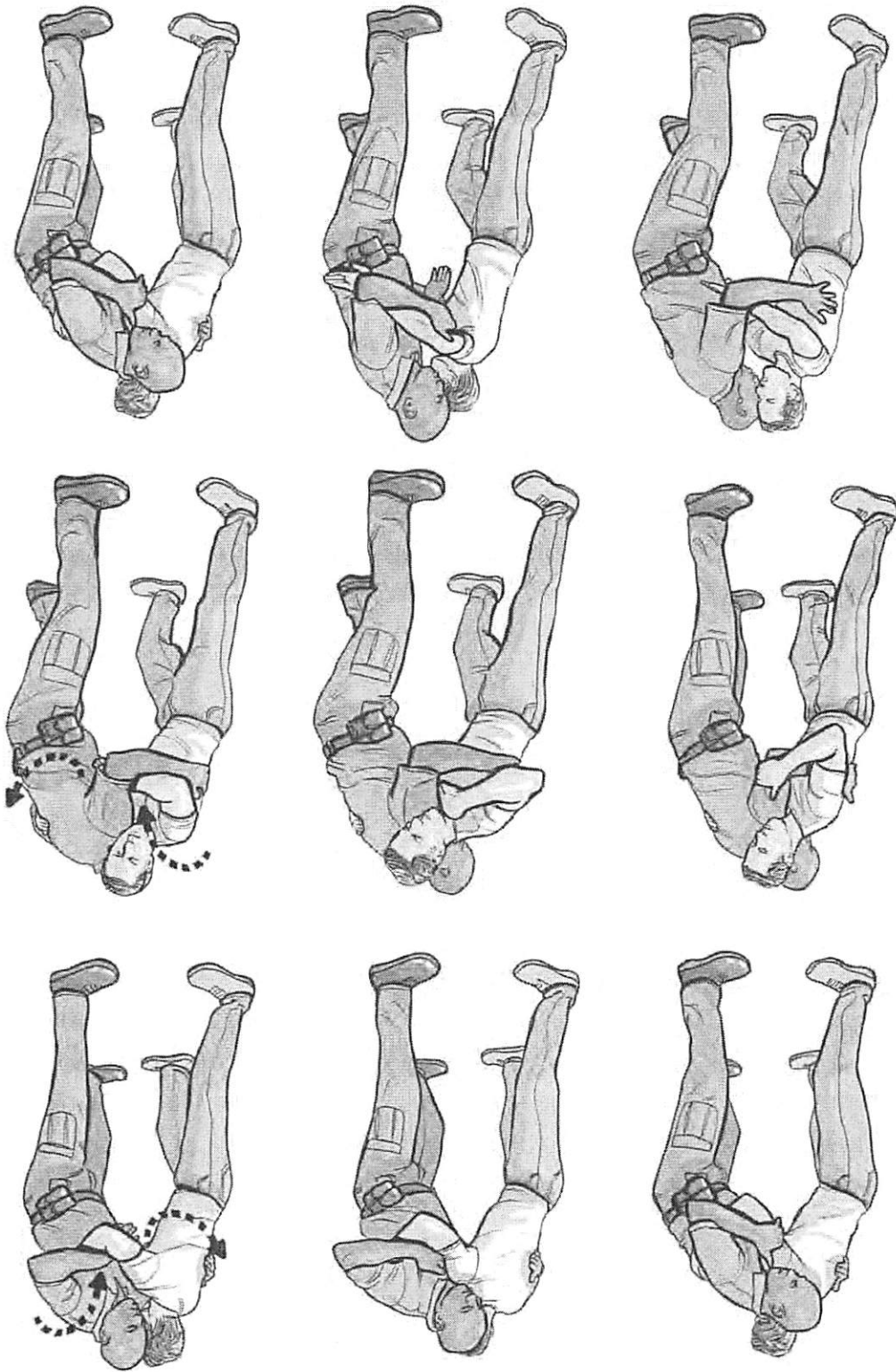
PUMMELING DRILL

Pummeling is a grappling technique used to gain the double underhook position, which is a dominant control position that can be used in a variety of takedowns and grappling techniques (for example, front takedown). An overhook is when your arm is over the subject's arm and controlling that arm. An underhook is when your arm is under the subject's arm and controlling the subject's upper body.

1. Start with a partner. You each have an overhook with your right arm and an underhook with your left arm.
2. You both move your overhook arm to an underhook position at the same time.
3. Continue this process and switch from overhook to underhook alternating sides each time.
4. Gradually increase resistance while both students attempt to gain the double underhook position. (See Figure 4-8)

Pummeling drill

Figure 4-8



ARM DRAG DRILL

The arm drag is a technique where you pull the subject's arm across your body to gain a dominant position. You can use the arm drag to set up a variety of grappling and takedown techniques (for example, escort position or rear takedown, discussed later in this chapter).

1. While facing the subject block and grab the subject's right arm with your left arm and bring the subject's arm across your centerline.
2. Use your right hand to reach across the subject's body and grasp the back of their right arm just above the elbow.
3. Continue the drill in the same manner and alternate the target arm. (See Figure 4-9)



Arm drag

Figure 4-9

CARDIOVASCULAR CONDITIONING

Cardiovascular training is any exercise that elevates the heart rate to a range of 60% to 85% of the maximum rate. When the heart rate is in that range, you are training in a cardiovascular or aerobic state. Cardiovascular training has many health benefits. In addition to burning calories and eliminating body fat, it strengthens the heart and lungs. Having a healthy heart can protect you from heart disease, which is the leading cause of premature death. Examples of cardiovascular exercises include walking, jogging, running, jumping rope, bicycling, swimming, and step aerobics.

REST

Make sure you get enough rest and sleep to get the most out of your physical training.

NUTRITION

A healthy diet and drinking enough water will also help you get the most out of your defensive tactics training.

Essential Nutrients in Food		
Nutrient	Function	Sources
protein	provides energy; builds and repairs body cells; is part of various enzymes, hormones, and antibodies	meat, poultry, eggs, legumes (such as lentils), milk and milk products, vegetables, nuts, seeds, seafood, and grains
carbohydrate	provides energy needed by the brain, nervous system, red blood cells, and other cells	breads, cereal grains, pasta, rice, fruit, vegetables, milk, and sugar
fat	provides energy and essential fatty acids; carries other fat-soluble nutrients (vitamins); is part of cell membranes, membranes around nerves, hormones, and bile (for fat digestion)	meat, poultry, fish, milk and milk products, nuts and seeds, oils, butter, margarine, and salad dressing

LESSON VOCABULARY

cardiovascular training

posting

prone position

shrimping