

OFFICER VIRTUAL ACADEMY

COURSE SYLLABUS:

Basic Attack Defense



Course Location:

This is a virtual course, offered online only and available to registered users of the Officer Virtual Academy at all times.

Instructor Information:

Lt. Frank Borelli - LE Instructor / Editorial Director

With over 35 years of operational experience and more than 30 years of instructional experience, Lt. Borelli has taught programs involving firearms, defensive tactics, officer survival, active shooter response and more to officers from all levels of government to include city, county, state, federal and military. He remains active in law enforcement, continually training and being trained to keep his skills up to date and sharp.

Sgt. Richard Nance – LE Instructor / SWAT experience / TV personality

Richard Nance is a veteran police officer and former SWAT team leader. He is the co-owner of WARTAC, a company that provides training in firearms, tactics, and personal defense. Nance cohosts Handguns & Defensive Weapons, a new television series on the Sportsman Channel.

Course Description:

This course of instruction reviews basic defense techniques against five of the most common types of attacks officers experience on the street. Pros and cons of each type of defense, and the greatest concerns of each type of attack are discussed. Defense options are discussed and demonstrated. Five videos accompany this course along with recommended reading of five articles.

Prerequisites:

There are no prerequisites for attending this program.

Course Sequencing:

This course is a personal-knowledge-only (no continuing education or in-service credits) program. It is recommended that the student officer view/attend the following courses before viewing this one:

Boyd's Cycle Applied to Conflict Survival

General Defensive Tactics Introduction

Defensive Tactics Introduction

Lethal Force Attack Defense

Control & Search Protocols

Handcuff & Search Techniques

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Course Objectives:

- Upon completion, the student officer will be able to articulate the most common type(s) of takedowns and at least one defense against such
- Upon completion, the student officer will be able to articulate the threat from a badge grab attack and at least one defense against such
- Upon completion, the student officer will be able to articulate the most common type(s) of kick attacks and at least one defense against such
- Upon completion, the student officer will be able to articulate the most common type of punch attack and at least one defense against such
- Upon completion, the student officer will be able to articulate the most common type(s) of braced choke attacks and at least one defense against such

Course Materials:

Course Syllabus

Course Introduction

PDF Handout of PowerPoint Slide presentation

PowerPoint Show with information from course videos

Five course videos:

officer.com/11134966	4 minutes	Takedown Defense
officer.com/11080798	3 minutes	Badge Grab Defense
officer.com/11064827	3 minutes	Kick Defense
officer.com/10944156	3 minutes	Punch Defense
officer.com/11218905	4 minutes	Braced Choke Defense

Additional Resources:

officer.com/10248817	How Effective Are Your Defensive Tactics?	(article)
officer.com/21072792	Bait Behavior – What You Should Know	(article)
officer.com/11073288	What's Your Training Style?	(article)
officer.com/10315381	Balanced Tactics	(article)
officer.com/10250253	Who's Armed?	(article)