

OFFICER VIRTUAL ACADEMY

COURSE SYLLABUS:

Basic Escapes Hand-to-Hand



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:

In this course, Instructors Borelli and Nance discuss the dangers of being in the Mount or Guard positions in a ground fight. Methods for escaping both positions are discussed and demonstrated.

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

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Course Objectives:

- Upon completion, the student officer will be able to articulate what the “mount” position is
- Upon completion, the student officer will be able to articulate what the “guard” position is
- Upon completion, the student officer will be able to articulate the recommended method for escaping the Mount position
- Upon completion, the student officer will be able to articulate the recommended method for escaping the Guard position
- Upon completion, the student officer will be able to articulate the benefit of regaining their feet during any hand-to-hand conflict

Course Materials:

Course Syllabus

Course Introduction

PDF Handout of PowerPoint Slide presentation

PowerPoint Show with information from course videos

Two course videos:

officer.com/11186554	3 minutes	Mount Escapes
officer.com/10975199	4 minutes	Guard Escapes

Additional Resources:

officer.com/11383002	Fight For Your Life	(article)
officer.com/12251146	Understanding Dangers of Contact Weapons	(article)
officer.com/10249187	Why More of Us Are Being Killed	(article)
officer.com/12253702	Getting Down to Specifics – Fit for Duty	(article)
officer.com/10231388	Career Physical Fitness Standards	(article)