

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

Transfer Course     A.A. Degree Applicable Course  
(check all that apply)

**COURSE NUMBER AND TITLE:** AJ 120 Defensive Tactics

**UNIT VALUE:** 3

**MINIMUM NUMBER OF SEMESTER HOURS:** 96

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS**

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Protection against persons armed with dangerous weapons; demonstration and drill in a limited number of holds and come-alongs; restraint of prisoners and the mentally ill; moral obligations; and fundamental use of the baton.

**SPECIFIC COURSE OBJECTIVES:**

Students will be able to:

1. List the danger areas of the body which are most vulnerable to physical attack and potentially fatal.
2. Describe those parts of the body which can be used to overcome resistance.
3. Perform at an appropriate skill level established by Palomar College Police Academy control holds, "take-down" tactics and a carotid restraint technique.
4. Discuss principles of defenses against armed assailants and principles of weapons retention.

## **CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Principles of Weaponless Defense
  - A. Introduction
  - B. Basic Concepts: Self-Control, Balance, Awareness
  - C. Areas of the Body Most Vulnerable to Physical Attack
  - D. Areas of the Body Which may be Potentially Fatal
  - E. Control Holds
  - F. Take Down
  - G. The Effects of Body Restraints
    - 1. Trachea Hold
    - 2. Carotid Restraint
    - 3. Hazards
    - 4. First Aid
  
- II. Armed Suspect/Weaponless Defense/Weapon Retention
  - A. Foot Movements
  - B. Gun Take-Away Techniques (Front)
  - C. Gun Take-Away Techniques (Rear)
  - D. Long Gun Take-Away Techniques (Front)
  - E. Long Gun Take-Away Techniques (Rear)
  - F. Hostage Officer - Gun Take-Away Techniques
  - G. Weapon Retention

## **REQUIRED READING:**

Commission on Peace Officers Standards & Training. Basic Course Unit Guide 40, Weaponless Defense. Sacramento: Commission on Peace Officers Standards & Training, July 1990.

## **SUGGESTED READING:**

Koga, R. K. & J. G. Nelson. The Koga Method: Weaponless Control & Techniques. Beverly Hills, CA.: Glenco Press, 1976.

## **REQUIRED WRITING:**

Skill demonstration by the student is more appropriate than required writings in this course.

## **OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.**

Practicing the skills learned in class, reading the textbook, and studying for quizzes and examinations.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply. (See guidelines for preparation for definitions.)**

- telecourse
- mediated instruction
- computer assisted instruction

**GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):**

Application and student demonstration of techniques. The student will demonstrate each tactic and the hazards of its use and the first aid method that is necessary if the technique is applied.

- 20% Random Quizzes
- 20% Exercise Tests
- 50% Final Examination
- 10% Participation

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit:

1.

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

**CONTACT PERSON:** Dr. Larry Roberts, x2204

**SIGNATURES:**

SIGNATURES ON FILE