COURSE OUTLINE

Course No. : DEFTAC 2
Course Title : DISARMING TECHNIQUES
Credit Units : 2 Units

Scope and Objectives:

Study of martial arts as a means of self-defense for law enforcement officer. The study puts emphasis on special instructions in physical conditioning, unarmed defense tactics, offensive and defensive procedures, pistol disarming, defense against knife and club attacks. It also includes the application of the different principles of karate-do, aikido, long stick, police baton, taekwondo, Thai boxing and other forms of martial arts.

Recommended Textbooks/ References:

OUTLINE OF THE COURSE

Contents No. of Hours
I. Overview on the fundamental of disarming techniques 2
   1. Know the fundamental Martial arts and history of Martial Arts 2
   2. Theories of martial arts 4
   3. Definition of terms 4

II. Punches and kicks 4
    1. Proper procedure and technique of punches and kicks 4
    2. Different form of punches and kicks 6

III. Sparing with gear 6
     1. Use of safety gear for sparring 6
     2. Proper wearing of safety gears 4

IV. Competition 10
    1. Dos and don’ts during sparring 10

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