

Recommended Schedule for a First Time Applicant:

Monadnock MDTS BASIC COURSE Curriculum

Minimum 8-Hour Training Day:

Introduction - 5 mins. (0800-0805)

- Agency Trainer Introduction
- Objective of MDTS Basic Course Certification
- MDTS Basic Course Paperwork and Course Safety Rules
- Modular Learning Method

Module One 15 mins. (0805-0820)

- History
- Student Performance Objectives
- Instructional Methods

Module Two 20 mins. (0820-0840)

- Use of Force
 - Department Police and Procedures/Resistance Response Model

Module Three 20 mins. (0840-0900)

- Stance (and Balance)
 - Basic Stance
 - Defensive Stance
- Patterns of Movement
 - Shuffle: Forward and Rear
 - Pivot: Forward and Rear
 - Sidestep: Strong and Support

Module Four 15 mins. (0900-0915)

- Escort Position
 - Compliant Subject
 - Strong-side
 - Support -side
 - Non-Compliant Subject
 - Strong-side
 - Support -side

Module Five 30 mins. (0915-0945)

- Basic Restraint Skills for Non-Compliant Subjects
 - Takedown Principles
 - Strong-side Arm Bar Takedown

BREAK 5 mins. (0945-0950)

Module Five 40 mins. (0950-1030)

- Basic Restraint Skills for Non-Compliant Subjects
 - Takedown Principles
 - Support -side Arm Bar Takedown
 - Rollover Arm Bar Takedown

BREAK 5 mins. (1030-1035)

Module Six 40 mins. (1035-1115)

- Basic Restraint Skills for Non-Compliant Subjects
 - Rear Wristlock
 - Strong-side
 - Support -side

Module Seven 45 mins. (1115-1200)

- Compliant Subject Handcuffing
 - Standing
 - Kneeling

LUNCH 60 mins. (1200-1300)

Module Eight 40 mins. (1300-1340)

- Non-Compliant Subject Handcuffing
 - Prone Handcuffing

Module Nine 30 mins. (1340-1410)

- Blocks
 - High Block
 - Inside Block
 - Outside Block\
 - Middle Block
 - Low Block

Module Ten 20 mins. (1410-1430)

- Active Defensive Skills
 - Palm Heel Strike
 - Front Punch
 - Edged Fist Strike
 - Forearm Strike

BREAK 15 mins. (1430-1445)

Module Ten 20 mins. (1445-1505)

- Active Defensive Skills
 - Elbow Strike
 - Knee Strike
 - Front Kick

Module Nine 35 mins. (1505-1540)

- Handgun Retention Skills
 - Elbow Shielding
 - Strong Hand Shielding
 - Two-Handed Shielding

COMPULSORY EXAMINATION FOR MDTS BASIC COURSE CERTIFICATION

MDTS INSTRUCTOR ADMINISTERS THESE TESTS:

MDTS Basic Course

Proficiency Test 40 mins. (1540-1620)

- Passing Score – ACCEPTABLE rating on each technique listed on the MDTS Basic Course proficiency test check sheet

MDTS Basic Course Written Test 40 mins. (1620-1700)

- Passing Score is at least 70 percent
- Minimum number of questions is 25