



Law Enforcement Training Advisory Commission

3171 Greenhead Drive, Suite B • Springfield, IL 62711

Phone (217) 726-7014 • Fax (217) 726-7833 • Email letac@mtu10.com • Website www.letac.org

Ellen L. Petty, Director

PPCT Spontaneous Knife Defense Instructor

February 13-15, 2012

8:30 a.m. – 4:30 p.m.

LETAC Training Center

3171 Greenhead Drive, Suite B, Springfield, IL

(Please park in an unmarked space in our lot. Overflow parking is along the street. Ride sharing is strongly suggested.)

COURSE IS LIMITED TO 12 STUDENTS – EARLY REGISTRATION IS STRONGLY SUGGESTED.

Important Note: It is the policy of the MTU #10 Advisory Board that all officers trained as an instructor in any subject, by a Train the Trainer course hosted by MTU #10, shall be required to sign an agreement stating that they will conduct a minimum of two courses during the two years immediately following the trainer course, at no cost to the MTU. Completion and submission of MTU #10 course paperwork is required for these subsequent courses. This agreement must be completed and submitted to LETAC in order for the officer's registration for the course to be complete.

Course Instructor: Mark Bridges, Bridges Law Enforcement Consulting and Training. Bridges served on the street, on the SWAT team, Mark has been a PPCT Defensive Tactics Instructor for 24 years and is certified as an instructor in many other "use of force" programs as well. He has taught a great many courses for Mobile Team Unit #10 since 1988. Please see complete Biography attached.

Course Description:

The PPCT Spontaneous Knife Defense System is designed to meet the needs of students who are confronted by a spontaneous knife assault and unable to retrieve a weapon. It is based upon a realistic, yet highly aggressive, check-and-stun philosophy that employs gross motor skills that are compatible with the affects of survival stress. It reviews the fundamentals of basic knife systems; reviews the common grips, types of strokes, and lines of attack; and reviews defense strategies for both stalking assaults and spontaneous assaults inside the reactionary gap.

Course Goals:

1. To examine survival learning research and design methods for spontaneous knife defense systems.
2. To identify the primary and secondary methods of offensive knife strategies.
3. To teach the PPCT Spontaneous Knife Defense System and training methodology.

Illinois Law Enforcement Training & Standards Board Mobile Team Unit #10

Serving the Counties of Cass • Logan • Mason • Menard • Morgan • Sangamon • Scott



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4. To refine student technique to the instructor level.

5. To teach instructional methods designed to enhance a student's ability to learn survival techniques, increase his/her confidence level, and assist in the successful application of physical techniques.

Course Topics:

Use of Force Human Factors

This section examines survival stress research and provides students with information that will enhance their survivability in combative situations and recommendations regarding issues related to critical incident management.

Instructor Development and Training Protocols

This chapter reviews instructional methods designed to enhance a student's ability to learn survival techniques, increase his/her confidence level, and assist in the successful application of physical techniques. Topics covered include the psychology of survival training, motivational factors for learning survival skills, the neural basis of learning, and the stimulus response training principle. This chapter also introduces PPCT training protocols, including certification procedures, course protocols and registration requirements, and classroom safety concerns.

PPCT Control Principles

This section introduces the basic training principles that form the foundation on which all PPCT training systems are based. Topics discussed include components of acceptability, the PPCT Resistance/Control Continuum, common types of resistance, principles of controlling resistive behavior, survival reaction time, the reactionary gap, and tactical positioning.

Principles of Edged Weapon Assaults

This section examines various philosophies regarding the tactical use of a knife as a lethal weapon. It explores the historical perspectives of the evolution of combat knife systems, including the influence of the Sykes/Fairbairn World War I system, the influence of Filipino knife training, and the current view of military special operations units.

Vital Edged Weapon Targets

This section discusses facts about human incapacitation resulting from a knife attack, and examines the difference between fatal cuts and cuts that will immediately immobilize a subject. This section also provides a foundation for the design methodology of the PPCT Spontaneous Knife Defense System.

Fundamentals of Knife Martial Arts

The effectiveness of any knife defense system is based on the student's knowledge of how a knife can be used offensively. This section reviews the fundamentals of basic knife systems and includes an overview of common grips, types of strokes, and lines of attack.

PPCT Spontaneous Knife Defense System

This section introduces the PPCT Spontaneous Knife Defense System, based on a check, stun, and control principle that allows the student the option to disengage to cover or to follow-up for restraint and control. Defense strategies for both stalking assaults and spontaneous assaults inside the reactionary gap are presented.

Instructor Biography: Mark Bridges retired in 2011 after serving for 26 years with the Springfield, Illinois Police Department. During that time, he served in many capacities, including Commander of the Professional Standards Division, Director of the Springfield Police Academy, Field Training Program and Internship Coordinator, Member of the



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Illinois Terrorism Task Force, Member of the Illinois Incident Management Sub-Committee, Illinois Incident Management Team Operations Chief, Illinois Mobile Field Force Team Commander, Commander of the Field Operations Division, Internal Affairs Investigator, Public Information Officer, Emergency Response Team, Team Leader & Coordinator, Field Commander (Sergeant) of the Gang Enforcement Mobile Unit of the Field Operations Division. (Responsible for the creation and supervision of the first ever gang enforcement unit for the Springfield Police Department.)

Mark holds an Associate's Degree in Law Enforcement Administration, a Bachelor's Degree in Social Justice, and a Master's Degree in Law Enforcement and Justice Administration. He is a graduate of the Northwestern University Traffic Institute School of Police Staff and Command, and Executive Management Program, and the FBI National Academy. He is Cooper certified as an Advanced Fitness Specialist, and is certified to teach well over twenty Instructor level courses on defensive tactics and homeland security subjects. Mark also serves as an adjunct instructor for Lincoln Land Community College, U of I's Illinois Fire Safety Institute, Center for Public Safety and Justice Institute of Government and Public Affairs, and the Illinois Search and Rescue Council.

To Register: Email registration to register@letac.org. You may also fill out and submit our online registration form through the website at www.letac.org or call 217-726-7014 to register by phone with Sandy or Donna (be sure to include all pertinent information). MTU #10 local member department officers will be given registration preference until seven days prior to the date of class. After that date, registrations will be taken on a first-come, first-served basis, regardless of MTU status. We cannot accept registrations from individual officers. All registrations must go through your Chief, Sheriff, or department training office, even if you are attending class on your own time.

Cancellation: If a class must be canceled for any reason, every effort will be made to do so at least 2 weeks before the class is scheduled to begin. However, there are circumstances where last minute cancellation is out of our control. All officers who have been registered for training will be contacted at the email address given at registration, so please be sure to provide an email address which is checked often. If you are registered for a class and find that you will be unable to attend, please contact our office as soon as possible to let us know. We often have a waiting list for classes and another officer may be contacted to fill your newly vacated seat.



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Instructor Training Course Registration Agreement

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I have requested to be registered to attend the following Instructor Training Course:

PPCT SPONTANEOUS KNIFE DEFENSE INSTRUCTOR

Date: **FEBRUARY 13-15, 2012** Location: **LETAC TRAINING CENTER, SPRINGFIELD, IL**

I understand the MTU #10 policy on Instructor Training Courses and agree to provide at least two courses on this topic, within the 24 month period immediately following the Instructor Training Course above. I understand I will not receive any monetary reimbursement for this training. I also understand that MTU #10 course paperwork is required to be submitted for these courses.

Officer's Signature: _____ Date: _____

I have authorized the above registration.

I understand the MTU #10 policy on Instructor Training Courses and agree that my officer shall provide at least two courses on this topic, within the 24 month period immediately following the Instructor Training Course above. I understand neither the officer, nor my department will receive any monetary reimbursement for this training. I also understand that MTU #10 course paperwork is required to be submitted for these courses.

Chief's/Sheriff's Signature: _____ Date: _____

COMPLETION OF THIS FORM IS REQUIRED FOR ENROLLMENT INTO ANY INSTRUCTOR TRAINER COURSE.

FAILURE TO SIGN AND RETURN THIS AGREEMENT AT LEAST 7 DAYS PRIOR TO CLASS WILL RESULT IN AN INVOICE BEING ISSUED FOR A \$120.00 TUITION FEE TO ATTEND THIS CLASS. IN THE CASE THAT THE CLASS BECOMES FULL, THOSE WHO HAVE SIGNED AND RETURNED THIS AGREEMENT WILL RECEIVE PREFERENCE.