IRS Isolation Drills 1-4

**Learning Goal**

In order to promote Effective, Efficient and Ethical use of force, the student will learn the various components of Control and Defensive Tactics, including the situations and resistance levels that allow for its lawful use and the proper psychomotor skills involved in its employment

Total Unit hours – 8 hours

The IRS Isolation Drills Unit is designed to familiarize students with a more open skill environment when applying C/DT techniques. This unit is also designed to emphasize “bridging” or range-changing techniques that allow students to approach and control suspects providing more realistic resistance.

Block/Class duration – 2 Hours

Instructional Content: Inside/Outside Dive Entry, Wiper Entry, Pegboard Entry, flow to CJ takedowns, Thai clinch, striking techniques. Actors will provide striking feeds from various angles & speeds; actors will coach students on skill performance. Instructors will run related drills and will rotate students to stations with IRS actors so that students get multiple short rounds (2 minutes suggested) with several IRS actors. Instructors will monitor IRS actors and students during drills.

Drill Progression

* Control Tactics Station –Variable Feeds, can be run as open or blind feeds
  + Passive- bent and straight arms feeding control holds (Gooseneck, SWTL)
  + Static-straight arms, bent arms, pushing away, fetal or turtle position
  + Egressive-walk away, swarm of bees, arm pull up, arm pull horizontal, slap away
* Striking Station – Variable Feeds, can be run as blind or open feeds
  + Aggressive – straight punches, posturing, wide hook punches, upright charge, takedown attempt
  + Emphasis on pegboard, outside/inside dive, double elbow charge

Equipment Needed

List of equipment: mats and gym space, IRS gear, focus mitts, mouthpiece, groin protection for IRS Drill Actors. Mouthpiece, groin protector, gun belt, patrol gloves for students.

Safety note: while IRS drills are active, the instructor should be monitoring the IRS stations to make sure that the drills do not get out of control. Other students should be periodically given drills to work on that supplement the IRS action but that are slower in pace.

Warm-up Evolution: Freshman Warm Up

Always check to ensure latest version of warm up routine.

Related performance objectives

At the conclusion of training, students will be able to:

1. Demonstrate proficiency in a C/DT techniques in an open skill environment.