

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 1

SEARCH(ES) EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/> Visual Search		<input type="checkbox"/> Cursory / Pat / Frisk Search	
<input type="checkbox"/> High Risk Search		<input type="checkbox"/> Full Body Search Incident to Arrest	
6. PERFORMANCE DIMENSIONS			
	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator		12. Evaluator Signature	
Print Name:		Date	
13. Student (On Failure ONLY)		14. Student Signature (On Failure ONLY)	
Print Name:		Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS		PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)	
- Safety		<input type="checkbox"/>	<input type="checkbox"/>		
- Awareness		<input type="checkbox"/>	<input type="checkbox"/>		
- Balance		<input type="checkbox"/>	<input type="checkbox"/>		
- Control		<input type="checkbox"/>	<input type="checkbox"/>		
- Controlling Force		<input type="checkbox"/>	<input type="checkbox"/>		
- Proper Techniques		<input type="checkbox"/>	<input type="checkbox"/>		
- Verbal Commands / Instructions		<input type="checkbox"/>	<input type="checkbox"/>		
-		<input type="checkbox"/>	<input type="checkbox"/>		
-		<input type="checkbox"/>	<input type="checkbox"/>		
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:		19. MINIMUM PASSING SCORE:	
20. Evaluator		21. Evaluator Signature			
Print Name:		Date			
22. Student (On Failure ONLY)		23. Student Signature (On Failure ONLY)			
Print Name:		Date			
24. Academy Coordinator – RETEST ONLY		25. Academy Coordinator Signature			
Print Name:		Date			

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 1

SEARCH(ES) EXERCISE TEST

SECTION 3: EXERCISE TEST [Back to Form](#)

An exercise test that requires the student to demonstrate competency in the ability to conduct the following Search:

- Visual Search
- Cursory / Pat / Frisk Search
- Full Body Search Incident to Arrest
- High Risk Search

The student will demonstrate competency in the following performance dimensions:

- | | |
|--------------|-----------------------------------|
| 1. Safety | 5. Controlling Force |
| 2. Awareness | 6. Proper Techniques |
| 3. Balance | 7. Verbal Commands / Instructions |
| 4. Control | |

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS [Back to Form](#)

<p>1. Safety</p> <ul style="list-style-type: none"> • Follows facility rules and regulations • Follows instructor directions • Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> • Demonstrates control of subject/suspect • Demonstrates use of appropriate force options • Demonstrates instructed technique(s) • Demonstrates appropriate speed and power
<p>2. Awareness</p> <ul style="list-style-type: none"> • Demonstrates awareness of immediate threat(s) • Demonstrates awareness of potential threat(s) • Demonstrates awareness of immediate environment and other subjects • Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons • Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> • Replicates technique as instructed • Demonstrates fluidity, speed, and power
<p>3. Balance</p> <ul style="list-style-type: none"> • Demonstrates balanced stance • Demonstrates a strong foundation for self-defense • Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> • Demonstrates proper verbal commands/instructions which demonstrate command presence • Demonstrates appropriate voice control/tone • Requests/demands compliance • Allows subject/suspect reasonable time to comply
<p>4. Control</p> <ul style="list-style-type: none"> • Displays self-confidence • Demonstrates appropriate body language, voice modulation, and physical response(s) • Demonstrates proper application of reasonable force • Demonstrates when control over a subject has been achieved 	

Additional Instructor Comments:

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 2

HANDCUFFING EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:		12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:		14. Student Signature (On Failure ONLY) Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:		21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:		23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:		25. Academy Coordinator Signature Date	

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 2

HANDCUFFING EXERCISE TEST

SECTION 3: EXERCISE TEST[Back to Form](#)

An exercise test that requires the student to demonstrate competency in effective Handcuffing technique(s).

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands / Instructions

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS[Back to Form](#)

<p>1. Safety</p> <ul style="list-style-type: none"> • Follows facility rules and regulations • Follows instructor directions • Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> • Demonstrates control of subject/suspect • Demonstrates use of appropriate force options • Demonstrates instructed technique(s) • Demonstrates appropriate speed and power
<p>2. Awareness</p> <ul style="list-style-type: none"> • Demonstrates awareness of immediate threat(s) • Demonstrates awareness of potential threat(s) • Demonstrates awareness of immediate environment and other subjects • Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons • Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> • Replicates technique as instructed • Demonstrates fluidity, speed, and power
<p>3. Balance</p> <ul style="list-style-type: none"> • Demonstrates balanced stance • Demonstrates a strong foundation for self-defense • Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> • Demonstrates proper verbal commands/instructions which demonstrate command presence • Demonstrates appropriate voice control/tone • Requests/demands compliance • Allows subject/suspect reasonable time to comply
<p>4. Control</p> <ul style="list-style-type: none"> • Displays self-confidence • Demonstrates appropriate body language, voice modulation, and physical response(s) • Demonstrates proper application of reasonable force • Demonstrates when control over a subject has been achieved 	

Additional Instructor Comments:

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 3

CONTROL HOLD(S) EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:		12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:		14. Student Signature (On Failure ONLY) Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:		21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:		23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:		25. Academy Coordinator Signature Date	

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 3

CONTROL HOLD(S) EXERCISE TEST

SECTION 3: EXERCISE TEST [Back to Form](#)

An exercise test that requires the student to demonstrate competency in a minimum of two Control Hold techniques.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands / Instructions

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS [Back to Form](#)

<p>1. Safety</p> <ul style="list-style-type: none"> • Follows facility rules and regulations • Follows instructor directions • Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> • Demonstrates control of subject/suspect • Demonstrates use of appropriate force options • Demonstrates instructed technique(s) • Demonstrates appropriate speed and power
<p>2. Awareness</p> <ul style="list-style-type: none"> • Demonstrates awareness of immediate threat(s) • Demonstrates awareness of potential threat(s) • Demonstrates awareness of immediate environment and other subjects • Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons • Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> • Replicates technique as instructed • Demonstrates fluidity, speed, and power
<p>3. Balance</p> <ul style="list-style-type: none"> • Demonstrates balanced stance • Demonstrates a strong foundation for self-defense • Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> • Demonstrates proper verbal commands/instructions which demonstrate command presence • Demonstrates appropriate voice control/tone • Requests/demands compliance • Allows subject/suspect reasonable time to comply
<p>4. Control</p> <ul style="list-style-type: none"> • Displays self-confidence • Demonstrates appropriate body language, voice modulation, and physical response(s) • Demonstrates proper application of reasonable force • Demonstrates when control over a subject has been achieved 	

Additional Instructor Comments:

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 4

TAKEDOWN(S) EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:		12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:		14. Student Signature (On Failure ONLY) Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:		21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:		23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:		25. Academy Coordinator Signature Date	

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 4

TAKEDOWN(S) EXERCISE TEST

SECTION 3: EXERCISE TEST		Back to Form
<p>An exercise test that requires the student to demonstrate competency in a minimum of two Takedown techniques:</p> <p>The student will demonstrate competency in the following performance dimensions:</p> <ol style="list-style-type: none"> 1. Safety 2. Awareness 3. Balance 4. Control 5. Controlling Force 6. Proper Techniques 7. Verbal Commands / Instructions <p>Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.</p>		
SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS		Back to Form
<p>1. Safety</p> <ul style="list-style-type: none"> • Follows facility rules and regulations • Follows instructor directions • Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> • Demonstrates control of subject/suspect • Demonstrates use of appropriate force options • Demonstrates instructed technique(s) • Demonstrates appropriate speed and power 	
<p>2. Awareness</p> <ul style="list-style-type: none"> • Demonstrates awareness of immediate threat(s) • Demonstrates awareness of potential threat(s) • Demonstrates awareness of immediate environment and other subjects • Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons • Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> • Replicates technique as instructed • Demonstrates fluidity, speed, and power 	
<p>3. Balance</p> <ul style="list-style-type: none"> • Demonstrates balanced stance • Demonstrates a strong foundation for self-defense • Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> • Demonstrates proper verbal commands/instructions which demonstrate command presence • Demonstrates appropriate voice control/tone • Requests/demands compliance • Allows subject/suspect reasonable time to comply 	
<p>4. Control</p> <ul style="list-style-type: none"> • Displays self-confidence • Demonstrates appropriate body language, voice modulation, and physical response(s) • Demonstrates proper application of reasonable force • Demonstrates when control over a subject has been achieved 		
<p>Additional Instructor Comments:</p> 		

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 5

IMPACT WEAPON(S) EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
- First Aid Assessment	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:		12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:		14. Student Signature (On Failure ONLY) Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
- First Aid Assessment	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:		21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:		23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:		25. Academy Coordinator Signature Date	

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 5

IMPACT WEAPON(S) EXERCISE TEST

SECTION 3: EXERCISE TEST [Back to Form](#)

An exercise test that requires the student to demonstrate competency in the use of an Impact Weapon(s).

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands / Instructions
8. First Aid Assessment

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS [Back to Form](#)

<p>1. Safety</p> <ul style="list-style-type: none"> • Follows facility rules and regulations • Follows instructor directions • Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> • Demonstrates control of subject/suspect • Demonstrates use of appropriate force options • Demonstrates instructed technique(s) • Demonstrates appropriate speed and power
<p>2. Awareness</p> <ul style="list-style-type: none"> • Demonstrates awareness of immediate threat(s) • Demonstrates awareness of potential threat(s) • Demonstrates awareness of immediate environment and other subjects • Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons • Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> • Replicates technique as instructed • Demonstrates fluidity, speed, and power
<p>3. Balance</p> <ul style="list-style-type: none"> • Demonstrates balanced stance • Demonstrates a strong foundation for self-defense • Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> • Demonstrates proper verbal commands/instructions which demonstrate command presence • Demonstrates appropriate voice control/tone • Requests/demands compliance • Allows subject/suspect reasonable time to comply
<p>4. Control</p> <ul style="list-style-type: none"> • Displays self-confidence • Demonstrates appropriate body language, voice modulation, and physical response(s) • Demonstrates proper application of reasonable force • Demonstrates when control over a subject has been achieved 	<p>8. First Aid Assessment</p> <ul style="list-style-type: none"> • Visually and verbally assesses subject/suspect injuries • Initiates appropriate response

Additional Instructor Comments:

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 6

CAROTID RESTRAINT CONTROL HOLD EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
- First Aid Assessment	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:		12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:		14. Student Signature (On Failure ONLY) Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
- First Aid Assessment	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:		21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:		23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:		25. Academy Coordinator Signature Date	

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 6

CAROTID RESTRAINT CONTROL HOLD EXERCISE TEST

SECTION 3: EXERCISE TEST[Back to Form](#)

An exercise test that requires the student to demonstrate competency in the Carotid Restraint Control Hold.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands / Instructions
8. First Aid Assessment

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS[Back to Form](#)

<p>1. Safety</p> <ul style="list-style-type: none"> • Follows facility rules and regulations • Follows instructor directions • Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> • Demonstrates control of subject/suspect • Demonstrates use of appropriate force options • Demonstrates instructed technique(s) • Demonstrates appropriate speed and power
<p>2. Awareness</p> <ul style="list-style-type: none"> • Demonstrates awareness of immediate threat(s) • Demonstrates awareness of potential threat(s) • Demonstrates awareness of immediate environment and other subjects • Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons • Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> • Replicates technique as instructed • Demonstrates fluidity, speed, and power
<p>3. Balance</p> <ul style="list-style-type: none"> • Demonstrates balanced stance • Demonstrates a strong foundation for self-defense • Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> • Demonstrates proper verbal commands/instructions which demonstrate command presence • Demonstrates appropriate voice control/tone • Requests/demands compliance • Allows subject/suspect reasonable time to comply
<p>4. Control</p> <ul style="list-style-type: none"> • Displays self-confidence • Demonstrates appropriate body language, voice modulation, and physical response(s) • Demonstrates proper application of reasonable force • Demonstrates when control over a subject has been achieved 	<p>8. First Aid Assessment</p> <ul style="list-style-type: none"> • Visually and verbally assesses subject/suspect injuries • Initiates appropriate response

Additional Instructor Comments:

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 7

HANDGUN TAKEAWAY(S) EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/> Front Handgun Takeaway		<input type="checkbox"/> Rear Handgun Takeaway	
<input type="checkbox"/>		<input type="checkbox"/>	
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:		12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:		14. Student Signature (On Failure ONLY) Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:		21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:		23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:		25. Academy Coordinator Signature Date	

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 7

HANDGUN TAKEAWAY(S) EXERCISE TEST

SECTION 3: EXERCISE TEST [Back to Form](#)

An exercise test that requires the student to demonstrate competency in Handgun Takeaway technique(s) including a minimum of one handgun takeaway technique from both the front and rear positions.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands / Instructions

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS [Back to Form](#)

<p>1. Safety</p> <ul style="list-style-type: none"> • Follows facility rules and regulations • Follows instructor directions • Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> • Demonstrates control of subject/suspect • Demonstrates use of appropriate force options • Demonstrates instructed technique(s) • Demonstrates appropriate speed and power
<p>2. Awareness</p> <ul style="list-style-type: none"> • Demonstrates awareness of immediate threat(s) • Demonstrates awareness of potential threat(s) • Demonstrates awareness of immediate environment and other subjects • Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons • Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> • Replicates technique as instructed • Demonstrates fluidity, speed, and power
<p>3. Balance</p> <ul style="list-style-type: none"> • Demonstrates balanced stance • Demonstrates a strong foundation for self-defense • Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> • Demonstrates proper verbal commands/instructions which demonstrate command presence • Demonstrates appropriate voice control/tone • Requests/demands compliance • Allows subject/suspect reasonable time to comply
<p>4. Control</p> <ul style="list-style-type: none"> • Displays self-confidence • Demonstrates appropriate body language, voice modulation, and physical response(s) • Demonstrates proper application of reasonable force • Demonstrates when control over a subject has been achieved 	

Additional Instructor Comments:

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 8

HANDGUN RETENTION(S) EXERCISE TEST

SECTION 1: INITIAL TEST Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/> Holstered Handgun Front Retention		<input type="checkbox"/> Holstered Handgun Rear Retention	
<input type="checkbox"/>		<input type="checkbox"/> Unholstered Handgun Retention	
<input type="checkbox"/>		<input type="checkbox"/>	
6. PERFORMANCE DIMENSIONS		PASS	FAIL
7. COMMENTS (REQUIRED FOR FAILURES)			
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	
		10. MINIMUM PASSING SCORE:	
11. Evaluator		12. Evaluator Signature	
Print Name:		Date	
13. Student (On Failure ONLY)		14. Student Signature (On Failure ONLY)	
Print Name:		Date	

SECTION 2: RETEST

15. PERFORMANCE DIMENSIONS		PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)	
- Safety		<input type="checkbox"/>	<input type="checkbox"/>		
- Awareness		<input type="checkbox"/>	<input type="checkbox"/>		
- Balance		<input type="checkbox"/>	<input type="checkbox"/>		
- Control		<input type="checkbox"/>	<input type="checkbox"/>		
- Controlling Force		<input type="checkbox"/>	<input type="checkbox"/>		
- Proper Techniques		<input type="checkbox"/>	<input type="checkbox"/>		
- Verbal Commands / Instructions		<input type="checkbox"/>	<input type="checkbox"/>		
-		<input type="checkbox"/>	<input type="checkbox"/>		
-		<input type="checkbox"/>	<input type="checkbox"/>		
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:		19. MINIMUM PASSING SCORE:	
20. Evaluator		21. Evaluator Signature			
Print Name:		Date			
22. Student (On Failure ONLY)		23. Student Signature (On Failure ONLY)			
Print Name:		Date			
24. Academy Coordinator – RETEST ONLY		25. Academy Coordinator Signature			
Print Name:		Date			

ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing – Test 8

HANDGUN RETENTION(S) EXERCISE TEST

SECTION 3: EXERCISE TEST		Back to Form								
<p>An exercise test that requires the student to demonstrate competency in Handgun Retention techniques, including a minimum of one technique to be demonstrated from the following positions:</p> <ul style="list-style-type: none"> A Holstered Handgun Front Retention Technique A Holstered Handgun Rear Retention Technique An Unholstered Handgun Retention Technique <p>The student will demonstrate competency in the following performance dimensions:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Safety</td> <td style="width: 50%;">5. Controlling Force</td> </tr> <tr> <td>2. Awareness</td> <td>6. Proper Technique(s)</td> </tr> <tr> <td>3. Balance</td> <td>7. Verbal Commands / Instructions</td> </tr> <tr> <td>4. Control</td> <td></td> </tr> </table> <p>Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.</p>			1. Safety	5. Controlling Force	2. Awareness	6. Proper Technique(s)	3. Balance	7. Verbal Commands / Instructions	4. Control	
1. Safety	5. Controlling Force									
2. Awareness	6. Proper Technique(s)									
3. Balance	7. Verbal Commands / Instructions									
4. Control										
SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS		Back to Form								
<p>1. Safety</p> <ul style="list-style-type: none"> Follows facility rules and regulations Follows instructor directions Demonstrates proper use of safety equipment 	<p>5. Controlling Force</p> <ul style="list-style-type: none"> Demonstrates control of subject/suspect Demonstrates use of appropriate force options Demonstrates instructed technique(s) Demonstrates appropriate speed and power 									
<p>2. Awareness</p> <ul style="list-style-type: none"> Demonstrates awareness of immediate threat(s) Demonstrates awareness of potential threat(s) Demonstrates awareness of immediate environment and other subjects Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons Demonstrates awareness of possible escape routes 	<p>6. Proper Technique(s)</p> <ul style="list-style-type: none"> Replicates technique as instructed Demonstrates fluidity, speed, and power 									
<p>3. Balance</p> <ul style="list-style-type: none"> Demonstrates balanced stance Demonstrates a strong foundation for self-defense Executes movements in a fluid manner in any direction 	<p>7. Verbal Commands / Instructions</p> <ul style="list-style-type: none"> Demonstrates proper verbal commands/instructions which demonstrate command presence Demonstrates appropriate voice control/tone Requests/demands compliance Allows subject/suspect reasonable time to comply 									
<p>4. Control</p> <ul style="list-style-type: none"> Displays self-confidence Demonstrates appropriate body language, voice modulation, and physical response(s) Demonstrates proper application of reasonable force Demonstrates when control over a subject has been achieved 										
<p>Additional Instructor Comments:</p> 										