



## **PPCT Inmate Control Instructor School**

### **Course Description:**

The GETS PPCT Ground Avoidance Ground Escape Course is designed to teach students how to avoid being taken to the ground and how to effectively escape if they do find themselves there. It reviews tactics for both open and narrow environments; reviews the four most common ground positions and escapes. Refines the student's physical technique; and presents instructional methods for teaching survival skills.

### **Course Goals:**

1. To examine survival learning research in an effort to enhance officer survivability in a combat situation.
2. To instruct a ground avoidance and ground escape system that is compatible with the effects of survival stress.
3. To teach officers how to avoid being taken to the ground and how to effectively escape if they are grounded.
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 chapter 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 chapter 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.

#### ***Ground Avoidance and Ground Escape***

This chapter teaches officers how to avoid being taken to the ground and how to effectively escape if they are grounded. Topics discussed include falling techniques, ground avoidance techniques, ground defense positions, ground escapes, headlock escapes, and defenses against chokes.