

# Southwestern Illinois Law Enforcement Commission

Hosting

## L.O.C.K.U.P.® Police Training Immediate Control Tactics

April 21-22, 2026 0830-1630



FBI National Academy  
Associates  
2022 Science & Innovation  
Award  
Presented to L.O.C.K.U.P.

*The L.O.C.K.U.P. training  
differentiated itself from  
other Defensive tactics  
programs being instructed  
throughout the country.*

*“Not a technique-based  
training system but the  
emphasis is on the actual  
collection of data on the  
use of force incidents, and  
detailed reporting to  
determine the  
effectiveness and needs  
assessments of the officers  
on the street.”*

KFD Training  
and Consultation LLC  
PO Box 290931  
Wethersfield, CT  
06129-0931  
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ONLY \$495.00!  
ILETSB  
Certified / Approved

### **Rapid, Efficient Resolution of Violent Resistance**

This course emphasizes rapid, decisive control to safely resolve violent or actively resisting encounters while minimizing prolonged physical exertion for both officers and subjects. Extended physical struggles increase fatigue, intensify stress responses, and significantly elevate the risk of injury and medical emergencies. By establishing effective control early, officers can prevent drawn-out engagements that overload the cardiovascular and respiratory systems.

Techniques focus on immediate immobilization and control, not prolonged ground fighting or strength-based solutions. The emphasis is on positioning, leverage, balance disruption, and timing -ensuring control is achieved safely, proportionately, and defensibly.

Participants learn strategies that allow them to:

- Resolve resistance quickly and efficiently, with an emphasis on accurate report writing
- Reduce overall force exposure through efficient control strategies
- Limit escalation by establishing early, decisive control
- Transition rapidly to stabilization and medical assessment
- Apply effective takedowns designed for immediate control—not prolonged struggle
- Execute team-based subject control tactics through coordinated movement and positioning
- Integrate team communication and coordinated takedowns during dynamic encounters
- Adapt control tactics to various operational environments, emphasizing energy management
- Employ defensive striking principles appropriate for law enforcement and corrections
- Understand psychophysiological changes that occur during human aggression and high stress

**4 HOUR VIRTUAL L.E.A.D.S. De-escalation Training Included !**

*“The agency has an excellent self defense training program which contributed greatly to their success in low usage of less lethal weapons during this accreditation period.” C.A.L.E.A.® Assessment of L.O.C.K.U.P.®*

*“Training PROVEN effective for officers. Supported by tracked documented L.O.C.K.U.P. deployments”*



#### LOCATION of TRAINING

SILEC

Southwestern Illinois Law Enforcement Commission

2300 West Main St., Suite D-100

Belleville, Illinois 62226

REGISTER @

[www.LockupPoliceTraining.com](http://www.LockupPoliceTraining.com)

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