# EFFECTIVE FITNESS COMBATIVES (EFC)

TRANSFORMING LAW ENFORCEMENT TRAINING



# WHY CHOOSE EFC?

- Real-World Applicability: Rooted in real-world applications developed by cops for cops.
- ★ Comprehensive Training: Full spectrum end-to-end combatives program, which integrates wrestling, jiu-jitsu, and striking with a focus on weapon-based considerations and encompasses a multi officer apprehension curriculum.
- ★ 5 Core Disciplines: Awareness, Angles, Distance Management, Mobility, and Improvisation form the foundation of our curriculum.
- **Enhanced Officer Performance:** Studies demonstrate significant improvements in officer performance under stress.
- ★ Proven Results: Grand Rapids, MI reported 78% resolution of Use of Force incidents using EFC techniques/principles and a 48% reduction in officer injuries.
- ★ Cost-Effectiveness: EFC implementation leads to substantial financial savings by reducing liability from officer and suspect injuries and over reliance on taser deployments.

# PROVEN IMPACT

- Reduction in High-Profile Complaints: Immediate decrease in high-profile complaints and incidents during use-of-force cases.
- Real-World Use: EFC techniques are used in over 70% of GRPD's use-of-force instances. That is approximately EFC being used in 350 UOF incidents yearly.
- Reduction in Injuries: Significant decrease in injuries to both suspects and officers, enhancing safety and reducing liability.
- **De-escalation in High-Risk Incidents:** In 9 months, EFC techniques prevented 3 incidents involving armed subjects from likely escalating into officer-involved shootings.

## **KEY BENEFITS**

- Improved Ability & Reduced Liability: Equips officers to handle the complete spectrum when encountering situations that require use of force.
- ✓ Enhanced Officer Safety: EFC Emphasizes control over pain compliance. Pain compliance fails two-thirds of the time and can escalate a passively resisting subject.
- ✓ Increased Confidence: Principle-based training enhances critical thinking and adaptability, leading to better decision-making in highstress situations.
- ✓ IADLEST Approved Curriculum: Ensures adherence to the highest standards of law enforcement training.

## **EFC TEAM**



Director of Training, Jay Wadsworth and Team: Our team boasts over 250+ years of combined experience in law enforcement, Jiu-Jitsu, wrestling, and MMA.

# **EFC IN PERSON & ON DEMAND CERTIFICATION PROGRAMS**

- EFC Level 1 Instructor Certification: Master essential combatives skills and learn effective teaching techniques through our comprehensive Level 1 Instructor Certification course.
- EFC Level 2 Advanced Instructor Certification: Advance your expertise with our Level 2 Advanced Instructor Certification
  course focusing on Reality Based Training.
- Online Training and Video Resources: Full access to our online course material, resources.

# WHAT SETS US APART



When it comes to defensive tactics training, especially for law enforcement and military personnel, it's crucial to have a curriculum that goes beyond the basic sport of Brazilian Jiu-Jitsu (BJJ) and focuses on real-world applicability. That's where the Effective Fitness Combatives (EFC) Instructor Certification Course stands out.

Unlike some other programs, EFC doesn't just teach techniques for the sake of sport. Our curriculum is rooted in real-world scenarios and has been developed by cops for cops. We understand the unique challenges faced by law enforcement and our curriculum reflects that.



#### One of the key differences is our emphasis on our 5 Core Principles:

Awareness, Ability to Maintain Mobility, Distance Management, Winning the Angles, and Improvisation. These principles serve as the foundation of our training and guide every aspect of our curriculum.

What sets us apart is our comprehensive approach. While we incorporate elements of wrestling, jiu-jitsu, and striking, we go beyond individual techniques to teach concepts and principles that can be applied in a variety of situations. Our modules are designed to create a curriculum that focuses on developing critical thinking skills and adaptability, rather than simply memorizing techniques.

For example, our ground defense training is grappling-based, but it's not just about learning specific moves. We teach officers how to control and subdue suspects using wrestling fundamentals when vertical and transition seamlessly to BUJ control techniques when on top of a grounded suspect.

This detailed approach ensures officers are equipped to handle a wide range of <u>scenarios with confidence and</u> effectiveness.



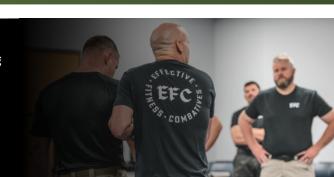


Additionally, our curriculum includes specialized training in weapons based entanglements, covering everything from weapon retention to disengagement tactics.

This comprehensive approach prepares officers for the realities of the field and ensures they can effectively navigate high-stress situations while minimizing risk to themselves and others.

In summary, the EFC Instructor Certification Course offers a superior training experience that goes beyond traditional combatives programs.

With our focus on real-world applicability, comprehensive curriculum, and emphasis on ~ critical thinking and adaptability, we provide officers with the skills and confidence they need to excel in any situation.



# EFC'S IMPACT



# GRAND RAPIDS PD IMPLEMENTATION OF EFC

- Reduction in High-Profile Complaints: Immediate decrease in high-profile complaints and incidents during use-of-force cases.
- Real-World Use: Referring to the multi-year use of force statistics, in 2023, there were 826 Use of Force reports, with roughly 600 EFC techniques utilized in these incidents.
- Reduction in Injuries: GRPD reported a significant decrease in injuries to both suspects and officers, enhancing safety and reducing liability.
- De-escalation in High-Risk Incidents: "There were at least 2 3 incidents throughout the year that most likely would have resulted in an Officer Involved Shooting without EFC techniques being utilized to bring the subject under control" -GRPD Training Division.

# QUOTES FROM STUDENTS & DATA FROM AGENCIES

- ★ "The price is often a small price to pay.
  The material packed into this 2 day course was definitely weeks worth of material and the one on one interactions with the instructors and individual training is unmatched. I learned so much in 2 days, versus what I learned in the academy regarding combatives. This is definitely a worthwhile course from some of the best instructors out there with real life LE experiences."
- \* "My first EFC course and I was extremely impressed and satisfied with the entire weekend. A lot of great information and knowledge shared during the course. Valuable information to carry over into the streets and utilize during my career. The instructors knowledge was incredible and they really focused on making sure skills were done correctly and gave feedback/reinforcement on what you were doing and that it was done well."
- \* "Worth the time/effort/money. The training is invaluable."
- \* "The material was great for beginners or overworked guys/girls to learn basic fundamentals that can be applied in real time. Simple and effective."
- \* "Definitely do it. You'll come away with real world training that will make you better and more confident immediately."



# JAY WADSWORTH BIO



- Brazilian Jiu Jitsu 2nd Degree Black Belt
- Retired Pro/Amateur MMA fighter
- 22-years of street cop experience
- 14-years SWAT experience
- NYS DCJS Certified SWAT Operator (2021)
- DCJS Instructor: Developed the new mandatory curriculum for defensive tactics instructors and basic recruits; lead instructor on over 18 two-day recertification courses, 24 80-hour instructor courses and 41-day overview courses (2016-Present)
- SME City of Syracuse case (2019)
- SME NYS AG's officer grand jury testimony (2020)
- Reality Based Training Instructor (2019) DCJS
- Range Instructor (2019) DCJS
- Progressive FORCE Concepts/Code 4 Concepts Defensive Tactics Instructor (2016-2022)
- Jamestown Police Department SWAT Team director of training (2015-2023)
- Team Leader Jamestown Police SWAT TEAM (2011-2023)
- Head defensive tactics instructor at Chautauqua County Sheriff's Academy (2012-2023)
- Director of Defensive Tactics @ NYTOA (2016-Present)
- Instructor at NYTOA (2013-Present)
- Instructor at TacOPs EAST/SOUTH (2016-Present)
- Jamestown Police Department Lead Defensive Tactics Instructor (2010-2023)
- Defensive Tactics Instructor Certification (DCJS 2010)
- Taser Instructor (2010-2016)



# **JAY WADSWORTH**

Director of Combatives, Lead Instructor

# EFC COURSE: HOSTING REQUIREMENTS



## **LEVEL 1 INSTRUCTOR CERTIFICATION**

REQUIREMENT	DETAILS	
Student Commitment	Commitment to sending 5 students. (Host is awarded one comp seat for every 10 paid students enrolled.)	
Mat Space	At least 30 students (sufficient space for training drills).	
Classroom/Presentation Area	Space for presentations and instructional time.	
Whiteboard	For visual demonstrations and teaching.	
Training or "Blue" Guns	Must provide training, or "blue", guns for drills. We will have some.	
Bathroom	Access to a bathroom for all participants.	
Maximize Enrollment	Host must actively help maximize enrollment for the course by promoting to their network and local contacts. We will also advertise.	
Provide Area Contacts	Host is required to provide area contacts to EFC to assist with enrollment and outreach efforts.	

## LEVEL 2 ADVANCED INSTRUCTOR CERTIFICATION

REQUIREMENT	DETAILS	
Student Commitment	Commitment to sending 4 students. (Host is awarded one comp seat for every 10 paid students enrolled.)	
UTM/Simunition Guns/Rounds	Must Supply 6 UTM/Simunition Guns and 350 marking and blank rounds for Reality Based Training (RBT).	
Mat Space	At least 30 students (sufficient space for training drills).	
RBT Space	Mat space must have at least 2 padded corners or 90 degree walls, or a facility/space designed for RBT drills.	
Classroom/Presentation Area	Space for presentations and instructional time.	
Whiteboard	For visual demonstrations and teaching.	
Training or "Blue" Guns	Must have non-firing training weapons available for safety during drills. We will have some.	
Bathroom	Access to a bathroom for all participants.	
Maximize Enrollment	Host must actively help maximize enrollment for the course by promoting to their network and local contacts. We will also advertise.	
Provide Area Contacts	Host is required to provide area contacts to EFC to assist with enrollment and outreach efforts.	

### **NEXT STEPS FOR HOSTS**

- Booking the Course: Fill out this <u>Host Request Form</u> to confirm availability and next steps.
- **Coordination:** EFC will work with you to ensure all hosting requirements are met before the course date.
- Compensation: Host will receive one complimentary instructor seat for every 10 paid students enrolled.



# EFC INSTRUCTOR CERTIFICATION COURSE - SYLLABUS

**4 DAY - 40 HOUR INSTRUCTOR COURSE** 



# **OVERVIEW & PURPOSE**

The purpose of this instructor course is to create effective LE Professionals. The course is designed to equip them with the knowledge and skills necessary to train and lead their peers in an effort to raise the standard of training as it pertains to combatives, defensive tactics and use of force situations.

This is accomplished through 4 days, 40 hours, of instruction in the areas of (but not limited to): Adult Learning, the "I Method of Coaching", UOF Documentation, Recovering from Bad Positions, Takedowns, Apprehension, and Weapons Based Entanglements.

A majority of the learning will be in an active, "Hands-On" environment and there will be assessments to check for understanding by the instructors and a final exam.

# **OBJECTIVES**

- Explain concepts of adult learning and the "I Method of Coaching".
- Explain case law as it pertains to use of force (i.e., Graham vs. Connor).
- Demonstrate the control points of the human body during apprehension.
- Employ tactics to dominate and regain control from a bad position.
- 5. Demonstrate the basic concepts of various takedowns.
- Practice the integration of weapons into body control tactics.
- Identify conditions of space and evaluate the surrounding environment.
- Demonstrate proper movement out of an entanglement respecting conditions of space and the surrounding environment.

# **MATERIALS NEEDED**

- 1. Water, Lunch, Snacks
- 2. Holster or Duty Belt w/ Training (Blue) Gun
- 3. Wrestling Shoes or Sneakers (No Boots)
- 4. BDU-style Pants & T-shirt/Athletic Top
- Mobile Device (Phone, Laptop, Tablet) With Ability to Connect to the Internet
- 6. MMA Gloves (Optional)
- 7. Mouth Guard (Optional)
- 8. NOGI or GI for Lunch BJJ Rolls (Optional)

# **ASSESSMENT**

Steps to check for student comprehension

- 1. Student Q&A with Instructor
- 2. Course Review and Reflections
- 3. Effective Demonstration of Techniques Learned
- Final Exam
- 5. Course Evaluation

# ONLINE COURSE ACCESS

- You will receive a link to register and log in to EF Combatives online to access supplemental course material. You will find:
  - o Course Location, Instructions, and Syllabus
  - o PowerPoint Presentations From In-Person Sessions
  - o Final Exam (Available Evening Day 3)
  - Course Evaluation (Available on Day 4)
  - Future Action Plan and Certificate of Completion (Available on Day 4)
  - O Link to Video Resource Library
- If you need technical assistance, please contact your instructor or email support@efcombatives.com



# EFC INSTRUCTOR CERTIFICATION COURSE - SYLLABUS

**4 DAY - 40 HOUR INSTRUCTOR COURSE** 



# **OUTLINE OF ACTIVITIES**

#### Day 1: 0800-1830 hrs

- o Block 1: Introductions and Course Overview (30 min)
- o Block 2: Principles of Defensive Tactics (30 min)
- Block 3: Adult Learning and "I Method of Coaching" (30 min)
- Block 4: Use of Force Overview/Documentation (1.5 hrs)
- Block 5: Striking (1 hr)
- o Lunch (30 min)
- O Block 6: Intro to Skill Building (1.5 hrs)
- Block 7: Dominating and Recovering from Bad Positions (4 hrs)
- Block 8: Debrief (30 min)

#### Day 2: 0800-1830 hrs

- Block 1: Dominating and Recovering from Bad Positions Cont. (1 hr)
- Block 2: Handcuffing (1 hr)
- Block 3: Intro to Control Tactics and Apprehension for Single Officer (2 hr)
- Lunch (30 min)
- Block 4: Intro to Control Tactics and Apprehension for Single Officer (1 hr)
- O Block 5: Single Officer Takedowns (2 hrs)
- Block 6: Multiple Officer Takedowns, Communication
   & SOP Considerations (2 hr)
- O Block 7: Resistance Drills (30 min)
- O Block 8: Debrief (30 min)

#### Day 3: 0800-1830 hrs

- Block 1: Multiple Officer Takedowns, Communication
   & SOP Considerations (1 hr)
- Block 2: Conditions of Space & Priority of Life Dictate Tactics (1 hr)
- Block 3: Weapon Deflection and Movement Out of the Vertical Clinch (1 hr)
- Block 4: Weapon Retention in the Holster (all positions) (1 hr)
- o Lunch (30 min)
- Block 5: Weapon Retention in the Holster (all positions) (2.5 hrs)
- Block 6: Weapon Defense (Handgun and Edged Weapon) (1.5 hrs)
- Block 7: Weapon Based Entanglements (CAP concept) (1.5 hrs)
- Block 8: Debrief (30 min)

#### Day 4: 0800-1830 hrs

- Block 1: Weapon Based Entanglements (CAP concept) (1 hr)
- Block 3: Resistance Drills (1 hr)
- O Block 4: Q&A with Instructors (2 hrs)
- Lunch (30 min)
- Block 5: Student Led Training Blocks (2.5 hrs)
- Block 5: Exam\* (1 hr)
- O Block 6: Course Evaluation\* (30 min)
- Block 7: Debrief (2 hrs)

(Total Hours: 40)

\*Please bring a mobile device (phone, tablet, laptop) to take your final exam and complete your course evaluation.

# **COURSE RATES**

Groups/Agencies can book both Closed (private) and Open (public) courses /workshops -Minimum booking of 20 individuals required for course to take place.

\*Groups/Agencies discounts available



## **INSTRUCTOR CERTIFICATION COURSE**

- \$1397 per person •
- \*Group Discounts Available

### **CUSTOM COURSE**

- \$1050 per person •
- \*Group Discounts Available

## **CUSTOM COURSE**

- \$700 per person •
- \*Group Discounts Available

#### **CUSTOM COURSE**

- \$350 per person •
- \*Group Discounts Available

Custom Courses can be built to suit your agency's needs and can include, but are not limited to, any of the following modules:

- Vehicle Extraction
- Takedowns
- Apprehension and Control
- Handcuffing
- Weapons Based Entanglements
- Team Tactics for any of the above modules

To discuss rates in or detail or to schedule your course/workshop, reach out to



Jay Wadsworth at jay@efcombatives.com



# LETTER OF **IADLEST NCP**





# International Association of Directors of Law Enforcement Standards and Training

Headquarters: 152 S. Kestrel Pl., Ste 102, Eagle, ID 83616 Washington DC: 1775 "I" Street NW, Suite 1150, Washington, D.C. 20006 Main: (208) 288-5491 Fax (800) 783-6438

August 18, 2023

#### www.iadlest.org

#### MIKE AYERS

President Georgia Peace Officer Standards & Training PO Box 349 Clarkdale, GA 30111 (706) 421-8217 Mike.Ayers@gapost.org

#### **CHRIS WALSH**

First Vice President Wyoming Peace Officer Standards & Training 1556 Riverbend Drive Douglas, WY 82633 (307) 358-8215 Chris.walsh1@wyo.gov

### JEFFREY SMYTHE

Second Vice President North Carolina Criminal Justice Standards Division 1700 Tryon Park Drive Raleigh, NC 27610 (336) 343-7504 jsmythe@ncdoj.gov

#### TREVOR ALLEN

North Carolina Justice Academy 200 West College Street Salemburg, NC 28385 (919) 926-6000 tjallen@ncdoj.gov

## STEPHANIE PEDERSON

Secretary Wisconsin Department of Justice Training & Standards Bureau 17 West Main Street, PO Box 7070 Madison, Wisconsin 53707 (608) 261-8641 pedersonse@doj.state.wi.us

#### MICHAEL N. BECAR **Executive Director, CEO**

152 S. Kestrel Place, Suite 102 Eagle, ID 83616-5137 (208) 288-5491 Fax: (800) 783-6438 mikebecar@iadlest.org

Dear Mr. Wadsworth.

Congratulations to Effective Fitness Combatives for achieving the IADLEST National Certification Program Seal of Excellence for the below-listed training course:

23699-2308 EFC Instructor Certification Course - 40 Hours In-Person Course

Our assessment team has thoroughly reviewed your materials and have passed the rigors of our independent review process. You have earned the privilege to display the National Certification Program Seal on the First Forward Website and to mention your certified status using our NCP Mark on your other advertising specific to this course. Here is a link to the NCP display guidelines:

#### http://iadlest-ncp.org/iadlest-certified/

In addition, I have attached our policy on certificate distribution and fees with the NCP seal. Please review the document and feel free to contact me with any questions you may have.

Your course was exceptionally well-written and detailed! We will publish this course in the catalog as soon as possible. Your course will expire on August 18, 2025, and we hope you will renew your certification.

Sincerely,

#### Jim Gordon

Jim Gordon, IADLEST Project Manager National Certification Program

John V. Scippa Northeast Region New Hampshire (603) 271-1793

Joyce Nelson VanMeter **Central Region** (734) 677-5022

Rebekah Taylor Hill South Region Louisiana (225) 342-1530

Darin Beck Midwest Region Kansas (620) 694-1400

Matt Giordano West Region (602) 774-9350

Joe Trindal International Region Washington DC (202) 359-8505

Charles "Skeet" Brewer Federal Representative Georgia (912) 267-2654





# LETTER OF REC GRAND RAPIDS





DATE: 8/8/2023

TO: South Carolina Standards and Accreditation Unit

FROM: Captain Dave Siver

**Grand Rapids Police Department** 

Training and Engagement Division Commander

SUBJECT: EFC Letter of Recommendation

To whom it may concern,

This letter of recommendation for the Effective Fitness Combative program is a pleasure of mine to write. We contacted them in the spring of 2022 to come to Grand Rapids and run a 2-day course for exposure to the program in response to an incident locally that had National implications. That 2-day course was very well received internally. I in turn approached the Chief of Police for permission to change our Subject Control / Defensive Tactics curriculum to an EFC based program. Since then, we have had our personnel attend every Instructor course that EFC has put on in Michigan, with 7 more Instructors attending another course in 3 weeks. We currently have 16 EFC Instructors in our cadre.

I can't speak highly enough of the program, the quality of instruction, and the professionalism of the instructor cadre. This program truly is a game changer in our profession. It greatly reduces the number of high-profile incidents and we're experiencing EFC techniques being used in over 70% of our use of force incidents. In less than one year of implementing this program I can confidently say we have avoided several potential deadly force encounters because our men and women were able to successfully control armed individuals without the need for further force. In my 24 years of policing, I haven't come across something this important in regard to career survival for our troops, especially our preservice and younger officers. If anyone would like to discuss this further, please feel free to reach out to me.

Respectfully submitted,

Capt. Dave Siver dsiver@grcity.us 616.456.3335



# LETTER OF REC MONROEVILLE





# Municipality of Monroeville

A Home Rule Charter Municipality

Monroeville Police Department 2700 Monroeville Blvd. Monroeville, PA 15146

Kenneth D. "Doug" Cole Chief of Police (412) 856-1000



To whom it may concern,

My name is Timothy Bish and currently serve as a Sergeant in the Monroeville Police Department located in Western Pennsylvania. Our department is a force of approximately 50 officers and is approximately 15 miles East of Pittsburgh, PA. I also serve as the department training supervisor.

Recently, I was fortunate to host and attend Effective Fitness Combatives Instructor Certification class in our municipality. I can say without doubt, it was one of the best and most rewarding classes I have had the opportunity to attend and enroll officers in.

Throughout the course of the class, the material was relevant and was easy to learn. There was plenty of time to do repetitions of the movements that allowed for the learning of the proper application. One of the best aspects was the student to instructor ratio and how involved the instructors were with the teaching of the class as well as being willing participants within the group. You rarely see instructor based classes where instructors are genuinely excited to teach and be involved in teaching and answering questions.

As a host, it was a very smooth process in scheduling the class. Advertisements were provided by Effective Fitness Combatives that made it simple to advertise in our area. We were given the opportunity to select multiple dates that worked for our schedule and at no point did working with administration feel like a chore. Responses to questions were quick and precise.

On another note, during the course of the class, multiple individuals from the local Jiu-Jitsu community stopped in to the class and expressed their support for the law enforcement community. The amount of passion Jay and his instructor team have for the profession and the art was proven at this point that they have created a network that many other disciplines could only hope to replicate.

I could not speak any higher from my experiences of working with Effective Fitness Combatives. I look forward to continue working with them in the future and recommend them to anyone in need of control tactics training.

Thank you,

Sgt. Bish



# EFC ONLINE LEVEL 1 INSTRUCTOR RECERTIFICATION COURSE

MAINTAIN YOUR CERTIFICATION CONVENIENTLY ONLINE



An efficient and cost-effective solution for maintaining your EFC Level 1 Instructor Certification without the need for travel.

## **KEY BENEFITS:**



#### **Cost-Effective:**

Save on travel expenses and time while maintaining certification.



#### Flexible & Self-Paced:

Complete the course online at your convenience.



#### **Community Access:**

Stay connected with fellow certified instructors.

## **COURSE HIGHLIGHTS:**



#### **Comprehensive Training:**

Hours of video content and activities designed to refresh and expand knowledge.



#### **Certification Validity:**

24 months post-completion.



#### **Certificate of Completion:**

Recognized certification upon successful course completion.

# **PRICING INFORMATION:**



## **PROVEN IMPACT:**

#### **EFC & Grand Rapids PD**

**Reduction in High-Profile Complaints:** Immediate decrease in high-profile complaints and incidents during use-of-force cases.

**Real-World Use:** Referring to the multi-year use of force statistics, in 2023, there were 826 Use of Force reports, with roughly 600 EFC techniques utilized in these incidents.

**Reduction in Injuries:** GRPD reported a significant decrease in injuries to both suspects and officers, enhancing safety and reducing liability.

**De-escalation in High-Risk Incidents:** "There were at least 2 - 3 incidents throughout the year that most likely would have resulted in an Officer Involved Shooting without EFC techniques being utilized to bring the subject under control" -GRPD Training Division.

# WHAT OFFICERS ARE SAYING:

"I would highly recommend for others to attend this course, there's always something to learn or improve within our own tactics and this course presents techniques that seem to have been carefully and thoroughly thought through. Great course. Be ready to learn. The instructors are very knowledgeable in what they teach and have the ability to simplify everything"



ENROLL NOW

Ensure your certification remains valid without the need for travel. Visit <a href="https://www.efcombatives.com">www.efcombatives.com</a> or contact us at <a href="mailto:admin@efcombatives.com">admin@efcombatives.com</a>.









# EFC INSTRUCTOR CERTIFICATION: LEVEL 1 VS LEVEL 2



#### **LEVEL 1: INSTRUCTOR CERTIFICATION**

**Duration**: 40 Hours, 4 or 5 Days (In-Person)

Focus: Foundations of Defensive Tactics & Combatives

**Primary Objective**: Equip instructors with the core skills to teach EFC's basic defensive tactics, combatives, and safety protocols.

#### **Key Learning Areas:**

- Basic Combatives:
   Striking, grappling, and weapons retention techniques.
- Defensive Tactics:
   Fundamental skills for
   controlling suspects and
   defending against attacks.
- De-escalation Techniques:
   Approaches to managing high-stress situations.
- Instructing & Training Methods: How to teach foundational techniques to others.
- Safety Protocols:
   Ensuring safety during combatives training sessions.
- Scenario-Based Training:
   How to create simple training
   scenarios for practice.

#### Who Should Attend:

- Law enforcement officers and trainers who are new to teaching defensive tactics.
- Agencies looking to build internal instructor capacity for basic defensive tactics training.

#### **Certification Outcome:**

- EFC Level 1 Instructor Certification (valid for 2 years).
- Ability to teach EFC's concepts and principles to law enforcement officers.

#### LEVEL 2: ADVANCED INSTRUCTOR CERTIFICATION

Duration: 32 Hours, 4 Days (In-Person)

Focus: Advanced Techniques, Scenario-Based Training & Leadership Development Primary Objective: Build upon Level 1 to refine instructor skills, incorporate advanced techniques, and integrate real-world scenarios for officer safety and combat effectiveness.

#### **Key Learning Areas:**

- Advanced Combatives: Mastery of advanced grappling, submissions, and counter-techniques.
- Weapons-Based Entanglements:
   Advanced scenarios that simulate real-life weapons encounters (e.g., gun or knife retention).
- Reality-Based Training (RBT):
   Creating and executing complex,
   high-pressure scenarios for
   officers to navigate.
- Instructor Leadership: How to manage and lead training sessions for other instructors and teams.
- Scenario Building & Roleplay: Developing realistic, stressinducing training scenarios to test officers' decision-making and combat skills.
- Liability & Legal Considerations:
   Understanding how advanced techniques fit into legal and policy frameworks for law enforcement.

#### Who Should Attend:

- Certified Level 1 instructors ready to take their teaching and training to the next level.
- Agencies with experienced trainers looking to add advanced combatives to their curriculum.
- Trainers aiming to lead and structure reality-based training programs.

#### **Certification Outcome:**

- EFC Level 2 Advanced Instructor Certification (valid for 2 years).
- The ability to teach advanced defensive tactics and weaponsbased entanglements, with an emphasis on reality-based training.
- Enhanced skills in leading instructors and building complex, real-world scenarios.

Feature	Level 1	Level 2	
Focus	Foundational skills & techniques	Advanced techniques & leadership development	
Duration	3-4 Days (In-Person)	3-4 Days (In-Person)	
Key Training Areas	Basic combatives, defensive tactics, de- escalation	Advanced grappling, weapons retention, RBT	
Primary Objective	Certify as an instructor for basic courses	Certify as an instructor for advanced techniques & scenario-based training	
Instructor Leadership	Basic instructional methods	Leadership, managing other instructors, and creating high-stress scenarios	
Scenario Training	Basic scenarios	Reality-based, complex scenarios	
Outcome	Level 1 Instructor Certification	Level 2 Advanced Instructor Certification	

# WHY PROGRESS TO LEVEL 2?



Elevate Your Expertise:

Gain deeper, more advanced skills to train officers in lifethreatening situations.



Enhance Agency Training:

Enable your agency to develop and execute more complex training programs that simulate real-life encounters.



Leadership Development:

Master the art of leading and mentoring other instructors, fostering an advanced training environment.

Contact EFC for More Information or to Book Your Level 2 Certification Course!







# EFC'S COMPLETE AGENCY AND OFFICER COMBATIVES TRAINING PROGRAM

Empowering agencies and officers with complete training solutions in combatives, defensive tactics, de-escalation, use of force, and weapons-based entanglements.



# WHAT IS THE EFC AGENCY COMBATIVES TRAINING PROGRAM?

The **EFC Agency Combatives Training Program** is a comprehensive training solution designed to help law enforcement agencies enhance their **defensive tactics**, **use of force**, and **in-service training** while meeting ongoing certification requirements. Combining **in-person instructor certifications** with **flexible online training management**, this program is scalable, cost-effective, and customizable to meet the unique needs of your agency.

### **KEY BENEFITS:**



**Comprehensive Training:** Blend of **in-person** and **online** courses designed to meet annual training requirements, improving officer safety and performance.



**Scalable Solutions:** Tailored for agencies of any size, from small departments to large forces. Pricing based on the number of officers and level of customization.



**Instructor Development:** Agencies must maintain at least 1 **EFC Certified Instructor** at all times, ensuring high-quality, ongoing training. Progression to **Level 2 Instructor** is built into the program.



Training Management Platform: Use to manage, track, and report on officer training progress in real time.



Flexible Online Training: Officers complete online training modules on topics such as defensive tactics, use of force, and de-escalation to meet in-service training requirements.



Ongoing Support: Dedicated assistance in managing online training and certifications to ensure compliance.

#### **HOW IT WORKS:**



**Get Started:** Send at least 1 instructor to a Level 1 or Level 2 certification annually, progressing to Level 2 after completing the prerequisites. Additional instructor spots available at reduced cost.



Access Online Training: Manage and track officer training progress with our online training platform. Assign courses based on the agency's needs, track completions, and ensure compliance with ongoing training requirements.



**Progression:** Year after year, send additional instructors for training, expand your team, and integrate **custom courses** tailored to your agency's specific needs.

### PRICING OVERVIEW

(Prices are approximate and based on the size of the agency. Please contact us for a tailored quote.)

TIER 1	TIER 2	TIER 3	TIER 4
Small Agencies (1-50 Officers)	Medium Agencies (51-200 Officers)	Large Agencies (201-500 Officers)	Enterprise Agencies (500+ Officers)
Starting at \$2,000/year	Starting at \$3500/year	Starting at \$9000/year	Custom Pricing

### **ADDITIONAL COSTS**

- Additional Instructor Spots: Starting at \$995 per student
- Custom Online Courses: Starting at \$1,000 per course

## WHAT'S INCLUDED?

- 1-2 Annual Instructor Certification Spots (Level 1 and/or Level 2)
- Online Training Management: Track officer training progress and compliance
- Access to Standard Online Courses: Online modules on defensive tactics, use of force, and more
- **Self-Audit:** Identify training gaps and opportunities for improvement
- **Discount for Additional Instructor Spots:** More spots at discounted rates

### **HOW TO GET STARTED**

- **Contact EFC:** Reach out to discuss your agency's needs and get a tailored quote.
- **Schedule a Call:** Schedule a call with one of our experts to walk through the program and how it can be implemented at your agency.
- **Start Training:** Get started with instructor certification, training management, and online courses for your officers.

#### WHY CHOOSE EFC?

- Created by cops for cops Our curriculum is developed and tested by experienced law enforcement professionals, ensuring it's practical, effective, and relevant.
- **Comprehensive and flexible** Whether your agency is small or large, our program scales to fit your needs and ensures compliance with ever-changing training requirements.
- Improved Officer Safety Equip your officers with the skills they need to safely de-escalate situations and respond effectively under pressure.

# **READY TO GET STARTED?**

**Contact Us Today!** 





