

HCTS Course Outline

Fighting Platform

Face the form
Foot positioning
Hand positioning
Soft focus

Automatic Hand Response

Involves all of fighting platform
Using both right and left strikes
How to strike more effectively

- Open hand
- Hammer hand
- Edged hand
- Straight punch
- Cutting edge of forearm

Offensive instead of defensive
Tactical push

Weapon Retention

Interview stance
What do you gain? What do you lose?
Involves both hand and fighting platform
Decision making in compliance with use of force
Options from disengaging to lethal force
Review on combat mindset

Target Points

Explain core line shots
Arms (infantry) with the different strikes
Ribs with different strikes
Chest and sternum
Head
Neck

Skeletal Manipulation

Skeletal manipulation versus pain compliance
Arm manipulations and applications
Applying from all angles and positions
Head manipulations and applications
Shoulder pinning in prone
Ankle when kneeling
Take downs using manipulations

Handcuffing

- Use of skeletal control
- Body positioning
- Come along to cuffing
- Cuffing from behind
- Cuffing from side
- Cuffing in prone position
- Cuffing from car extraction

Car Extractions

- Using come along lock
- Using straight arm bar
- Using head manipulation
- Using all three above then go into cuffing

Ground Recovery

- Facing to get up
- Take down from ground
- Roll into figure 4
- Looking for target points
- Standing up back to fighting platform

Weapon Takeaways

- Facing
- From side
- From behind
- Looking for target points to end the threat NOW

Knife Techniques

Optional section, taught in multiple day classes or by request

- Holding and grabbing with knife
- Target points to cut
- Stabbing targets

Pistol & Rifle Techniques

Optional section, taught in multiple day classes or by request

- Show similarities to empty handed techniques
- Strikes
- Pinning