



Law Enforcement Training Advisory Commission

840 S. Spring Street, Suite B • Springfield, IL 62704

Phone (217) 726-7014 • Fax (217) 726-7833 • Email letac@mtu10.com • Website www.letac.org

JT Wooldridge, Director

Defensive Tactics & Handcuffing

September 6, 2022

8:00 a.m. – 4:00 p.m.

Lincoln Police Department

710 5th Street, Lincoln, IL

Meets the following mandated training requirements: Use of Force & Procedural Justice

Class size is limited to 14 students

Course Objectives:

- Provide officer training on the basic concepts of MSCT (Musculoskeletal Control Tactics) when in hand- to-hand scenarios and in order to proceed safely and efficiently through handcuffing a suspect.
- To improve officer readiness in assault situations.
- Provide officers with the proper vocabulary and verbal commands
- Reduce the propensity for officers being injured on duty.
- Meet state “use of force” and “procedural justice” mandates

Note: This course is designed to be 8 hours in length. There will be a short classroom period where students are encouraged to take notes. The majority of class time will be spent with hands-on learning and practical application.

Instructors: Keith Steinacher

- Founder of Piasa Strategics LLC, Strategic BJJ and developer of the MCST “defensive tactics” system
- Actively teaching and working closely with law enforcement and corrections professionals since 2017
- Head Instructor at Strategic Brazilian Jiu-Jitsu since 2019
- Brazilian Jiu-Jitsu Instructor at Piasa Martial Arts from 2018-2019

Illinois Law Enforcement Training & Standards Board Mobile Team Unit #10

Serving the Counties of Christian • Dewitt • Logan • Macon • Mason • Menard • Montgomery • Sangamon



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- Currently a 1-stripe brown belt in Brazilian Jiu-Jitsu under Professor Kyle Watson of Watson Martial Arts in St. Louis, Mo.
- 4+ years of training/competing in folk-style wrestling
- 12+ years of training/competing in submission grappling with ultra-heavyweight titles/medals in Brazilian Jiu-Jitsu, USA Combat wrestling and submission grappling
- Affiliate member of the Adopt-a-Cop BJJ program

Non-Member Tuition: \$80.00. Non-Member tuition shall apply to civilians, officers from State/Federal agencies, and officers from Local Law Enforcement agencies which are not a member of any MTU. Tuition will be invoiced to departments upon course completion. If a pre-registered student from a Non-Member agency fails to attend training, and the agency fails to provide advance notice within 7 days of the start date of that class, the agency will be invoiced the entire amount of the student's tuition.

To Register: Email registration to register@letac.org. You may also fill out and submit our online registration form through the website at www.letac.org or call 217-726-7014 to register by phone (be sure to include all pertinent information). **MTU#10 Law Enforcement members who are under the mandate requirements will be given priority on state mandated courses and then MTU#10 local members. If it is not a mandated course, all MTU# 10 local members will be given registration preference until seven days prior to the date of class. After that date, registrations will be taken on a first-come, first-served basis, regardless of MTU status. *We cannot accept registrations from individual officers. All registrations must go through your Chief, Sheriff, or department training office, even if you are attending class on your own time.***

Cancellation: If a class must be canceled for any reason, every effort will be made to do so at least 2 weeks before the class is scheduled to begin. However, there are circumstances where last minute cancellation is out of our control. All officers who have been registered for training will be contacted at the email address given at registration, so please be sure to provide an email address which is checked often.

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