

2026 Control Tactics Skills Checklist

Student Name _____

Training Dates _____

Agency _____

Instructor Name _____

SKILLS		YES	NO	COMMENTS
1. BREAK FALLS				
1a.	The student's head did not strike the mat			
1b.	The student's back remained curved and not flat			
1c.	The student executed simultaneous slaps at 45° from body			
1d.	The student immediately transitioned to on-guard position			
2. GETTING TO BASE				
2a.	The student's head did not pass their own knees			
2b.	The student put one hand up to protect face/head			
2c.	The student only had three points of contact with the ground			
3. GUARD AND ROTATING GUARD				
3a.	The student moved/rotated with threat and kept the threat in front of them			
3b.	The student maintained appropriate distance			
3c.	The student demonstrated the use of tactical options (kicks, hands, tools, etc..)			
4. TRAP AND ROLL				
4a.	The student trapped the suspect's same-side leg and arm			
4b.	The student's eyes (and head) are looking in the direction they want the threat to roll			
4c.	The student completes the roll			
4d.	The student finishes with their hands on the threat's biceps to finish			
5. STANDING HANDCUFFING				
5a.	The student approaches suspect from the 2 ½ position (45° angle from rear)			
5b.	The student immediately gains control of the suspect			
5c.	The student applies handcuffs with palms out and thumbs up position			
6. PRONE HANDCUFFING				
6a.	The student approaches suspect from the 2 ½ position (45° angle from rear)			
6b.	The student immediately gains control of the suspect			
6c.	The student applies handcuffs with palms out and thumbs up position			

Instructor Signature _____

Date _____

Successful completion of control tactics training requires a "YES" rating is for all criteria by the end of the course.

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INSTRUCTIONS

Break Falls

Starting position: *Student starts standing and moves to squatted position before executing.*

Getting to Base

Starting Position: *Student starts on the mat in the seated on-guard position.*

Guard and Rotating Guard

Starting Position: *Student starts from the seated on-guard position with an instructor or other student moving toward the student. The instructor will approach from various angles, not just straight on.*

Trap and Roll

Starting Position: *The student starts on their back and are mounted by an instructor or other student.*

Standing Handcuffing

Starting Position: *Person being cuffed will standing and completely compliant to verbal commands and offer no resistance.*

Prone Handcuffing

Starting Position: *Person being cuffed will be in the prone position and completely compliant to verbal commands and offer no resistance.*

Multiple Attempts

In the advent of a failure of the first attempt, note in the in-line comments whether a second attempt resulted in a pass/failure.