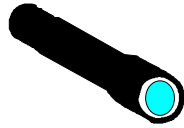


1.

F.A.S.T. - RESPONSE



F.A.S.T.

FLASHLIGHT ACTIVE SURVIVAL TECHNIQUES

The **F.A.S.T.** course syllabus has been written in order to support the training given to *Law Enforcement Personnel* through the "*Active - Defense*" system. This system features over 45 separate courses, all designed for Military and Law Enforcement Agencies.

This school is taught over an eight hour period. It is a very physical and demanding course. *Students* should be of reasonable physical condition, there will be long periods of physical activity.

Training in the *lawful and effective* deployment of a *Flashlight*, is useful for a variety of reasons. Not least the unfortunate fact that some Depts. are being, or have been, subject to *Law Suites*. Due to the fact that *Officers* have used the items to defend themselves. In some cases striking assailants and causing serious injuries.

F.A.S.T. offers concepts that work in a crisis, have be proven to be effective, and assist in developing a more professional and responsible attitude to flashlight usage. This realistic and effective 8 hour syllabus teaches the following aspects of the tactical use of a flashlight :

- ◇ Correct grip and duty-carry positions.
- ◇ Tactical stances.
- ◇ Flashlight usage with side-arms, shot-guns, and sub-guns.
- ◇ Active - Defense.
- ◇ Retention techniques.
- ◇ Night vision improvements.
- ◇ Use of force applications.

2.

If a Dept. issues or allows its *Personnel* to carry any type of flashlight, then that equipment may have to be utilized in a crisis. **F.A.S.T.** training simply prepares for such a situation, and the correct *Officer* response. Failure to train *Personnel* is a failure to prepare for an unknown threat - because we never know.

The **F.A.S.T.** course also prepares *Personnel* to articulate the justification of why their use of force was appropriate and not excessive.

Sabre TTRR believes in assisting Depts. with training their personnel for every and any situation, because one Law Suit can make a serious difference.

This course has been developed for usage with Metal type *mini* as well as *larger* flashlights. *Sabre TTRR* personally utilizes the *Mag Lite & Sure Fire* brand flashlights, but no inference or preference should be taken from *Sabre's* personal choices.

This has been based solely on their perceived robustness through Law Enforcement training experiences.

** *Sabre TTRR* utilizes *A.S.P. Tactical Training Flashlights* which are used throughout the training syllabus. These flashlights are provided for use during the course, and orders for re-sale may be made by any *Student* wishing to purchase their own.

- * *This is a one day eight hour training syllabus.*
- * *Students should wear Uniform or training attire. Duty firearms should be included no training ammunition required.*
- * *Students should be in possession of Mini Maglite style additional flashlight, and any duty flashlight suitable.*
- * *Bring refreshments for duration of course.*