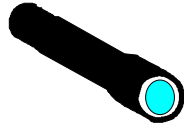


1.

**F.A.S.T.**



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## **FLASHLIGHT ACTIVE SURVIVAL TECHNIQUES FOR S.W.A.T.**

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.

Training in the lawful and effective use 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*. This due to the fact that *Officers* have used the items to defend themselves. In some cases striking assailants and causing serious injuries. This session is taught over an eight hour period.

**F.A.S.T.** offers concepts that work in a crisis, in conjunction with a firearm, and have be proven to be effective. Developing low light level shooting stances, is a must for *Tactical Units*, and *Patrol Officers*. This realistic and effective 8 hour syllabus teaches the following aspects of the S.W.A.T. 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.
- ◇ Use of *Force* applications.

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 response.

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This course has been developed for usage with metal type *mini* as well as *larger* flashlights. I personally utilize the *Mag Lite & Sure Fire* brand flashlights, but no inference or preference should be taken from my personal choices.

This has been based solely on their perceived robustness through my *Law Enforcement* personal experiences. Coupled with the long lasting performance of each brand.

- ◇ This is a one day training program. *Students* should wear *Duty Uniform* if applicable, and be in possession of duty carry flashlight, and mini Maglite type flashlight.
- ◇ A.S.P. “ *Red Man* ” flashlights are provided for training purposes.
- ◇ This is a very physical and intense one day program. Students should have a reasonable level of fitness.
- ◇ Duty firearms and holster system should be worn, no ammunitions required.

