



MERCER COUNTY POLICE ACADEMY WILL BE HOSTING:



DEFENSIVE TACTICS INSTRUCTOR COURSE

Course Description: The Defensive Tactics Instructor Course is an 80-hour course conducted over ten days. The course is designed to prepare law enforcement officers to implement and teach a defensive tactics program in their agencies or in a police academy. It is a prerequisite for certification by the Police Training Commission as a Defensive Tactics Instructor. The Course requires participation in practical exercises as well as classroom instruction on related topics. **Class size is limited (18).**

Required Equipment - Appropriate exercise clothing should be worn to class and each student will need to provide the following: Mixed Martial Arts (MMA) Gloves; Mouthpiece; Protective Head Gear; Mat shoes/wresting shoes are preferred but not mandated or Grappling Socks.

NOTE: EACH STUDENT MUST HAVE A MEDICAL CLEARANCE FORM, PROVIDED IN SEPARATE LINK, SIGNED AND SUBMITTED PRIOR TO THE 1ST DAY OF TRAINING AND EACH STUDENT MUST PASS THE PHYSICAL CONDITIONING MID-TERM TESTING REQUIREMENTS FOR RECRUITS set by the Police Training Commission (Requirements attached). This is a physically demanding course requiring attendees to fully participate in live full-contact training and light sparing.

Date: January 26, 2026 through February 6, 2026 **Time:** 7:00 am – 3:00 pm
Note: January 26, 2026 (1st Day): Class will meet at the Mercer County Community College GYM (PE Building) and will perform Physical Conditioning Testing Requirements PRIOR to course.

Fee: No Fee- Mercer County Agencies \$50.00- Out of County Agencies
Checks or Purchase Orders payable to : Mercer County Police Academy Trenton, NJ

Instructor(s): Mercer County Police Academy Staff

Location: Mercer County Police Academy
1200 Old Trenton Road ET Building RM 204
West Windsor, NJ 08690

Register: Complete this registration form and Email to **BOTH:**
mattwherley@mercercounty.org AND rmastroianni@mercercounty.org

***Please note you will not be registered for this course **UNLESS** you receive a confirmation email from academy staff

Please print clearly or type below. (Make copies of this form for additional students)

NAME: _____ RANK: _____

DEPARTMENT: _____ PHONE #: _____

ADDRESS: _____

APPROVED BY: _____ (Chief or Designee) _____ (Date)

New Jersey PTC Mid-Term Physical Fitness Assessment Standard

- Vertical Jump (15 Inches, 3 attempts)
- Sit-ups (28 repetitions in 1 minute or less)
- 300 Meter Run (70.1seconds or less)
- Push-up (24 repetitions in 1 minute or less)
- 1.5 Mile Run (15:55 minutes or less)