

**DEPARTMENT OF LAW AND PUBLIC SAFETY
DIVISION OF CRIMINAL JUSTICE POLICE TRAINING COMMISSION**

**MEDICAL CERTIFICATION FORM FOR 10 DAY DEFENSIVE TACTICS
INSTRUCTOR COURSE**

(Please Print)

Participant's Full Name:

PTC ID Number:

Participant's Employing Agency:

Agency Address & Contact Phone & Participant Agency Email address:

PTC-Approved School where instructor's course is being held:

MERCER COUNTY POLICE ACADEMY

Name of Course: Defensive Tactics Instructor (10 days)

Course Dates: January 26, 2026 through February 6, 2026

I hereby attest that I am in proper physical condition in order to participate in the 10-day Defensive Tactics Instructor's Course without any limitations. I have no pre-existing medical conditions/injuries that would preclude my ability to participate in this course, having understood the level of physicality required .

Participant's Name: _____

Date: _____

Signature: _____

The following is a cursory list of the physical aspects of the Defensive Tactics Instructor's Course:

A. Parts of the body to be used for various striking and blocking techniques as well as receiving such strikes (utilizing mandated safety equipment (mouthguard, head protection, and padded MMA or boxing gloves):

1. open hand and fist
2. elbow
3. forearm
4. knee
5. foot
6. head

B. Stance and Balance:

1. ability to maintain balance in various positions and while supporting/carrying extra weight
2. leverage - extensive use of trunk and abdominal muscles
3. use of and defending/deflecting opponent's power
4. Having another person's body weight used against them as

C. Defensive tactics employed:

1. breaking and countering choke and strangle holds
2. escaping and similar standing and ground fighting techniques
3. headblocks and headlocks
4. body and clothing grabs
5. blocking
6. counter actions and follow-ups
7. Pain compliance techniques:
 - a. having a fellow participant or instructor putting pressure on various joints such as the wrist, fingers, shoulders, knees, and ankles.
8. take-down tactics including bringing the opponent and the participant to the ground (on a mat surface)
9. break falls (falling to the rear/side) on a mat surface
10. training in weapon retention utilizing a holstered and unholstered training weapons