



## GROUND DEFENSE FUNDAMENTALS (LAW ENFORCEMENT PERSONNEL ONLY)

**Must be currently employed by a law enforcement agency and must be in good physical condition.**

This is a course in the fundamental basics of ground control / ground defense in order to survive a violent encounter. Course contents include safety guidelines, ground fighting theories, and practical techniques for real world physical encounters. New techniques, such as defense against a choke and weapon retention have been added to the curriculum.

Students will participate in dynamic warmups, "use of force" scenarios, technique drills, and sparring. The goal of this class is to show everyone the importance of being able to fight from the ground.

**For available course dates, enrollment, and payments,  
please visit our training website at:**

**[www.regionaltrainingprogram.org](http://www.regionaltrainingprogram.org)**

### CERTIFICATIONS:

RSD Course #

2015-012

Course Hours: 8

### COURSE FEE:

\$169.00

*Tuition is due 10 days prior to start of class. If payment is not received, you will be dropped from this course.*

### LOCATION:

Ben Clark Training Center  
16791 Davis Avenue  
Riverside, CA 92518  
951-486-2800

### REQUIRED EQUIPMENT:

- **Class C Pants or cargo style pants**
- **T-shirt**
- **Ballistic Vest / LBV**
- **Duty Sam Browne**
- **Handcuffs**

### ADDITIONAL SUGGESTED ITEMS:

- **Wrestling / Mat**
- **Shoes**
- **Mouth piece**
- **Snacks**
- **Water**

### ***PLEASE NOTE:***

***NO FIREARMS,  
MAGAZINES, PEPPER  
SPRAY, KNIVES,  
TASERS OR CHEMICAL  
WEAPONS WILL BE  
ALLOWED IN THE  
CLASSROOM***

### COURSE COORDINATORS

**Dep. Danny Villanueva**  
[dvillanu@riversidesheriff.org](mailto:dvillanu@riversidesheriff.org)

**CSO Heidi Wines**  
[hwines@riversidesheriff.org](mailto:hwines@riversidesheriff.org)

**Please contact a Course  
Coordinator for any  
cancellations.**

***Cancellations made less  
than 10 days before the  
first day of class will result  
in loss of tuition.***

