

**LEARNING DOMAIN 33 – ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM**  
 Training and Testing Specifications – Chapter IX.H  
**IMPACT WEAPON(S) EXERCISE TEST**

**SECTION 1: INITIAL TEST** Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
- First Aid Assessment	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:		12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:		14. Student Signature (On Failure ONLY) Date	

**SECTION 2: RETEST**

15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
- First Aid Assessment	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:		21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:		23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:		25. Academy Coordinator Signature Date	

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**SECTION 3: EXERCISE TEST** [Back to Form](#)

An exercise test that requires the student to demonstrate competency in the use of an Impact Weapon(s).

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands / Instructions
8. First Aid Assessment

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

**SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS** [Back to Form](#)

<p><b>1. Safety</b></p> <ul style="list-style-type: none"> <li>• Follows facility rules and regulations</li> <li>• Follows instructor directions</li> <li>• Demonstrates proper use of safety equipment</li> </ul>	<p><b>5. Controlling Force</b></p> <ul style="list-style-type: none"> <li>• Demonstrates control of subject/suspect</li> <li>• Demonstrates use of appropriate force options</li> <li>• Demonstrates instructed technique(s)</li> <li>• Demonstrates appropriate speed and power</li> </ul>
<p><b>2. Awareness</b></p> <ul style="list-style-type: none"> <li>• Demonstrates awareness of immediate threat(s)</li> <li>• Demonstrates awareness of potential threat(s)</li> <li>• Demonstrates awareness of immediate environment and other subjects</li> <li>• Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons</li> <li>• Demonstrates awareness of possible escape routes</li> </ul>	<p><b>6. Proper Technique(s)</b></p> <ul style="list-style-type: none"> <li>• Replicates technique as instructed</li> <li>• Demonstrates fluidity, speed, and power</li> </ul>
<p><b>3. Balance</b></p> <ul style="list-style-type: none"> <li>• Demonstrates balanced stance</li> <li>• Demonstrates a strong foundation for self-defense</li> <li>• Executes movements in a fluid manner in any direction</li> </ul>	<p><b>7. Verbal Commands / Instructions</b></p> <ul style="list-style-type: none"> <li>• Demonstrates proper verbal commands/instructions which demonstrate command presence</li> <li>• Demonstrates appropriate voice control/tone</li> <li>• Requests/demands compliance</li> <li>• Allows subject/suspect reasonable time to comply</li> </ul>
<p><b>4. Control</b></p> <ul style="list-style-type: none"> <li>• Displays self-confidence</li> <li>• Demonstrates appropriate body language, voice modulation, and physical response(s)</li> <li>• Demonstrates proper application of reasonable force</li> <li>• Demonstrates when control over a subject has been achieved</li> </ul>	<p><b>8. First Aid Assessment</b></p> <ul style="list-style-type: none"> <li>• Visually and verbally assesses subject/suspect injuries</li> <li>• Initiates appropriate response</li> </ul>

**Additional Instructor Comments:**