

NORTHERN ILLINOIS TRAINING ADVISORY BOARD

Jeff Schelling, Executive Director  
527 Colman Center Drive \*\* Rockford, IL 61108  
Tel 779-210-8422  
[www.nitab.org](http://www.nitab.org)

**DEFENSIVE TACTICS**

Date: May 19, 2026 **Registration Deadline: April 19, 2026**

Times: 0800-1600 hours

Location: NITAB  
527 Colman Center Drive  
Rockford, IL

Instructor: Erik Meadors & Matt Gaebel

Member Fee: \$0 Non-Member & Member Non-Sworn Fee: \$150

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**This course has been approved by ILETSB for the following mandates:**

**Constitutional Use of LE Authority - .50**  
**De-escalation – 4.0 – scenario-based hours – 2.50**  
**Law concerning stops, searches and use of force - .50**  
**Officer safety techniques, including cover, concealment and time – 2.0**  
**scenario-based hours .50**

**PURPOSE OF COURSE:** This 8-hour course is designed to improve law enforcement officers' set of defensive tactics skills. Officers will develop techniques that will help them control a suspect using the least amount of force necessary and to overcome common threat situations.

**COURSE DESCRIPTION:** This block of participatory training focuses on de-escalation, distance and time management, handcuffing, use of force, positional control, common threat scenarios and weapon retention. The officers will be provided with a safety briefing and use of force discussion before any hands-on training.

**COURSE PREREQUISITIES:** There are no prerequisites for this course.

**METHODS OF EVALUATION:** The instructor(s) will evaluate students who will be required to demonstrate knowledge of all course materials by participating in exercises, scenarios and discussions. Evaluation forms completed by each student will provide feedback to the quality of the course content and the instructor's effectiveness and knowledge of course materials. These forms will be provided by NITAB.

**METHODS OF INSTRUCTION:** This course will use the following methods of instruction:

- Lecture
- Single and multiple person drilling
- Scenario-based exercises

**TRAINING GOALS:**

- Understanding proper use of force needed
- Understanding case law
- Sound decision making
- Controlling a suspect and overcoming common threat situations

**COURSE REQUIREMENTS/GRADING POLICY:** There are no specific grading policies for this program.

**INSTRUCTIONAL AIDS:** The following will be utilized during classroom scenarios:

- Training handcuffs
- Training gun/knife
- Redman suit
- Striking pads
- Mats

**SAFETY PROTOCOLS:** Safety of the students is our top priority. Safety measures for this course include but are not limited to:

- Arms behind the back or handcuffing will be technical and slow.
- All students will be searched prior to the start of training and after each break.
- No weapons are allowed in the training area.
- Drilling will be directly monitored, and injury precautions will be followed.
- Any student at any time may verbally say “Stop” or they may tap their partner or the mat.

**ATTENDANCE POLICY:** This is a state-certified course, students must be present for at least 90%.