



MOBILE TEAM TRAINING UNIT IV

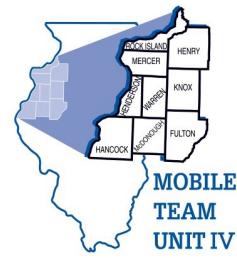
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A Statewide System of Inservice Training Program
Illinois Law Enforcement Training and Standards Board



PRESENTS

16-HOUR GROUND FIGHTING CONTROL TACTICS- ESCAPING NECK RESTRAINTS

This 16-hour class will provide students with instruction into the different types of neck restraints and the dangers associated with each of them. Officers will learn to escape common neck restraints to include headlocks, chokeholds, neck cranks, and vascular neck restraints while standing and on the ground. These proven techniques may delay or diminish an Officer's need to employ deadly force.

Topics to be addressed include the following:

- Use of Force
- Discussion of Illinois Chokehold Law 5/7-5-5 (Officer Prohibited Use)
- Escapes for headlocks, neck restraints, neck cranks, and chokeholds while standing and on the ground.

The primary goal of this class is to provide basic instruction in self-defense techniques to escape vascular neck restraints, headlocks, neck cranks, and chokeholds. After techniques are demonstrated, students will perform each one to its minimum acceptable standard. Students will then be encouraged to practice on their own until they become proficient.

This course is one in a series of courses taught as part of the Ground Fighting Control Tactics program. GFCT instructors are encouraged to take this course to keep their skills sharp. This class can also be taken by those interested in becoming an GFCT instructor.

DATE: April 13-14, 2026

REGISTRATIONS ENDS: April 6, 2026

TIME: 8:00 AM-5:00 PM

LOCATION: Monmouth/Roseville High School 200 South B Street, Monmouth, IL 61462

INSTRUCTORS: John Hutson and Dan Meshenky

Maximum Enrollment: 16

Cost: MTTU IV MEMBERS: \$ 0.00 (HAVE PREFERENCE) - NON MTTU IV MEMBERS: \$0.00. MTTU IV members will have priority until 1 month prior to class.

PLEASE NOTE: Students should wear appropriate workout attire. No ammo or firearms will be allowed into the training facility. Gun belts are optional.

Per Board approval, this Class Meets the following Mandatory Training Key Guidelines.

Constitutional/Proper Use of Force —1 hour; Use of Force De-escalation Techniques—6 hours (6 scenario-based); Laws Concerning Stops, Searches, and the Use of Force—1.75 hours; Officer Safety Techniques, including Cover, Concealment and Time —5.5 hours (5.50 scenario-based) hours.

Instructors:

The instructors for this program are Sergeant John Hutson (Des Plaines Police Department) and Sergeant Dan Meshensky (South Elgin Police Department). Both instructors hold advanced ranking in Garcie/Brazilian Jiu-Jitsu, a discipline that has greatly impacted martial arts training since the early 1990s.