



Northwest Illinois Criminal Justice Commission

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Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Defensive Tactics

DATE: May 19, 2026

Registration Ends: May 15, 2026

TIME: 8:00 AM—4:00 PM 8 Hours

LOCATION: NITAB, 527 Coman Center Drive, Rockford, IL

INSTRUCTOR: Erik Meadors and Matt Gabel

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.

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

This course has been certified by the ILETSB and approved to meet the following mandates:

- De-Escalation Techniques - 4.0 hours / 2.5 hours scenario based
- Officer Safety Techniques - 2.0 hours / .50 hours scenario based
- Constitutional Use of LE Authority - .50 hours
- Law Concerning Stops, Search and Use of Force - .50 hours

REGISTRATION:

All registrations are received on the [MTU#1 website](#). Find Registration instructions [here](#)

Partial funding provided by the Illinois Law Enforcement Training and Standards Board.

THIS IS NOT A PUBLIC MEETING

