



Burbank Police Department

Rafael Quintero, Chief of Police

LESSON PLAN

LESSON TITLE: May/June 2026 Arrest and Control/Defensive Tactics

INSTRUCTORS: Lieutenant Pfrommer and Sergeant Dugas

LESSON TOTAL TIME: Four hours

LEARNING OBJECTIVE: To Provide Updated Post Training on Arrest and Control/Defensive Tactics and Review, Case Law Update, Use of Force Policy

COMPLETION STANDARDS: Lecture, Demonstration, Students Practical Demonstration

INSTRUCTIONAL METHOD: Lecture, Policy Review, Physical Demonstration

RESOURCES NEEDED: Burbank Police Range

LESSON PLAN REVISION DATE: May 2026

APPROVAL: Sergeant J. Dugas

Content	Instructor Notes
Lecture, Discussion, Instruction, and Practical Application	• Review, Case Law Update, Use of Force Policy • Suspect management concepts • Various wrist grab defenses • Standing control positions • Takedown variations • Ground control positions
Practical application	• The Student Will Demonstrate the Understanding of the above through Physical Demonstration