

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

651 Jackson St., Rm327
Charleston, Il. 61920
Telephone 217-345-3344
Email: boyer092@gmail.com



Course Announcement

Tactical Police Performance Officer– Level 4

January 18, 2019

0830-1630 hrs

Burgess Osborne Auditorium

1701 Wabash

Mattoon, Il. 61938

Submit enrollment to:
Registration form at
www.mtu13.com,
boyer092@gmail.com
Or call 217-345-3344

TPPO Level 4/Tactical Agility Police Practitioner

*Defensive tactics and other types of tactical training are very beneficial, but only if officers have the physical skills to effectively use them. This course will educate law enforcement officers and trainers on how to improve an officer's speed, endurance, agility, power, strength, flexibility, and movement skills. This will improve the technical skills learned in tactical training and will raise any officer's effectiveness to higher levels on the street. Tactical specific fitness drills and strategies to improve tactical preparedness will be demonstrated and then performed by those attending. This course is ideal for the **patrol officer to SWAT team members and instructors of defensive tactics, fitness, firearms and use of force. The prerequisite for this course is attending the TPPO Level 1, Level 2 and Level 3 courses.** ****Just Added**** Their Nutritionist Susan Kundrant also plans to give a presentation on nutrition. This is not the same ol conversation about sugar and saturated fats; she will tell you what to eat that will help you right now for better health and energy. Jim and Brian will also be doing a one on one assessment for students also so that you can train for what YOU*

Observed Mandates Include:

Procedural Justice

need. This is a big deal. Both the one on one assessments and being able to speak with this particular nutritionist is worth your time alone.....This course is all about maintenance of your most important piece of equipment; YOU!

About the Instructors:

James Di Naso is a co-owner of Police Kinesiology Company and serves as the company's Police Performance Director. Over the past several years, he has traveled to academies and agencies all over the United States training thousands of federal, state, county and city law enforcement officers. He is a nationally recognized subject matter expert on law enforcement physical preparation. James is also a sought after speaker and has presented at several state, national and international law enforcement conferences including ITOA, ASLET, and ILEETA. He has authored many articles on police specific fitness for national publications and [has a featured video series on policeone.com and bluetube.](#)

Brian Marvin joined Police Kinesiology Company in 2006 as an instructor and also serves as the company's law enforcement consultant. Brian has instructed at numerous PKCO courses including instructor level and training academies in the Chicago area, Tucson, Seattle, Omaha, Fort Worth, Cedar Rapids, Des Moines and Maui and brings years of law enforcement experience to the company. Brian is a thirty (30) year veteran police officer and served his entire career with the Coles County Sheriff's Office in Charleston IL. During his tenure, he worked in all aspects of law enforcement and retired from the Sheriff's Office in March of 2007 with the rank of Administrative Captain. Brian not only brings his law enforcement background to PKCO, but he also brings his own experience of having trained incorrectly for years. His own experiences help officers understand the importance of both injury prevention and using exercise science to train smarter and improve police performance.



This course is funded by the Illinois Law Enforcement Training and Standards Board.
