

# East Central Illinois Mobile Law Enforcement Training Team

## MTU #13

651 Jackson St., Rm327

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## Course Announcement

### Tactical Police Performance Officer Level 1-3

January 4th, 2019

0800-1600

**The Body Club**

**618 Jackson Ave**

**Charleston, Il. 61920**

Submit enrollment to:

Registration form at

[www.mtu13.com](http://www.mtu13.com),

[boyer092@gmail.com](mailto:boyer092@gmail.com)

Or call 217-345-3344

The TPPO 1 course was specifically designed for the line officers who are out on patrol every day. Many officers are suffering from or will suffer from unnecessary pain due to muscular and structural imbalances. This affects their ability to efficiently perform on the job and eventually can lead to debilitating injuries during the performance of tactical maneuvers and everyday law enforcement tasks. This course will give those attending a better understanding of the injuries most commonly suffered in the law enforcement profession, how to prevent the imbalances which can cause them and minimize the risk of injury occurrence and/or reoccurrence, through PKCO drills/exercises taught in the course. The emphasis is on officer's "quality of life", winning when it counts the most and going home every night at the end of the shift. This is one of PKCO's most popular courses and we have received a 95+% favorable rating from all the thousands of officers who have attended this course.

The use of Foam Rollers to alleviate problem areas in officer's bodies will be demonstrated.

The TPPO Level 3 course is ideal for police officers who are actively utilizing, or plan to begin, a weight training program specifically geared towards law enforcement officers and police fitness instructors who instruct weight training for their departments or agencies. Many officers perform exercises that have little to no impact on job related performance tasks. This course will educate officers about weight room safety and correct exercise technique (and selection) to minimize training injuries and maximize police performance. In-Depth discussion and practical demonstration of weight lifting techniques and program design to improve police specific performance will be addressed. Program and exercise modification based on gender, age, activity levels and past injuries are addressed in this course.

#### **Observed Mandates Include:**

**Procedural Justice**

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The TPPO Level 2 course was specifically designed for LE officers who have previously attended the TPPO Level 1 Course. Many officers are suffering from or will suffer from unnecessary pain, due to muscular and structural imbalances. This affects their ability to efficiently perform on-the-job tasks and eventually can lead to debilitating injuries during the performance of tactical maneuvers and every day LE tasks. The TPPO Level 2 course builds off of the foundational principles taught in the TPPO Level 1 course and provides officers with advanced strategies to reduce structural imbalances and minimize the risk of injury occurrence and/or re-occurrence. Advanced drills and exercises to remediate these common structural imbalances will be taught.

In addition to introducing advanced drills to address the muscular and structural imbalances common to law enforcement, the TPPO Level 2 course also addresses movement. The muscular and structural imbalances common to LE Officers inhibit their ability to move efficiently and safely. Remediating these imbalances prepares the officer to be able to learn 'how to move'. Most officers have never received instruction in the basics of moving efficiently. The TPPO Level 2 course introduces officers to the concepts of 'moving efficiently' in all aspects of their performance and teaches them drills and exercises to help them safely perform all LE functions that require movement.

These classes are a catch up so that officers can attend the Level 4 class coming up in Mattoon on January 18th, 2019. This is the best opportunity to get briefed on all three of the classes.

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

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## 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 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](http://policeone.com) and [bluetube.com](http://bluetube.com).

**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.



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