

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement



Injury Prevention for Defensive Tactics Instructors

May 30th, 2023

0830– 1630 Hrs

True Force Marital Arts Dojo

606 Jackson Ave.

Charleston, IL 61920

Submit enrollment to:

Registration form at

www.mtu13.com,

ecimlett@gmail.com

Or call 217-345-3344

Many officers are getting injured during defensive tactics training. In an effort to limit liability and **workman's compensation claims**, some agencies and departments are eliminating DT training altogether. Eliminating DT training is not the answer. This course will educate DT instructors on the most up to date strategies to reduce injuries. Instructors will gain valuable insight and learn practical tools to identify and prevent the most common injuries that occur as a result of DT training. Instructors will also learn how to improve student performance through a greater understanding of the specific physical needs of law enforcement officers. DT specific fitness exercises and drills will be demonstrated and then performed by those attending. The Injury Prevention for Defensive Tactics Instructors Course is highly recommended for defensive tactics and police martial arts trainers and will help enhance skills no matter what style of DT or martial arts system is utilized.

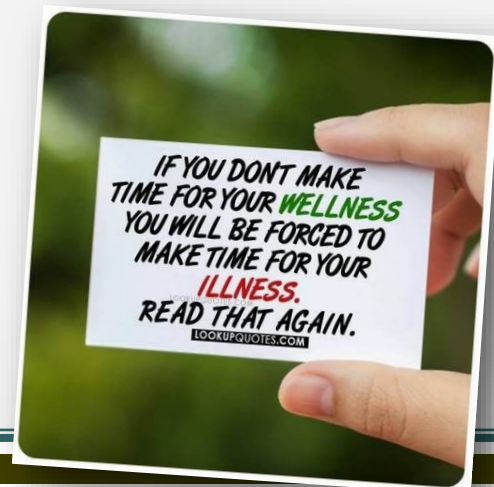
Note from the Director– James DiNaso is the top of his field in the area of athletics, performance and injury prevention. No agency can afford more workman's comp claims, and we certainly don't want to see them happen when they can be avoided in training.

Observed Mandates Include:

Constit. Use of L/E Authority

Officer Wellness

Procedural Justice



James Di Naso has been involved in the strength & conditioning and personal training field for most of his life. For the past 30 years he has owned and operated a performance training facility in the United States. James also served as the Executive Sports Performance Director for Velocity Sports Performance in Willowbrook IL during the first two years of operation from 2004-2006. He has over 30 years of full-time experience in the field and has trained thousands of individuals and athletes, including professional athletes in the NFL, NBA, and MLB, achieve their fitness and performance goals. James' expertise in strength/power development comes from years of involvement in the sport of Olympic Style Weightlifting, where he coached school-age members of his weightlifting club at the national level. He is also a sought after speaker and presents at state, national, and international conferences. He is a published author with many articles and chapters written for national publications. James earned a Masters degree in exercise science from Eastern Illinois University, is a former certified advanced level coach with the United States Weightlifting Federation, holds both certifications from the National Strength and Conditioning Association as a Certified Strength & Conditioning Specialist (CSCS), and Certified Personal Trainer (NSCA-CPT). James is a former IL State Director for the NSCA, a position he served in for over seven years. He is a former competitor in the sport of powerlifting and in 2011 won the gold medal at the GPA Raw World Championships. James is co-owner of Practical Kinesiology Company and creator of the Shoulder Saver System.



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