



*A program of USA Judo – The National Governing Body for the sport of Judo in the United States*

**Practical training created by Law Enforcement Officers for Law Enforcement Officers**  
**Ethically Sound. Socially Conscious. Professionally Trained. Safely & Carefully Implemented.**

**Title:** Police Professionals & PAL (P3) Program  
**Dates/Times:** July 12-15, 2021 8:00am – 4:30pm daily with 60-minutes for lunch (on own)  
**Location:** Redmond Police Dept./8701 160 Ave NE/Redmond, WA 98052  
**Type:** Certification Course  
**Course Fee:** \$600/per person (includes two-year USA Judo Membership)

**Registration Link & Instructions:**

- Go to <http://usajudo.sport80.com>
- Under “Sign in”, sign in if USA Judo Member or click on “create account”- non-members will not need to purchase a USA Judo Membership (that is part of their P3 Registration Fee), but they do need to create an account on our system to register and pay for the P3 Course
- If/when an account is created, sign in and select “Events” from the menu on the left side of the page
- “Practical Training- P3 Redmond” will appear–select “Enter”, scroll to bottom of page and click “Next”
- Click “Add New Entry” (Blue Button) and name will appear, click on green “Add” button, then “Next” button (may need to scroll down)
- Click on drop down menu and follow prompts to complete registration

**Course Summary**

Nearly three years ago, USA Judo embarked on a journey to bring Judo training to the law enforcement community to create safer and more effective arrest and control techniques. As America witnessed several tragic events in 2020 related to inappropriate arrest and control techniques, and unnecessary use of lethal force, USA Judo’s P3 Task Force increased its efforts to create a solution to this societal problem in the United States.

The USA Judo P3 Task Force consists of nine individuals with experience in local and federal law enforcement, military and special forces, combatives trainers with domestic and international experience, an Olympian and Olympic Team Coach and collegiate and international Judo Champions. In total the task force has experienced thousands of arrests over a combined 150+ years of law enforcement work and training, having relied on their judo techniques throughout.

Basic Judo techniques will be taught that are easy to learn and effective for street use; stressing LEO safety and implementing duty of care with suspects. Topics will include stances, approaches, gripping, takedowns, pins and holds. Additionally, scenario-based drills and concepts will be taught with supplemental teaching materials and resources that can be brought back to home LEAs for implementation. To receive certification, each course participant will need to convey full learning and application of the techniques and ability to teach them to others.

**Equipment List**

Comfortable athletic attire is required (sweats, gis, shorts, t-shirts) as this is an active training course that will include stand-up and ground training techniques throughout the week.

**THIS COURSE IS FOR LAW ENFORCEMENT OFFICERS ONLY-Course is capped at 30 participants.**