

Training Name: Instructor

Course Name: EFC Level 1 Instructor Certification Course (40 Hours)

Dates: 07/27/2026 - 07/31/2026

Venue: Outlaw BJJ- San Antonio Stock Show and Rodeo
San Antonio, Texas 78219

Price: \$1397

Instructors: Jay Wadsworth

Course Description:

Details:

The EFC Level 1 Instructor Certification Course has been meticulously crafted to empower law enforcement professionals with comprehensive skills and leadership abilities. Our mission is to elevate the standard of training in combatives, defensive tactics, and use of force situations within law enforcement agencies.

What to Expect:

- **Full Spectrum Combatives Training:** Our course offers a holistic approach to combatives, integrating principles of wrestling, jiu-jitsu, striking, and weapon tactics tailored specifically for the law enforcement environment.
- **Hands-On Learning:** Prepare to dive into immersive, hands-on training sessions led by experienced instructors. Gain practical insights and techniques that are directly applicable to real-world scenarios encountered in policing.
- **Leadership Development:** Beyond mastering techniques, participants will learn effective teaching methodologies and leadership strategies to confidently train and lead their peers. Our goal is to cultivate a new generation of law enforcement professionals who can raise the standard of training within their agencies.
- **Practical Application:** Every aspect of the course is designed with practical application in mind. Participants will not only learn the techniques but also understand the rationale behind them, ensuring they are well-equipped to handle dynamic situations they may encounter in the field.
- **Certification:** Upon successful completion of the course, participants will earn their Level 1 Instructor Certification from Effective Fitness Combatives, validating their expertise and leadership in the realm of law enforcement combatives training.

Join us in this transformative journey to become a more effective and capable law enforcement professional. Enroll today and take the first step towards enhancing your skills and making a positive impact within your agency.

Overview:

About EFC Certification Course

01. **Tailored To Law Enforcement Officers-** Designed for experienced, proactive, and open-minded LEOs looking to train and lead others in effective combatives tactics.
02. **Level I Certification-** 4 Days/40 Hours In-Person Training with Effective Demonstration of Employing Course Objectives. Exam
03. **Best In Class Instructor Cadre-** Over 250+ years combined experience from our instructor cadre using field proven science driven fitness and combatives.
04. **Adult Learning Methodologies-** Learning relevant to immediate application designed for you to be in charge of your own personal growth and professional development.
05. **2 Year Certification-** Certification Expires 2 Year Past Certification Completion Date Certification Renewals Available
06. **24x7 Access-** 24x7 access to our platform where you can explore resources, continue your professional development, share thoughts and ideas, increase your connection, get assistance from our Subject Matter Experts to include case law and expert documentation.

Course outline:

Day 1

- Introductions and Course Overview
- Principles of Defense Tactics
- Adult Learning and “I Method of Coaching”
- Use of Force Overview & Documentation
- Striking
- Intro to Skill Building
- Dominating and Recovering from Bad Positions
- Debrief

Day 2

- Dominating and Recovering from Bad Positions (Cont.)
- Handcuffing
- Intro to Control Tactics and Apprehension for Single Officer
- Resistance Drills
- Debrief

Day 3

- Single Officer Takedowns
- Multiple Officer Takedowns, Communication & SOP Considerations
- Conditions of Space & Priority of Life Dictate Tactics
- Weapon Deflection and Movement Out of the Vertical Clinch
- Weapon Retention in the Holster (all positions)
- Debrief

Day 4

- Weapon Retention in the Holster (All Positions) Cont.
- Weapon Defense (Handgun & Edged Weapon)
- Weapon Based Entanglements (CAP Concept)
- Resistance Drills
- Debrief

Day 5

- Q&A with Instructors
- Student-Led Training Blocks
- Final Exam
- Course Evaluation
- Debrief/Wrap Up

What to Bring

- WATER, LUNCH, SNACKS
- HOLSTER OR DUTY BELT W/ TRAINING (BLUE) GUN
- HANDCUFFS & HANDCUFF KEY
- WRESTLING SHOES OR SNEAKERS (NO BOOTS)

- BDU-STYLE PANTS & T-SHIRT/ATHLETIC TOP
- MOBILE DEVICE (PHONE, LAPTOP, TABLET) WITH ABILITY TO CONNECT TO THE INTERNET
- MMA GLOVES (OPTIONAL)
- MOUTH GUARD (OPTIONAL)
- NOGI OR GI FOR LUNCH BJJ ROLLS (OPTIONAL)

Instructor:

Jay Wadsworth- Director of Combatives/Head Instructor

- Brazilian JiuJitsu - 3rd Degree Black Belt
- Retired Pro/Amateur MMA fighter
- 22-years of street cop experience
- 14-years SWAT experience
- NYS DCJS Certified SWAT Operator (2021)
- DCJS Instructor: Developed the new mandatory curriculum for defensive tactics instructors and basic recruits; lead instructor on over 18 two-day recertification courses, 24 80-hour instructor courses and 4 1-day overview courses (2016-Present)
- SME City of Syracuse case (2019)
- SME NYS AG's officer grand jury testimony (2020)
- Reality Based Training Instructor (2019) DCJS
- Range Instructor (2019) DCJS
- Progressive FORCE Concepts/Code 4 Concepts Defensive Tactics Instructor (2016-2022)
- Jamestown Police Department SWAT Team director of training (2015-2023)
- Team Leader Jamestown Police SWAT TEAM (2011-2023)
- Head defensive tactics instructor at Chautauqua County Sheriff's Academy (2012-2023)
- Director of Defensive Tactics @ NYTOA (2016-Present)
- Instructor at NYTOA (2013-Present).
- Instructor at TacOPs EAST/SOUTH (2016-Present)
- Jamestown Police Department Lead Defensive Tactics Instructor (2010-2023)
- Defensive Tactics Instructor Certification (DCJS 2010)
- Taser Instructor (2010-2016)

Registration/Payment Instructions:

You must register as a member for any TTPOA course (\$30 for one year individual membership)

Credit card payment is strongly recommended. Credit card payment is strongly recommended. Last day to cancel and get your money back will be 07-13-26.

Mail checks to:

TTPOA

Attn: EFC Level 1 Instructor Certification Course- Reg 1

PO Box 304

Burnet, TX 78611

***Please make checks payable to "TTPOA"**

Questions, contact Region I Directors

drew.reyes@tppo.org

james.ybarra@tppo.org

***No Meals Provided**

Training Description:

TTPOA believes in bringing in some of the best instructors in the country to share their knowledge and experience. If you have requests for a specific instructor or course, contact your [Regional Director](#).