

**LEARNING DOMAIN 33 – ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM**  
 Training and Testing Specifications – Chapter IX.G  
**HANDGUN RETENTION(S) EXERCISE TEST**

**SECTION 1: INITIAL TEST** Go to: [Exercise Test](#) | [Observable Behaviors](#)

1. STUDENT NAME (LAST, FIRST, MI)		2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION		4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED			
<input type="checkbox"/> Holstered Handgun Front Retention		<input type="checkbox"/> Holstered Handgun Rear Retention	
<input type="checkbox"/>		<input type="checkbox"/> Unholstered Handgun Retention	
<input type="checkbox"/>		<input type="checkbox"/>	
6. PERFORMANCE DIMENSIONS		PASS	FAIL
7. COMMENTS (REQUIRED FOR FAILURES)			
- Safety	<input type="checkbox"/>	<input type="checkbox"/>	
- Awareness	<input type="checkbox"/>	<input type="checkbox"/>	
- Balance	<input type="checkbox"/>	<input type="checkbox"/>	
- Control	<input type="checkbox"/>	<input type="checkbox"/>	
- Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>	
- Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>	
- Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
-	<input type="checkbox"/>	<input type="checkbox"/>	
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		9. TOTAL SCORE:	
		10. MINIMUM PASSING SCORE:	
11. Evaluator		12. Evaluator Signature	
Print Name:		Date	
13. Student (On Failure ONLY)		14. Student Signature (On Failure ONLY)	
Print Name:		Date	

**SECTION 2: RETEST**

15. PERFORMANCE DIMENSIONS		PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)	
- Safety		<input type="checkbox"/>	<input type="checkbox"/>		
- Awareness		<input type="checkbox"/>	<input type="checkbox"/>		
- Balance		<input type="checkbox"/>	<input type="checkbox"/>		
- Control		<input type="checkbox"/>	<input type="checkbox"/>		
- Controlling Force		<input type="checkbox"/>	<input type="checkbox"/>		
- Proper Techniques		<input type="checkbox"/>	<input type="checkbox"/>		
- Verbal Commands / Instructions		<input type="checkbox"/>	<input type="checkbox"/>		
-		<input type="checkbox"/>	<input type="checkbox"/>		
-		<input type="checkbox"/>	<input type="checkbox"/>		
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED		18. TOTAL SCORE:		19. MINIMUM PASSING SCORE:	
20. Evaluator		21. Evaluator Signature			
Print Name:		Date			
22. Student (On Failure ONLY)		23. Student Signature (On Failure ONLY)			
Print Name:		Date			
24. Academy Coordinator – RETEST ONLY		25. Academy Coordinator Signature			
Print Name:		Date			

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**SECTION 3: EXERCISE TEST** [Back to Form](#)

An exercise test that requires the student to demonstrate competency in Handgun Retention techniques, including a minimum of one technique to be demonstrated from the following positions:

- A Holstered Handgun Front Retention Technique
- A Holstered Handgun Rear Retention Technique
- An Unholstered Handgun Retention Technique

The student will demonstrate competency in the following performance dimensions:

- |              |                                   |
|--------------|-----------------------------------|
| 1. Safety    | 5. Controlling Force              |
| 2. Awareness | 6. Proper Techniques              |
| 3. Balance   | 7. Verbal Commands / Instructions |
| 4. Control   |                                   |

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

**SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS** [Back to Form](#)

<p><b>1. Safety</b></p> <ul style="list-style-type: none"> <li>• Follows facility rules and regulations</li> <li>• Follows instructor directions</li> <li>• Demonstrates proper use of safety equipment</li> </ul>	<p><b>5. Controlling Force</b></p> <ul style="list-style-type: none"> <li>• Demonstrates control of subject/suspect</li> <li>• Demonstrates use of appropriate force options</li> <li>• Demonstrates instructed technique(s)</li> <li>• Demonstrates appropriate speed and power</li> </ul>
<p><b>2. Awareness</b></p> <ul style="list-style-type: none"> <li>• Demonstrates awareness of immediate threat(s)</li> <li>• Demonstrates awareness of potential threat(s)</li> <li>• Demonstrates awareness of immediate environment and other subjects</li> <li>• Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons</li> <li>• Demonstrates awareness of possible escape routes</li> </ul>	<p><b>6. Proper Technique(s)</b></p> <ul style="list-style-type: none"> <li>• Replicates technique as instructed</li> <li>• Demonstrates fluidity, speed, and power</li> </ul>
<p><b>3. Balance</b></p> <ul style="list-style-type: none"> <li>• Demonstrates balanced stance</li> <li>• Demonstrates a strong foundation for self-defense</li> <li>• Executes movements in a fluid manner in any direction</li> </ul>	<p><b>7. Verbal Commands / Instructions</b></p> <ul style="list-style-type: none"> <li>• Demonstrates proper verbal commands/instructions which demonstrate command presence</li> <li>• Demonstrates appropriate voice control/tone</li> <li>• Requests/demands compliance</li> <li>• Allows subject/suspect reasonable time to comply</li> </ul>
<p><b>4. Control</b></p> <ul style="list-style-type: none"> <li>• Displays self-confidence</li> <li>• Demonstrates appropriate body language, voice modulation, and physical response(s)</li> <li>• Demonstrates proper application of reasonable force</li> <li>• Demonstrates when control over a subject has been achieved</li> </ul>	

**Additional Instructor Comments:**