

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement



Handcuffing Instructor Program

February 9-10th, 2026

0830-1630 Hrs

Denny Stewart Training Center

3121 Dewitt Avenue

Mattoon, IL.

Submit enrollment to:

Registration form at

www.mtu13.com

PURPOSE OF COURSE: This two day, 16 hour course has been designed by North East Multi-Regional Training, Inc., to provide department trainers with the skills, knowledge, and behavior traits needed to successfully and safely instruct their department personnel on how to properly and safely handcuff arrestees in a variety of situations.

COURSE OVERVIEW: Handcuffing can range from the cuffing of a totally cooperative subject to cuffing a combative individual who is actively fighting with the officer and everything in between. This course is designed to provide officers with information on when to handcuff as well as a variety of techniques for cuffing from standing and prone positions, from wrist locks, and from ground control techniques.

Topics to be addressed include the following:

- Preparation, planning, and equipment considerations related to handcuffing
- Cooperative subject handcuffing
- Uncooperative subject handcuffing
- Handcuffing the combative subject
- Handcuffing from the subject's vehicle

Observed Mandates Include:

De-escalation Techniques

6 hours with 6 hours role play

Ofc. Safety Techniques

7.5 hours with 7 hours role play

Student Pack List

- Students please bring your duty belts with chain hand-cuffs. If you have hinged cuffs, you can bring them as well, but please have a set of chain handcuffs as well.
- Dress appropriately for physical activity.
- ALL weapons will be secured before going into the training area. No Exceptions.