

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement



Injury Prevention for Defensive Tactics Instructors

May 13th, 2026

0830-1630 Hrs

The Body Shop

1406 6th St.

Charleston, Il. 61920

Submit enrollment to:

Registration form at

www.mtu13.com

Purpose of the Course: This course has been designed to assist departments in reducing injuries that occur as a result of defensive tactics and training endeavors.

Course Description and Goals: This course is designed specifically for law enforcement. This part lecture, part hands-on physical course will assist any DT instructor or officer in acquiring new skills for injury avoidance during DT training, including the following:

- Age and fitness level concerns
- A brief overview of physiological and structural differences between genders and the implication on injury and physical performance
- DT specific techniques for better instruction and injury reduction
- Techniques to remediate muscle imbalances, muscle weakness, and lack of joint mobility
- Police specific remediation exercises
- DT specific warm up exercises and routine
- LE specific pre-habilitation exercises for rotator cuff, low back, and knee
- Metabolic training for fight endurance
- Program design
- Program design for older, less active, or injured officers
- To learn, perform, and demonstrate proficiency in performing and instructing others on all the course drills and exercises.

Observed Mandates Include:

Officer Wellness

- Demonstrated ability to design DT specific training programs.

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

James Di Naso is co-owner of Police Kinesiology Company and serves as the company's Police Performance Director. Over the past several years, he has traveled to academies and agencies all over the United States training thousands of federal, state, county and city law enforcement officers. He is a nationally recognized subject matter expert on law enforcement physical preparation. James is also a sought after speaker and has presented at several state, national and international



law enforcement conferences including ITOA, ASLET, and ILEETA. He has authored many articles on police specific fitness for national publications and has a featured video series on policeone.com and bluetube.

Prior to focusing his efforts on training law enforcement officers, James worked for 25 years as a sports performance coach training athletes at every level including professional athletes from the NFL, NBA and MLB. He served as the Executive Sports Performance Director for Velocity Sports Performance in Willowbrook IL and has owned and operated his own performance training business for 23 years. James holds a Masters' Degree in Exercise Science from Eastern Illinois University and professional certifications from the National Strength and Conditioning Association, and the United States Weightlifting Federation.