

PO1 Schweitzer

I attended Master at Arms training in Virginia Beach over the past summer. It was the most fun I had in a long time. We trained with Navy MA's every day for the first week. And visited many Virginia Beach police building the second week. These buildings included the VB jail, communications center and police academy. We learned just about everything you need in order to be a police officer for either the Navy or state police force. The navy MA's taught us everything from AVI's (Administrative vehicle inspections) to MACHs (Mechanical Advantage Control Holds). I learned arresting techniques and the proper way to approach a suspect to insure safety. One of MA's awarded a NAS Oceana police shirt to me. Only four were awarded. This training was very fun but also had its strenuous activities as well. We had hour and half PT sessions twice a day. During our training with the MA's we had a test day where we had to perform all of our self defense moves in a course called the red man course. We had to perform MACHs, punches, kicks, blocks, and then go up against the red man. This was a very difficult task because it was a Navy MA in a red suit which is made up of padding. You had to fight him off with a training baton for up to five minutes, but after all of the punches and kicks you are so wore out that it seemed like an eternity. The day of the graduation we ran a 6 mile run. In order to pass the training we had to pass the numerous tests with an 80%. If we didn't pass the first time we were able to re-take the test but it would put us behind the rest of the class for other studying of other tests. On the tour of the VB jail we met with a prisoner. He discussed he reason for being in jail and the daily routine of a prisoner. It was frightening at first because he walked into the room with shackles and hand cuffs on. But then he said he was in for a non-violent crime which settled us. Overall the best training I have been to. I will never forget the times and people I met there.