

Alameda County Sheriff's Office
Regional Training Center

133rd thru 135th Regular
Basic Course Academy

Principles of Weaponless
Defense – Class Outline

Tuesday, June 27, 2006

Through

Wednesday August 23, 2006

And

Thursday, November 16, 2006

VI. Training by the "Clock"

- A. To better understand foot and body positioning while training and learning new techniques, we refer to the clock.
 - 1. From a starting position, the direction we are facing is considered 12 o'clock. For instance, if you are standing in a POI, describing this would be:
 - a. With your feet at shoulder width apart, point both toes toward 1 o'clock. Place your weapon foot on 4 o'clock. Now your feet are at 12 and 4. The upper body is facing 12 o'clock.

VII. Principles of Weaponless Defense (Lecture)

- A. The principles of weaponless defense as they pertain to:
 - 1. Awareness – 33.01.EO1
 - a. Awareness, as it relates to weaponless defense, means being alert to any potential hazards a peace officer may face when approaching or interacting with a suspect or a potentially dangerous situation.
 - 2. Balance – 33.01.EO2
 - a. Balance, as it relates to weaponless defense, is the position that allows the officer to move in any direction with strength and coordination to maintain an advantage.
 - 3. Control – 33.01.EO3
 - a. Control, as it related to weaponless defense, means retaining composure and the ability to make sound judgments and decisions.
- B. The parts of an officer's body that are most vulnerable to serious injury – 33.01.EO4
 - 1. During a confrontation with a hostile suspect, peace officers need to be aware of those areas of the body, which require maximum protection as well as those on an assailant's body, which might be unnecessarily injured. These body parts include:
 - a. Face

- b. Throat
- c. Heart
- d. Groin
- e. Joints
- f. Head
- g. Neck
- h. Spine
- i. Kidneys

C. The natural weapons of an officer's body that may be used to overcome resistance by a suspect or for self-defense – 33.01.E05

- 1. A combative suspect may use some body parts as personal weapons against peace officers. These body parts may also be used by peace officers to overcome resistance and in self-defense. Personal body weapons may include: – 33.01.E05

- a. Head
- b. Hands
- c. Arms
- d. Legs
- e. Feet

VIII. Positions

A. Position of Interview (POI)

- 1. The POI is a position that an officer assumes whenever addressing a person during a routine questioning or during a routine exchange of information. It is usually a talking situation or an interview. This may or may not result in a physical arrest.

a. Pyramid Concept (AIC):

- 1) **Wide Base:** Keep the feet shoulder width apart in a bladed stance. This stance will maintain lateral balance (from side-to-side), which is not present when the feet are together. The body's weight is equally distributed between both legs
- 2) **Deep Base:** Linear balance (front and back) is maintained using a Deep Base, placing the feet one step apart, Reaction Leg forward, Weapon leg back. When combined with a Wide Base, this position balances the body from all sides.
- 3) **Low Center:** To further enhance balance, a Low Center is achieved by slightly bending the knees.

The body's weight rests equally on both feet without creating tension in the knees or ankles.

- 4) **Head Over Center:** This position keeps the weight of the body balanced over the base. The head is kept over the center of the body.
- 5) **Hand Position:** The hands are often the first line of defense to an attack. They must be kept above the waistline and in front of the body to allow a rapid response to a sudden assault. The hands, forearms and elbows should not be over extended where they can be grabbed. They should not be too close to the body where they provide little protection to the head and upper body.

B. Position of Advantage (POA)

1. The POA may be approached using a shuffle pivot, progressive pivot, walking up behind the subject or by asking the subject to turn around.
 - a. For a right-handed officer, stand in a position slightly off set and to the right rear of the subject. This would be reversed if the officer did a progressive pivot to the left of the subject or was positioned to the subject's left side.
 - b. The officer places the reactionary hand on the subject's tricep, just above the elbow, in a V grip
 - c. The weapon hand is placed over the top of the subject's forearm just above the wrist. This is not a firm grip, but a light grip to judge the subject's reaction to touch. Again, the hand positioning would be reversed if the officer did a progressive pivot to the left of the subject or was positioned on the subject's left side.

C. Combat Stance

1. The Combat Stance is designed to place the officer in the best defensive position. The stance sends a strong visual message to the subject that the officer is prepared for possible aggression.
 - a. The relationship of the feet in the Combat Stance is the same as in the Interview Stance. The feet are slightly wider and the overall stance is deeper. The Reaction and Weapon Hand is at eye level with the elbow bent protecting the upper body.

VIII. Movements and Footwork

A. Forward Shuffle, from the POI

1. The officer pushes forward off the weapon leg, stepping forward with the reactionary leg.
2. As the reactionary leg plants, the weapon leg slides up to the POI.
3. The hand motion is similar to grabbing a rope and pulling forward

B. Rear Shuffle, from the POI

1. The officer pushes back off the reactionary leg, stepping back with the weapon leg.
2. As the weapon leg plants, the reactionary leg slides back into the POI.
3. The hand motion is like pushing off a wall.

C. Normal Pivot, from the POI

1. The officer reverses body direction by looking over the rear shoulder and turns in that direction
2. The turn is executed by sliding the lead foot straight across.
3. As the turn or pivot is accomplished, the POI is assumed facing exactly 180 degrees from the original position in an opposite side stance, the weapon leg is now forward.

D. Shuffle Pivot, from the POI

1. The reactionary leg steps forward and to the outside at a forty-five degree angle.
2. The reactionary hand passes across the front of the face, from the reactionary to the weapon side.
3. The weapon leg circles behind the reactionary leg moving the body to a POI facing ninety degrees from the original POI.
4. Foot positioning on the clock would be: Reaction foot steps up to 10 o'clock. Weapon foot steps around to 8 o'clock.

E. Progressive Pivot, from the POI

1. The officer steps forward with the reactionary leg, diagonally in front of and across the suspect's body.
2. The position of the reactionary foot is parallel to the suspect's foot
3. The officer will progressively swing the weapon leg around until they are in a POA, with the weapon leg back.
4. Foot positioning on the clock would be: Reaction foot steps across to 1 o'clock. Weapon foot steps all the way up to 12 o'clock.

F. Breakfalls

1. From a POI, drop to the weapon leg's knee, into a figure four kneeling position.
2. Continue the movement by rolling back onto the weapon side buttock.
3. As the fall continues, the shoulders are hunched forward slightly so the round of the back hits the mat first. Never hit the mat with a flat back.
4. Hands are extended at a forty-five degree angle from the buttocks. Palms face downward. The palms and forearms should absorb the brunt of the fall. Extended hands should slap the mat forcefully. The back and hands should strike the mat simultaneously.
5. Head is up, chin is tucked.
6. *Down – Up exercise:*
 - a. Officer places the toes of the rear leg behind and to the outside of the reactionary leg.
 - b. Officer kneels down on the weapon knee, the officer sits down so the weapon leg is bent under the knee of the reactionary leg. The reactionary leg is straight out in front.
 - c. The officer rolls back, slightly hunching the shoulders so to round out the back.
 - d. The reactionary leg is bent with the bottom of the foot pointed at the subject.
 - e. The weapon leg is curled up and under the officer to protect the centerline.
 - f. To come back to the standing position, the officer rocks forward and reverses the downward motion.

G. Basing Up

1. Basing up is a technique used to get you up from the ground in the safest way if under threat.
 - a. From a prone position sit up and post your reaction foot as close as possible to your buttock. Your reaction hand is slightly extended in front of you for protection from a threat.
 - b. Post your weapon hand to your side and extend your weapon foot. Using your weapon hand and posted reaction foot as a base, you can now lift your body up and swing like a pendulum.

- c. Swing your weapon foot between your reaction leg and weapon arm, creating a pyramid or triangle with a wide deep base. Come up to a combat stance prepared to continue a confrontation or engage in a confrontation.

H. Ground Fighting Position from the down position of the Down-Up exercise:

- 1. The reactionary leg and foot are cocked in order to kick out at the attacker.
- 2. The weapon leg and foot protect the centerline and push off the ground to move the officer from side to side to stay in front of and facing the attacker.

I. Forward and Backward Rolls in Practical exercise(s): demonstration

- 1. The instructor shall demonstrate and instruct the student in both forward and backward rolls.

Day 2 – Personal Body Weapons – 4 hours

I. The use of Personal Body Weapons (Lecture)

A. Personal Body Weapons

1. A combative suspect may use some body parts as personal weapons against peace officers. These body parts may also be used by peace officers to overcome resistance and in self-defense. Personal body weapons may include: – 33.01.EO5
 - a. Head – front and back
 - b. Hands – fingers, hand edge, heel of hand
 - c. Arms – elbow and forearm
 - d. Legs - knee
 - e. Feet – toe, edge, ball, heel and instep

B. Use of Force Matrix

1. The Use of Force Matrix, as it applies to Alameda County Sheriff's Office personnel,* should be viewed as if it were a series of elevators, and not as ladders or steps. Officers may go to any level of the continuum if the force selected is reasonable in comparison with the actions of the subject. See attached Continuum Matrix
* - Allied Agency recruits should be familiar with their department's General Orders regarding use of force

II. Applied Personal Body Weapons Techniques

A. Techniques

1. ***Palm Heel Strike:*** The heel portion of the open hand with the fingers extended upward is used to strike various target areas. The strike may be used off the reactionary side hand or the weapon side hand from a bladed stance. Target areas are the suspect's TMJ, side of the neck, collarbone, abdominal area, hands and other appropriate striking areas.
2. ***Bottom Fist Strike:*** The little finger side of a closed fist is used to strike. The strike can come off the reactionary side or the weapon side in a forehand or backhand swinging motion. The same target areas as the Palm Heel Strike can be utilized.
3. ***Elbow Strikes:*** The point of the elbow or the forearm side of the elbow or the triceps side of the elbow may be used to deliver this

strike. The strike can come off the reactionary side elbow or the weapon side-elbow in a horizontal plane or a vertical plane or pushed straight in. Target areas are the suspect's TMJ, rib area, collarbone, abdominal area and other appropriate targets.

4. ***Under Punch or uppercut:*** The knuckle portion of the fist is used for in tight punching. The punch may be delivered off the reactionary or weapon hand. Target areas would normally be the abdominal and rib areas.
5. ***Straight Knee Strike:*** The top portion of the knee is used to deliver this strike. The strike is delivered with the thigh and calf of the leg parallel to the ground. The strike can come off the reactionary or weapon side knee. Generally, the target is the abdominal and rib areas and the thighs.
6. ***Angular Knee Strike:*** The leg moves on the same plane as the Side Knee Lift, but to gain distance the lower leg extends out and the toe/instep delivers the strike. The target is the abdominal and rib areas and the thighs.
7. ***Shin Rake:*** The inside portion of the foot off the weapon side crosses in front of the reactionary foot to deliver this kick. Targets areas are thighs, knees, shins, and feet.
8. ***Front Snap Kick:*** The toe or bottom portion of the foot off the weapon side crosses in front of the reactionary foot to deliver this kick. Target areas are thighs, knees, shins, and feet. The kick may also be delivered off the reactionary leg.

C. **Key Factor**

1. Remember that Personal Body Weapons are more forgiving than the baton. This allows us to strike in the area of the head. However, just like any other use of force, the officer must be able to document the justification for the force used. Whenever Personal Body Weapons are used against a suspect the area struck should be photographed, the suspect given medical treatment or sign a refusal of treatment form, and the Personal Body Weapon used and area(s) struck documented

Day 3 – Person Searches and Control Holds – 4 hours

I. Person Searches (Lecture)

- A. Factors to consider when approaching a suspect and conducting a visual search – 33.02.EO1
 - 1. As peace officers approach a suspect, they should be aware of, at a minimum, the:
 - a. Suspect's clothing
 - b. Location of the suspect's hands
 - c. Proximity of the suspect's obvious or potential weapons
- B. Systematic approach to safely and effectively conduct a person search – 33.02.EO2
 - 1. SEARCH TO FIND! Always search from behind the suspect
 - 2. A systematic search should include the most likely areas where a weapon might be hidden. This includes, but is not limited to, the suspect's:
 - a. Front waistband
 - b. Upper body, including the chest, front pockets, armpits, sleeves, and sides
 - c. Back, including the rear waistband and buttocks area,
 - d. Lower body, including the legs and ankles
- C. Locations on a suspect's body where weapons and/or contraband can be concealed – 33.02.EO3
 - 1. There are a number of locations on a suspect's person where a weapon may be concealed. These areas include, but are not limited to:
 - a. Hair
 - b. Mouth
 - c. Neck
 - d. Underarms
 - e. Waistband
 - f. Belt buckle
 - g. Hand
 - h. Groin
 - i. Pockets
 - j. Ankles

- k. Shoes or boots
- l. Back of the neck
- m. Small of the back
- n. Between buttocks
- o. Inner thighs
- p. Heel of the shoe

D. Common agency considerations and restrictions regarding person searches of the opposite sex – 33.02.E04

1. Departments vary in their policy toward searching individuals of the opposite sex. These policies exist to protect peace officers from potential litigations regarding their conduct. Peace officers should be aware of and follow their department's procedures. Procedures common in all department policies may include, but are not limited to:

- a. Maintaining officer safety
- b. The availability and use of officers of the same sex
- c. Acceptable search techniques

- 1) ***Cursory search on an uncuffed subject:*** The cursory search is a low level search as the suspect is not handcuffed and is under the officer's physical control by the interlocked fingers. The search is non-intrusive and does not go beyond the lower pocket line of the subject's pants (to include side cargo pockets). All areas of the subject's body, which is immediately accessible to the subject, will be searched. The search itself is a grasping motion with the searching hand, not sliding. You should be able to grab and feel for objects through clothing or on the subject. Because the subject is not cuffed, maintain a solid POI with the weapon leg back, change the hand grip only. One hand controls the subject while the other hand searches. Perform a thorough, systematic, overlapping search.

- 2) ***Cuffed Suspects:*** Now that the suspect is physically restrained, an all-encompassing, head-to-toe, thorough, systematic, overlapping search is required. From the rear of the suspect, start at the back of the waistband where the suspects hands are cuffed. One hand controls the cuffs at the chain while the other hand searches. Using the grasping technique, work your way to the front of the suspect's waistband and up the front. Search the neckline, down and up covering the upper torso to the armpit and the arm. Search from the waistline down using the same

grasping motion. For the lower leg search, while controlling the cuffs at the chain, apply slight pressure downward and place your elbow in the center of the suspect's back, bending at the knees and not at your waist. Search the top of the foot and work around the ankle, searching the entire leg. Once at the inside of the thigh before the crotch or groin area, blade the searching hand, thumb side up, fold the thumb in. Search this area making contact with the suspect with the bladed hand, ensure a full search of the groin area. Press the same bladed hand up the center of the buttock. Using the grasping technique search the back pockets and buttock area. Once the lower leg search is complete, switch controlling hands and switch stance and complete the same thorough, systematic, overlapping search on this side. Do not forget the suspect's head and hair. Once you have completed the entire searching process, ensure proper fit of the handcuffs and prepare your suspect for transportation by double locking the cuffs.

Remember, clothing worn by a suspect can create obstacles during the search process. This should not prevent you from completing a thorough search. You should be able to grasp through the clothing to ensure that you can feel objects or items that could be secured to the suspect's body, especially in those identified areas where weapons are commonly carried. A search is looking for something you cannot see, therefore, you must be able to feel.

- d. How to avoid false claims of misconduct or sexual assault
 - 1) When searching females, either by a male officer or female officer, the technique is the same. Searches of the upper torso, between and underneath the breasts shall be performed with a bladed hand. The thumb is tucked in, the fingers are fully extended and physical contact is with the ridge of the hand and side of the index finger. While searching under the breasts the **hand positioning is the same**, however, the officer's palm is facing downward, towards the ground while contact remains the same, with the ridge of the hand and side of the index finger.

- E. Cover officer's responsibilities during a person search – 33.02.E05
1. The searching officer is responsible for controlling the suspect and conducting the actual search. The primary responsibility of the cover officer is to insure the safety of both, and includes, but is not limited to:
 - a. Being constantly alert
 - b. Maintaining a position of advantage
 - c. Safeguarding their weapons
 - d. Maintaining constant observation of the overall situation. To be aware of possible dangers and potential interference.
 - e. Psychologically intimidating the suspect being searched by using command presence
 - f. Protecting the searching officer from possible interference by onlookers or associates of the suspect
 - g. Assisting in restraining the suspect if necessary
 - h. Assisting the searching officer by taking possession of any found weapons or contraband, if necessary, allowing the searching officer to continue the search.
- F. More factors in Person Search and Control Techniques
1. Various searches
 - a. Visual
 - b. Cursory
 - c. Arrest
 - d. High risk
- G. Use discretionary judgment to select the type of search. There are several factors to consider, but are not limited to:
1. Factors
 - a. Number of suspects
 - b. Size of the suspect(s)
 - c. Location of the contact / arrest
 - d. Time
 - e. Knowledge of prior criminal history
 - f. Type of offense
 - g. Your degree of apprehension
 - h. Cover

- H. The following are elements of an effective search, common to all searches. Although the circumstances and techniques may vary, these elements remain the same:

1. Elements

- a. Balance
- b. Alertness
- c. Self-control
- d. Constant position of advantage or control
- e. Thorough
- f. Weapon awareness, both officer and suspect(s)
- g. Always search from the rear
- h. One hand searches, one hand controls
- i. Systematic search, covering entire area
- j. Alerting cover officers if weapon is discovered
- k. ***Never assume that a suspect carries only one weapon!*** If a weapon is found, complete the search for other weapons

II. Applied Person Search Techniques

- A. Demonstrate and have recruits perform the following techniques:

1. ***Cursory Search:*** Give the verbal command to have the subject raise their arms, lock out their elbows and wiggle their fingers. Have them slowly turn away from you. During this time a top to bottom visual search is conducted. Once the subject is facing away, have them widen their stance and point their toes outward. This will keep them slightly off balance as you approach and contact them. Have the subject slowly lower their arms and place their hands behind their back. The back of their hands should be touching. Have them interlock their fingers. Drop back into a combat stance with the hands up in a defensive position. Approach the subject and with the reaction hand tap the subjects interlocked fingers. This is a reaction check. If the subject turns and becomes combative, reassess and take appropriate action, which may include the escalation of use of force options. If there is no reaction, you're your reaction hand, grip at minimum of two interlocked fingers and apply slight downward pressure. Reposition your body always maintaining a solid POI. Begin the searching process at the back of the waistband where the subject's hands are located. Using a grasping, systematic, overlapping method completely search one side from front to back. Perform a finger for finger switch when maneuvering to the opposite side. **Remember: The subject is not handcuffed, it is critical you stay in a position of interrogation on the switch, keeping your weapon leg back.** Regrip now with

your weapon hand and complete a thorough, systematic, overlapping search on the opposite side with your reaction hand. Once this search has been completed, without incident, place your reaction hand on the subjects shoulder. Give the directions that when you release their fingers to take two steps forward and to turn around. You as the officer will take one step back, stay in a POI and off set. No with the proper spacing continue your investigation and interview.

2. **Quick Cuff and Search:** Using the same verbal Cursory Search commands, have the suspect turn around and face away from you. As with the cursory search have them interlock their fingers behind their back. At this time you have already made the decision to physically restrain the suspect, so off set to either side, access the handcuffs, drop into a combat stance and shuffle forward. Immediately grip the suspect's fingers with your reaction hand and cuff (if you are right-handed cuff right to left. If you are left-handed cuff left to right). **DO NOT DO A REACTION CHECK. GRIP AND CUFF IMMEDIATELY.** In this technique the suspect will now be handcuffed, therefore a thorough, systematic, overlapping search of the suspects entire body is required. During the searching process it is strongly suggested you ask your suspect officer safety questions such as if they have any weapons on their body or any needles or sharp object that could be harmful to them. **As always...SEARCH TO FIND!** Make sure the cuffs are properly fitted and prepare your suspect for transportation by double locking the cuffs.

III. Controlling Force: Introduction to Control Holds (Lecture)

- A. Explanation of the rationale for using controlling force to gain advantage of a suspect – 33.03.EO1
 1. The primary goal of using force is to gain compliance of a suspect, not simply to cause pain or inflict punishment. Officer consideration for using force include but are not limited to:
 - a. Suspect's display of aggressive or assaultive behavior
 - b. Physical size of the suspect as compared to the officer
 - c. Need for immediate control of the suspect due to tactical considerations
 - d. Officer's perception of the suspect's knowledge of the martial arts or other skills
 - e. Inability to control a suspect by lesser means

B. Recollection of the considerations a peace officer should employ when applying a control hold – 33.03.E02

1. There are two primary considerations peace officers need to be aware of when applying a control hold:
 - a. Control holds can be used for direction and control
 - b. Close proximity of the officer and suspect

IV. Applied Control Hold Techniques

A. Techniques

1. **Twist Lock:** The twist lock has a possibility of three positions. A bottom-handed twist lock; the front of your fingers against the front of the suspect's fingers in a matching handgrip. A top-handed twist lock; the palm of your hand across the back of the suspect's hand with the fingers gripping the little finger side of the suspect's hand. A two-handed twist lock; both of your hands gripping as in a top and bottom twist lock. The correct position for a twist lock is the suspect's arm and hand rotated in toward the body (right arm counter clockwise and left arm clockwise). The hand is gripped in the two-handed twist lock grip as the suspect's arm is bent at about a 90-degree angle (lazy C) and the back of the suspect's hand is lifted to a position about parallel to the suspect's arm pit. Your bottom gripping hand's second and/or third finger(s) rotates the suspect's little finger back and behind the other fingers. Your elbow is placed against the suspect's back/side area to prevent the suspect from rotating into the officer. Pain influence is accomplished by rotating the hand and arm toward the suspect. The top hand of the twist lock can be removed from the handgrip and placed on the suspect's back/shoulder area to maintain a bottom-handed twist lock.
 - a. 3-step entry to a twist lock
 - b. Finger-Whip entry
2. **Bar Arm Wristlock:** From in front of the suspect, make a matching handgrip to the back of the suspect's hand. The grip is made by looking at the back of the hand with the thumb down, placing the thumb on the back of the suspect's hand and the fingers into the webbing of the suspect's index finger and thumb. The suspect's hand and arm are rotated in a large circle (clockwise for the right hand and counter clockwise for the left); this will place you behind the suspect. The suspect's wrist should be flexed to the maximum

and the arm should be straight. You can add the free hand to the back of the suspect's hand or place it on the suspect's elbow.

- a. Bar Arm takedown to a turn around prone
- b. Bar Arm Circle Down
- c. Bar Arm drag down

3. ***Locked Rear wristlock:*** From a position in front of the suspect, make a matching hand (cross) grip to the suspect's hand. The palm of your hand should be facing you and your thumb pointing toward the suspect. Grip the meaty portion of the suspect's thumb with your thumb and run your second finger along the knuckle line on the back of the suspect's hand. At the same time, your hand is gripping the suspect's hand, with your free hand grip the suspect's triceps area with your fingers pointing toward the suspect. Push down on the triceps and flex the wrist of the suspect by pushing up on the back of the hand. The suspect's arm is rotated behind their back. The suspect's elbow should be in your side near the control arm side. The suspect's wrist should be flexed and your wrist should be straight. The suspect's fingers should be pointed up with the forearm about parallel to the ground. Pressure is applied to the back of the suspect's hand until compliance is gained. If you did not search the suspect before, your free hand can grab the elbow of the suspect and pull it toward you.

- a. Front entry to a rear wristlock
- b. Finger grip entry to a rear wristlock

4. ***Elongated rear wristlock:*** From a position in front of the suspect, make a non-matching hand (same-sided) grip to the suspect's hand. The palm of your hand should face you with the thumb pointed at the suspect. Your thumb grips to the little finger side of the suspect's hand and the second finger is run along the knuckle line on the back of the suspect's hand. Your free hand grips the inner elbow of the suspect and the arm is rotated behind the suspect's back. As you are flexing the suspect's wrist, the hand on the elbow rotates around to the back of the suspect's triceps. You will have one hand on the suspect's triceps and the other on the back of the suspect's hand. Pressure is applied inward at these two points to gain compliance. You should be standing directly behind the suspect.

5. ***Side wristlock to a rear wristlock (rear entry):*** From behind the suspect, place the hand that is closest to the suspect just above the elbow on the triceps and the other hand along the back of the suspect's hand. The suspect's elbow is pulled down slightly as the

wrist is flexed and the hand is brought up to your chest level. The suspect's elbow is placed against your midline and the hand at the elbow is brought to the back of the suspect's hand as pressure is applied to that hand. This is a side wristlock, but when used in a one-on-one situation, it is only a transitional position until a control hold with a better position can be gained. To enter the rear wristlock, maintain control of the suspect's hand with the hand that is inside or closest to the suspect. Your outside hand is rotated across the back of the suspect's hand, making a thumb over thumb grip with your second finger running along the knuckle line on the back of the suspect's hand. Maintain pressure on the suspect's hand by pushing the hand and arm against your midline. Your inside hand releases the suspect's hand and the suspect's arm is rotated behind the suspect's back to a rear wristlock.

6. ***Prone Position:*** In the prone position the suspect is lying face down on the ground. You are in a position of control at the suspects shoulder (either side). You are in "catchers squat" at the suspects shoulder. The leg closest to the suspect's head (referred to as the inside leg) is running down the length of the suspect's spine; your knee is pointed directly down the center of the back towards the buttock. There should be little to no weight or pressure on the suspect. Your controlling hand is the same side as the leg closest to the head. For example; if the inside leg is your left leg, your controlling hand is the left hand. The controlling hand is palm up over the center of the suspect's back, or, depending on the suspect's flexibility, as close to the center of the back as possible. The suspect's hand, on the same side, is also palm up and in your hand. Your fingers are controlling the knife or meaty edge of the suspect's hand with your thumb at the back of the knuckle line. Do not allow the suspects hand to touch the back prior to handcuffing. If the suspect becomes noncompliant and/or combative, pain compliance may be in order. This achieved by lifting and slightly pulling the hand towards your body, and rotating the hand so the palm is facing the feet. Handcuff as soon as possible.

Day 4 – Restraint Devices and Handcuff Techniques – 4 hours

I. Restraint Devices (Lecture)

A. The purpose of restraint devices when used on a suspect – 33.05.EO1

1. Peace officers are responsible for their prisoners at all times while in custody. All restraint devices are *temporary* restraining devices used to control a prisoner's actions. They do not totally immobilize a suspect. Restraint devices are used to minimize:
 - a. Attack on the officer or others
 - b. Escape of the prisoner
 - c. Destruction or concealment of evidence or contraband
 - d. Self-inflicted injury by suspect
 - e. Combat between prisoners

B. The parts of a set of handcuffs – 33.05.EO2

1. Peace officers must be familiar with the parts of the handcuff. The main components of the handcuff are:
 - a. Key
 - b. Double lock
 - c. Double bar
 - d. Single bar
 - e. Connecting chain

C. The general guidelines for correct positioning of the handcuffs on a suspect – 33.05.EO3

1. Hands should be placed behind the prisoner's back whenever possible to enhance the officer's control of the prisoner. Correct placement of handcuffs on the prisoner's wrists is essential for preventing injury or escape.
 - a. Handcuffs should be applied on the suspect's bare wrist between the hand and the protruding ulna bone.
 - b. The shape of the handcuff should correspond with the shape of the suspect's wrist
 - c. Handcuffs should be secure. Too tight may cause reduced circulation or nerve damage. Too loose could allow the prisoner to escape.
 - d. Handcuffs should be double locked

D. The responsibilities of the contact and cover officers when handcuffing multiple suspects – 33.05.E04

1. Peace officers may have to employ different techniques and methodologies when applying handcuffs to more than one prisoner during an arrest procedure. In such situations, the responsibilities of the contact officer and the cover officer need to be clearly understood.

a. The contact officer:

- 1) Controls the suspects, directing them verbally to arrest positions and giving them arrest commands
- 2) Handcuffs the suspects

b. The cover officer:

- 1) Speaks only when a situation arises that is not controlled by the contact officer, such as a furtive move by the suspect or if the cover officer sees a weapon on a suspect.
- 2) Follows the contact officer to avoid crossfire situations

E. The potential hazards when using handcuffs as a restraint device – 33.5.E05

1. Handcuffs are *temporary* restraining devices and do not totally immobilize a prisoner. Just because a suspect is handcuffed, it does not mean that officers can relinquish their responsibility to maintain constant control and observation of a prisoner.

F. Different types of restraints are:

1. Handcuffs
2. Plastic or flex cuffs
3. Leg restraints
4. Waist restraints
5. Hobbles – cord cuffs
6. Bodyguard

II. Applied Handcuffing Techniques

A. Techniques

1. **Quick Cuff Standing:** Use the same verbal commands to direct the suspect facing away from you. With the suspect standing with their back to you, tell the suspect to interlock their fingers behind their backs, the backs of their hands together and interlock their fingers. Have them separate their feet, widen their stance and point their toes outward, with the knees locked back. Access handcuffs. Hold them in a butterfly grip. Off set. Approach the suspect in a Combat Stance. Grip three or more fingers with your reaction hand. Pull the fingers back and down creating space at the back. Immediately handcuff (right-handers cuff right to left, left-handers cuff left to right). Complete a thorough, systematic overlapping search, from top to bottom and front to back, using the same search technique as described on Day 3, Person Searches. Check the application and fit of the handcuffs and prepare the suspect for transportation by double locking the cuffs.
2. **Quick Cuff Kneeling:** With your weapon drawn, have the suspect raise their hands. Visually search the front. Have suspect turn away from you. While suspect is facing away from you have them kneel down to one knee, then the other. Once on their knees have them cross their legs at the ankles. Order them to place their hands behind their back, back of their hands together and interlock their fingers. Holster and access your cuffs and place them in a butterfly grip. Off set. From a combat stance shuffle forward. Trap the legs by placing your foot on the sole of the suspect's top foot, trapping both feet to the ground. Grip the fingers, slightly pull the hands away from the back and immediately cuff as in the Quick Cuff technique. Search the back of the waistband where the hands are restrained. Stand the suspect up by using the **elongated wristlock**. Conduct a thorough, systematic, overlapping standing search. Check the application and fit of the handcuffs and prepare the suspect for transportation by double locking the cuffs.
3. **Twist-Lock Handcuffing:** From the twist-lock position maintain a bottom handed twist-lock on one side. Have the suspect put their free hand on the back of their head. Remove the handcuffs with your free hand and grip them in a pistol grip position with the single arm facing out. Place the single arm of the handcuff on top of the suspect's wrist behind their head, between the ulna bone and the palm of their hand. Push down sharply and quickly to apply the handcuff. Slide your hand out to a pistol grip on the free loop

of the handcuff and bring the suspect's hand down and behind their back (variation: control the loop with your hand and begin to bring the arm down. Once the arm is at 5 o'clock, perform a dial-around by rotating the single loop around and repositioning the cuffed hand). Re-grip the remaining handcuff into a pistol grip. Place the cuffed hand at the center, or as close to the center of the back as possible. Once the cuffed hand is in place pull the twistlock hand to the center of the back. The free loop is now applied to the suspect's other hand. Conduct a thorough, systematic, overlapping standing search. Check the application and fit of the handcuffs and prepare the suspect for transportation by double locking the cuffs.

4. ***Prone Handcuffing:*** With your weapon withdrawn have the suspect raise their hands. Complete a standing visual search. You may or may not have the suspect turn and face away from you before having them face you and kneel. Order the suspect to kneel on one knee and then the other. Have the suspect place their hands on the ground far out in front of them. Tell them to push their legs back until they are lying flat on the ground and in a prone position with their arms outstretched in a "Y". Have them turn their head away from you (opposite the side you will be approaching), place their ear on the ground and close their eyes. Off set to the side the handcuffing will be done on. Holster your weapon. Approach in combat stance. Stay out of the "Y" or kill zone of the outstretched hands. With your weapon hand palm down, cover the suspects hand with yours sliding your thumb under their hand at the web of their thumb. Grip with the matching hand (left to left or right to right). Your palm of the hand is on the back of the suspect's hand and fingers gripping into the little finger side of the suspect's hand. Lift the suspect's hand and arm slightly and cock the suspect's little finger toward their elbow. Begin to shuffle to the side of the suspect. Once the bared arm is 45 degrees from the body rotate the hand so the suspects palm is facing up and the fingers are pointed toward the sky. Place the bar arm wrist on your reactionary knee, bend forward and search at the back waistband only. Place both hands at the suspects arm bar hand, constantly flexing the wrist down ward, begin to step into a turn around prone.

From the catcher squat stance at the suspects shoulder, maintain pressure with your weapon hand. Remove the reactionary hand and begin to rotate the fingers towards you in a counter clockwise movement. Reach up with your reactionary hand and grip the meaty side of the suspect's hand. Control the suspects hand down to the center of the back, never allowing the hand to physically touch the back.

Access your cuffs. Using the pistol grip (single strand facing outward) turn the handcuffs upside down and handcuff the suspect's controlled wrist from the inside out. Slide the handcuffing hand up into the loop of the handcuff and pull it toward you. Your controlling hand releases the back of the suspect's hand and grips the connecting chain in a pistol grip and pull it toward you. Tell the suspect to bring their other hand behind their back and grip the suspect's hand in a upside down handshake. Pull the suspect's hand into the handcuff. Search the suspect. To stand the suspect up, stand facing the suspect on either side. The hand closest to the suspect's head grips the back of their trapezium and your free hand grips over the suspect's far elbow. Pull the suspect toward you and push them into a seated position. Squat behind the suspect and apply an elongated rear wristlock to their wrist whose thumb is facing you. Tell the suspect to tuck their leg in on the wristlock side and push the suspect into a standing position. The handcuffs should now be double-locked.

5. ***Moving a handcuffed person:*** A rear wristlock can be used and the suspect is moved backward or an elongated rear wristlock can be used moving the person forward.
6. ***Safely uncuff:*** There are two positions you can place yourself in relation to your suspect. One is on the reactionary side and perpendicular to your suspect. If you choose this position make sure the suspect's elbow is buried in your center mass as you slip your reaction hand between the suspects back and forearm. With your reaction hand control the chain of the handcuffs.

The second position is on the reaction side of the suspect, standing in a POI behind the matching side suspects foot. Again slip your reaction hand between the suspect's back and forearm, controlling the chain with the reaction hand.

For both positions you are going to uncuff the far wrist first using your weapon side hand to manipulate the key. Once the first wrist is free order the suspect to place the freed hand on the back of his/her head and look away from you. The reaction hand will apply slight pressure upward on the remaining cuffed hand. Secure the single strand from the vacant loop before stepping back to uncuff the second loop.

Once you have secured the first loop, take one step back. You should now be slightly behind the suspect. Your reaction foot should not pass the heel line of the suspect's foot. While stepping

back pull the suspects arm out fully extending it. Keeping the cuffed hand at eye level, control the chain of the last cuff with your reaction hand. Uncuff with your weapon hand. Once that hand is free order your suspect to place the hand behind his head. Take a couple steps back, secure the single strand, and secure your cuffs and key before asking the suspect to turn and face you.

Day 5 – Ground Control – 4 hours

I. Introduction to Ground Control (Lecture)

- A. Law enforcement officers, while performing their duties, are confronted with the need to maintain control of situations or persons using force. The force may be as minimal as verbal and can escalate up to and include deadly force.

Quite often during the use of physical force, such as the traditionally accepted techniques used to maintain control of resistive subjects, officers may be forced to control combative persons while on the ground. Law enforcement officers are trained to deal with combative or resistive persons in a standing position, but also need training in maintaining control of these persons while on the ground.

Using proper balance and techniques, officers are afforded an advantage in defending themselves, enhancing their ability to control resistant subjects.

These techniques, designed to provide the officer with a position of advantage, are used to attempt to control a person on the ground. Additionally, they will provide the officer a methodology of defense should a person take the officer to the ground.

B. DEFINITIONS:

1. ***Superior Position*** is defined as an officer on top of, or behind another. This position should not be mistaken in terms of an officer having an advantage over a suspect.
2. ***Inferior Position*** is defined as an officer being on their back with someone either on top of them, or behind them.
3. ***Supine Position open*** is when the officer is in a semi supine and the suspect is between their legs. The officer has one foot on the suspect's hip controlling it and his other shin is along the suspect's rib cage area. The officer is controlling the suspect's hands by grabbing on to his wrists. The purpose of this position is to prevent the suspect from gaining a position of advantage.
4. ***Supine Position Closed*** is when the officer is supine and the suspect is between his legs. The officer's legs are wrapped tightly around the suspect's upper torso. The officer is controlling the suspect's hands by grabbing onto his wrists. The purpose of this technique is to prevent the suspect from gaining more of a position of advantage. The

- officer if totally fatigued could rest **briefly** in the position and then transfer to another position
5. **"Bear Crawls"** is a drill to increase the officer's strength and balance. The officer is bent over at the waist having his hands on the ground spread about shoulder length apart. His legs are slightly bent and are also about shoulder length apart. The officer moves in any direction by moving his hands and feet.
 6. **"Crab Walk"** is a drill to increase the officers strength and balance. The officer's arms are placed on the ground about shoulder length apart. His feet are also on the ground and are shoulder length apart. The officer's back and hips are about 12 to 18 inches off the ground. The officer moves his body using his hands and feet.
 7. A **"figure four wristlock"** is when the officer has one hand on the suspect's wrist and his other hand is wrapped around the suspects arm just above the elbow area. The officer then grabs his own forearm to secure the lock. The officer applies pressure by moving the suspect's arm towards his (suspects) head. It is imperative that the officer keeps the suspects arm in tight to his chest. Otherwise the suspect will be able to defeat the technique by simply ripping his arm out of the lock.

II. Applied Ground Control Techniques

A. Techniques

1. **Sprawl:** The purpose of this technique is to diffuse the suspect's direct attack and force him towards the ground. From a standing position, direct your hands towards the suspect's shoulder area on their back. Kick your feet into the air and place your body weight on the suspect. Stay on your toes, keeping your knees off the ground.
2. **Hip Press:** From the sprawl, use your body weight and sideways body movement (like a crab) to push your hip into the suspect's hip on the same side. Force your chest down and against the suspect's back. Maintain body contact. Stay on your toes, keeping your knees off the ground. Use your forearm and upper arm to push the suspect's head into the ground.
3. **Shrimping:** When an officer is initially on his back and rolls to his hip (gun side). The officer uses the same-sided foot to push off the ground with. The officer's hands are

close in proximity to each other and are pushing down towards his feet as he jackknifes his body (position should resemble the shape of a shrimp). The officers opposite foot should be used as a personal body weapon kicking at the suspect. If necessary the officer will quickly roll to the opposite hip and complete the same movement. The purpose of this movement is to create space so the officer can safely stand without exposing himself to a kick or allowing the suspect to get behind him.

4. **Bridging:** When the officer is in the supine position and the suspect is in the superior position straddling the officer's torso. The officer places both of his feet on the ground about shoulder length apart. If possible, the officer should bring his feet up to the suspect's feet. If he cannot the technique will still work. The officer puts his hands in front of this face with his elbows in tight keeping the suspect from moving up his body. The officer will violently raise his hips into the air as he arches his back. The small of the officer's back should be off the ground causing his shoulder blades to be supporting most of the suspect's weight. As this movement is done the officer will look to the side where he want to launch the suspect to.
5. **Hip Switch:** The purpose of this technique is to prevent the suspect from coming up from a prone position either to a four-point stance or to his knees. To counter the suspect's attempt to rise on the opposite hip from that being pressured by your hip press. If the suspect tries to get up on the opposite side from your hip press, quickly transfer your weight (hip) to the opposite side of the suspect's body. Quickly switch your hip to the suspect's other hip by moving across the suspect's lower body area. Remember, keep your chest on their back and hands/forearms behind head and neck.
6. **360:** The purpose of this technique is to move from one side of the suspect's body to the other side in preparation for applying a control hold or if the initial sprawl came from the suspect's head area. Quickly crab around the suspect's head to the opposite side. Stay on your toes, not your knees. Use the suspect's upper back as a pivot point and spin on your toes around the suspect's head to the opposite side.

7. **2 on 1 Rockout:** The purpose of this technique is to get one arm of the suspect out from under his body and into a control hold on the back. While in any ground control position where you are facing the same direction as the suspect, reach from underneath the suspect's forearm / armpit with your same side arm. Grab the suspect's wrist area. At the same time, take your other elbow and upper arm and force the suspect's head to the opposite side of his body from the hand you are grabbing or drive your elbow point into his mastoid. Push your grabbing elbow into the suspect's same side shoulder. As you push your grabbing elbow towards the ground, begin a 360-degree spin to the opposite side of the suspect's body. Add your second hand to the suspect's hand, as you continue the 360, thus a 2 on 1. Continue the 360-degree spin until your body movement pulls the arm out and onto the suspect's back and into a same-sided shoulder prone control.
8. **Outside Arm Grab:** The purpose of this technique is to get one arm of the suspect into a control hold on the back. The suspect is prone and the officer is in a hop press position. The officer reaches across the suspects body with their inside arm, and grabs the suspect's outside arm (the arm furthest from the officer's position in a matching hand grab). The officer's hand is palm down covering the back of the suspect's hand, grasp and begin to cock the suspect's hand so the pinky finger is directed towards the feet. Continue to pull the suspect's arm behind their back into a prone control.
9. **Inside Arm Grab:** The purpose of this technique is to get one arm of the suspect into a control hold on the back. The suspect is prone and the officer is in a hip press position. The officer reaches under the suspect's inside arm (arm on the same side of the suspect as the officer) with their outside arm. . Officer pulls the suspect's arm to themselves "painting the ground with the suspect's fingers", and brings it to the suspect's back for a prone control.

Note: This is identical to a 2 on 1 Rockout, without the necessity of the rockout pressure. Performing a hip switch will facilitate the prone control application.

10. **360 Shoulder Wrap Prone:** The purpose of this technique is to effect a control hold on a suspect, when he attempts to

raise up from a prone position on the side opposite from your body (This could also apply on the same side) in a push-up motion. From a sprawl (hip press) position, the suspect attempts to push up with his opposite side arm. Execute a 360-degree turn around the suspect's head. As you near the suspect's pushing arm, wrap your outside arm under and through the suspect's pushup arm. Pull the arm around and onto his back, locking the arm between your biceps and forearm and your stomach and his back, as you complete the 360 add your other hand to the control. Finish with a prone control hold.

11. **Ankle Break Down:** The purpose of this technique is to force the suspect down from a four-point stance to the prone position. From a sprawl attempt position, or when the suspect has attained a four-point stance, reach back and grab the far side ankle with your inside hand. Pull up strongly on the suspect's ankle as you execute a sprawl, breaking the suspect's four-point balance position. Keep the suspect's foot against his buttocks and ride your inside thigh up and over the suspect's shin, trapping the leg. Force the suspect's foot to the outside of his buttocks/hip and force your body weight down on the leg and your chest into his back.
12. **Push Over / Arm Lever:** The purpose of this technique is to force a supine suspect over to the prone position. From a chest to chest pin position where the suspect is trying to push you off with his hands, allow one of the suspect's arms to push up. As the arm comes up, switch your same-sided arm, usually the opposite arm to his, to the suspect's elbow and push it across the suspect's body to the outside. This will be a one-handed push over prone movement. Executed quickly, you are able to accomplish a movement similar to a circle-down maneuver to a prone control on the suspect's back.
13. **Knee to Stomach:** When the suspect is on their back and the officer has the weapon side knee on the suspects stomach area. His opposite leg is extended out towards the suspect's head, but not so close that the suspect can grab it. Most of the officer's weight should be placed on the suspect's torso/stomach area. The purpose of this position is to control the suspect's movement when he is in the supine position and make him roll to his stomach for cuffing.

1. Possible hazards of the *proper* use of the Carotid Restraint Control Hold include:
 - a. Cardiac arrest
 - b. Stroke
 - c. Brain damage
 2. Possible hazards of the *improper* use of the Carotid Restraint Control Hold include:
 - a. Maintaining the hold after the suspect has been rendered unconscious
 - b. Tilting, turning, or jerking the suspect's neck
 - c. Pressure applied to the back of the suspect's head or neck
 - d. Pressure applied to the front of the suspect's neck
 - e. Application of the hold while the suspect is standing
- D. Possible physical responses a suspect may experience when a Carotid Restraint Control Hold has been used to control that suspect – 33.04.EO4
1. When a peace officer applies a Carotid Restraint Control Hold properly, the suspect may experience a variety of side effects. It may take up to 24 hours for the body to return to normal following the application of the hold. Possible side effects may include:
 - a. Convulsions leading to jerking of the hands, arms, or legs
 - b. Vomiting or gagging
 - c. Salivation or drooling
 - d. Nose bleeds
 - e. Burst capillaries in the suspect's eyes
 - f. Staring with glazed eyes
 - g. Loss of bowel or bladder control
 - h. Disorientation
 - i. Reduced blood pressure, pulse rate, and respiratory rate
- E. Appropriate procedures for the subsequent handling of a suspect after a Carotid Restraint Control Hold has been used – 33.04.EO5
1. There are a number of steps peace officers should take if a suspect loses consciousness after the application of a Carotid Restraint Control Hold. These steps include, but are not limited to:
 - a. Release the hold
 - b. Handcuff the suspect and search the back waistband
 - c. Turn suspect on their side and check vital signs

Day 8 - Carotid Restraint – 4 hours

J. Carotid Restraint Control Hold (Lecture)

A. Justification for use of the Carotid Restraint Control Hold – 33.04.E01

1. The Carotid Restraint Hold is a neck restraint where the officer uses continuing lateral compression of the carotid arteries at the sides of the suspect's neck in order to gain immediate compliance or control of a violent suspect. This gives peace officers an advantage, and they gain immediate control of the suspect.
2. Various agencies and departments have different policies regarding justification for use of the Carotid Restraint Control Hold and the follow-up steps required when the hold is applied to a suspect.

Officers should become familiar with their agency's policies and guidelines regarding the use of the Carotid Restraint Control Hold.

B. Basic knowledge regarding the structure of the neck in addition to the functioning of the breathing and circulation system to describe the factors which are believed to generate unconsciousness when a Carotid Restraint Control Hold is used – 33.04.E02

1. The following describes the basic structures of the human neck that can be affected by the use of a Carotid Restraint Control Hold:
 - a. Hyoid Bone – Bone located at the base of the tongue
 - b. Cricoid Cartilage and Thyroid Cartilage – Cartilage protecting the larynx (voice box)
 - c. Thyroid Cartilage Tip – Portion of the thyroid cartilage that is connected to the trachea
 - d. Trachea – Airway (windpipe) extending from the larynx
 - e. Carotid Artery – Primary artery that carries oxygen rich blood to the brain
 - f. Internal Jugular Vein – Primary vein that carries blood away from the brain
 - g. External Jugular Vein – Vein that carries blood away from the facial vessels
 - h. Carotid Sinus – Network of cardiac nerves
 - i. Vagus Nerve – Nerve that regulates the heart and lungs

C. Possible hazards associated with the *proper* and *improper* use of a Carotid Restraint Control Hold – 33.04.E03

2. ***From the side – Mastoid Stimulation:*** Your finger(s) or thumb are placed in the hollow pocket behind the suspect's ears and pushed forward and up against the rear of the jawbone.

E. Demonstration and Application

1. The students shall perform the above techniques in:
 - a. Takedowns
 - b. Assaults on officers
 - c. Passive resistance

II. Compliance Techniques

A. Purpose

1. A diffusing technique used to overcome resistance
2. As an aid to the officer in order to gain control

B. Techniques (Prone suspect)

1. **Double Mastoids:** Your inside leg's foot is placed to hold the suspect's arm in place as the inside leg's knee is placed between the suspect's shoulder blades. Stay in a perpendicular position to the suspect, fingertip pressure is now applied behind the ears.
2. **Figure 4 Leg Lock:** Place your matching foot on the suspect's foot or ankle and matching hand with the webbing of the index finger and thumb over their other ankle. Your free hand's thumb or knuckle is pressed into the cut of their hamstring to flex their leg, the calf of flexed leg and/or ankle is placed across the other leg's back knee bend. Kneel lightly on the lower leg to hold it in place. The straight leg is now bent up and over the crossed leg as you straddle that leg at the ankle with your inner thigh. Your foot on the crossed side is placed behind or under the suspect's foot and/or ankle. Pressure is now applied down on the leg, the foot may be twisted if more pressure is needed, toe to the inside. Your foot can push up and/or back on the ankle for additional pressure.
3. **Calf Roll:** Place your leg closest to the suspect's feet on mid-calf using your shin just below their knee. The pressure is applied down and in.

C. Techniques (Supine)

1. **Sternum rub:** Using your foot of knee to hold the suspect's arm in place as the knuckle of your inside hand is pushed down on mid-sternum. You may have to rub back and forth on some suspects.

D. Techniques (Seated)

1. **From behind – Salivary Gland Stimulation:** Place your fingers at the apex of the jaw line and push upward at a 45-degree angle.

2. ***Twist Lock Takedown to the rear:*** From a two-handed twistlock, turn to face the suspect's side (perpendicular) and simultaneously lift the twistlock up so that the suspect's forearm is parallel to the ground. Rotate the fingers of the suspect's hand in and down. As the suspect starts to go down step back and allow the suspect to go to their back. Staying on the same side of the suspect's body, maintain the two-handed grip and stir the suspect's hand and arm out and around their head. The stirring motion will cause the suspect to roll over to their stomach. Kneel down on the suspect's shoulder with the knee closest to the suspect's head. By releasing the fingers, you have a prone control.
3. ***Rear cross-face takedown:*** From behind the suspect, do the following things at the same time. Cup the suspect's matching wrist (right/right, left/left), place your free hand over the suspect's forehead or eyes on the opposite side of their head, bring their head back to your shoulder on the head grip side, step back with the foot on the suspect's head side, pull the suspect's wrist and arm back and rotate ninety degrees, allowing the suspect to slide down the front of your body to the ground. Finish the technique with a push over prone control.
4. ***Hair pull / "Z" grip takedown:*** From behind the suspect, your lead hand grips the suspect's matching wrist (right/right, left/left). Your free hand can now grip into the suspect's hair high and to the rear and pull straight down to bring the suspect to their back on the ground (hair pull takedown). Or, you can bring the palm of your hand across the forehead of the suspect from the same side you are standing on and sweep the hand back and down to bring the suspect to their back on the ground (forehead sweep takedown). The technique can be finished with a push over prone control.
5. ***Leg sweep takedown:*** From behind the suspect, grip the material of the clothing the suspect is wearing on the top of their shoulders or grip into the trapezius area of their shoulders on both sides. At the same time you are gripping the shoulders, use the matching foot to flex the suspect's knee forward. As you flex the back of the suspect's knee and their leg begins to bend, your foot is now pushed down on the suspect's calf as they are pulled back by their shoulders. As the suspect falls to the ground, side step away from the side of the suspect that the leg sweep was applied to. Your lead hand slides from the suspect's shoulder down the forearm to their wrist and a push over prone control is applied.

Day 7 – Takedown / Compliance Techniques – 5.5 hours

I. Controlling Force: Takedown Techniques

A. Considerations a peace officer should employ when performing a takedown technique – 33.03.E03

1. There are two primary considerations peace officers need to be aware of when employing a takedown technique:
 - a. Close proximity of the officer and the suspect
 - b. A single technique may not be adequate to gain complete control of the suspect

B. Techniques

1. ***Escape from a Two Handed Choke or Push:*** Face the suspect and make a same-sided grip on the suspect's hand, right to left or left to right. Look at the back of their hand with the thumb down. Your thumb goes across the back of the suspect's hand and your fingers grip into the thumb side of the suspect's hand. Rotate the suspect's hand to the outside in a circular motion, clockwise for the suspect's left hand and counter clockwise for the suspect's right. As the suspect's hand reaches your eye level, with the suspect's fingers pointed straight up, add your second hand to the little finger side of the suspect's hand. Step back and behind you, with the leg on the side of the takedown as the suspect's hand is rotated outward and down. As the suspect goes to their back on the ground, you can finish with a prone control by maintaining the original grip on the suspect's hand and moving the other hand to the suspect's elbow. The suspect's fingers are rotated down and toward their feet with the suspect's arm straight. As you are rotating the suspect's hand, walk around the top of the suspect's head to the other side of the suspect and kneel on the shoulder whose arm you control. You can now finish with a prone control. This prone is called a pull over prone. You can also maintain a two-handed grip on the suspect's hand and step with your foot closest to the suspect to the other side of the suspect's head so that the feet straddle the suspect's head. Lift your non-stepping foot, place your inner knee on the suspect's outer elbow, and move your foot to the other side of the suspect's head. Kneel down on the suspect's shoulder and finish with a prone control. A third technique is to maintain a two-handed grip on the suspect's hand and simply run to the other side of the suspect's head and kneel down to finish with a prone control.

C. Expecting the unexpected

1. The unpredictable nature of the suspect creates a serious threat to officers when removing the suspect from the scene of an arrest
2. The fact the suspect has cooperated thus far does not guarantee future cooperation. A suspect may resort to violence and trickery to escape custody at any time
3. A suspect should *always* be considered an escape risk or a potential threat

D. Application of Techniques

1. Demonstration of techniques for transportation of prisoners
 - a. Have students perform techniques
 - b. Practice techniques using a cover officer

- c. Proper procedures for positioning the prisoner in the vehicle
 - 1) Dependent upon individual department policy
 - 2) Every suspect, whether male, female, adult, or juvenile, is handcuffed
 - 3) With very few exceptions, transported suspects are always handcuffed to the rear
- d. Use of safety belts
 - 1) With very few exceptions, transported suspects should always be in a seat belt
 - 2) The proper and safe application and removal of the seat belt
- e. Observation / care of the prisoners while transporting
 - 1) Time and mileage for a male transporting a female
 - 2) Violent/combatative suspects should be transported separately
 - 3) Transporting officer is responsible for the suspect.
 - A) Injured or unconscious suspects should be examined and given a release by medical personnel before arrival at the jail.
 - B) Transporting officers should be mindful of medical conditions such as shock, brain injury, or diabetics.
 - 4) Avoid any unnecessary conversation with the suspect

B. Identification of the possible safe and secure positioning of a prisoner in an officer's vehicle – 33.08.EO2

- 1. Certain procedures always apply when positioning prisoners for transportation:
 - a. Prisoners should be placed in and removed from a vehicle in a way that maintains control and advantage over the prisoner
 - b. A second officer, if available, should act as a cover officer while the prisoner is being placed in the vehicle

4. *Circle drills*

- a. Circle drills involve the entire class. Arrange the students in a circle with their backs facing outward, holding training bags. A single student enters the circle for the duration of the exercise. The student performs techniques or strikes against suspects with training bags. Students forming the circle must monitor the action in the center of the circle and maintain safety of the students by preventing them from exiting or falling outside the safety perimeter formed by the circle of students. This drill requires officers to use body mechanics and baton techniques in a dynamic setting.

III. Transporting Prisoners (Lecture)

- A. The common elements of safely transporting prisoners to maximize officer security and prevent prisoner escape – 33.08.EO1

1. Departments will vary in their policies regarding the transportation of prisoners. It is the officer's responsibility to become familiar with and follow all departmental policies. Certain elements must always be addressed to assure the safe and effective transportation of prisoners.

- a. Search of the prisoners

- 1) Do not depend on another officer's search. Personally search each person you are going to transport
- 2) Confiscate *any* item that can possibly be used as a weapon

- b. Search of the vehicle area

- 1) The interior of the transporting vehicle is *always* to be searched before placing a suspect inside.
- 2) Although the interior of the transporting vehicle is searched for weapons / contraband before a suspect is transported, after the suspect has been dropped off search the vehicle again, and before transporting another suspect.
- 3) If the subsequent search discloses any weapons / contraband, it is easier to establish it belonged to the suspect.

D. Drills

1. *Continuation strikes (combinations)*

- a. The strikes can be performed in any order and repeated or combined with other strikes as needed.
- b. The drills can be developed by using the same strike for any number of repetitions or a combination of strikes.
 - 1) For example, two weapon strikes per count (two strikes). One weapon strike high and one weapon strike low (two strikes). Weapon and reaction strike high and weapon and reaction strike low (four strikes).
- a. Drills should not consist of any more than four strikes total of any combination of strikes.

2. *Line drills*

- a. Arrange the students in lines. Each student has an opponent (suspect) standing directly across from them. Everyone in one line is performing a baton technique while the opposite line (suspects) are holding a training bag.

3. *Wheel drills*

- a. Arrange the students in two circles. Bag holders, forming one circle, stand with their backs facing to the inside of the circle. The bags face outward and these students play the role of the suspect. The student performing the baton technique will line up directly across from the student holding the bag and will form the second circle with their backs to the outside and facing the bag holder. These students play the role of the officer. On the instructor's command, the students forming the outside circle will perform the technique and move to the next bag. The outer circle can be directed to move right or left after each technique. The inner circle remains stationary.
- b. On the instructor's command, the student performs the technique or strike, moves in a designated direction to the next bag holder, and waits for the next command. For maximum safety and control, each strike or technique performed is only done on the instructor's command.
- c. This formation exposes each student to a variety of partners. It is aerobic, and emphasizes dynamic movement.

2. **Reaction Strike:** The *reaction strike* is less powerful than the *weapon strike*. The *reaction strike* should be executed rapidly as a means of returning your baton to your weapon side. The striking hand is palm down. Your target area is between the shoulder and the waist of the suspect. The *reaction strike* is a forgiving technique. It can still be effective even if not performed exactly right or directed to the precise target. The *reaction strike* performs a clearance, moving the suspect away from you. The *reaction strike* is performed by swinging your baton downward at a 45-degree angle. If the suspect is hit, the striking surface is the last three inches of your baton. The *reaction strike* should not be performed by itself but in combination with the *weapon strike* if you follow through with or miss with the *weapon strike*.
3. **Straight Strike:** The *straight strike* is a short-range technique used to create distance. Employ the *straight strike* when in close contact with a suspect. The *straight strike* is also used when an aggressive suspect closes the gap despite warnings or other strikes. Your weapon hand rotates forward until it is palm down as your baton is lowered from the *combat stance* with your reaction grasping the end of the shaft, palm down. Your baton is thrust downward at a 45-degree angle toward the center mass of the suspect's body. The *straight strike* begins about your chest level and ends near the center mass of the suspect's body near the belt line.
4. **Two-hand low defense – Low Ready position:** Your baton is lowered from the combat stance to about your waist level. The tip of your baton is pointed toward the suspect with your reaction hand facing palm up and the end shaft resting in the palm of your reaction hand. Your weapon hand is near your weapon hip, gripping your baton palm down. Your baton and arms are kept in close to your body and not thrust out away from you toward the suspect.
5. **Parry and Jab:** The *parry and jab* can be performed if a threat is coming toward you. As the threat nears you, perform a *shuffle pivot* step. As you are performing a *shuffle pivot*, your reaction hand brings the tip of your baton upward and sweeps the threat outward and away from you by making contact with the shaft of your baton against the threat. Continue to perform the *shuffle pivot* as the threat is directed away from you. Once you have performed the *shuffle pivot* and directed the threat away from you, bring the tip and shaft of your baton downward until it is about parallel with the ground and close to your body. Thrust the tip of your baton forward toward the suspect, striking at the threat and center mass of the suspect's body.

- D. The areas of a suspect's body that should be avoided to protect against serious injury to the suspect – 33.07.EO4
1. When the baton is used against certain parts of the human body, it can cause serious injury. It is up to the officer to use skill and caution to avoid the areas and parts of the body that are particularly vulnerable. Possible body parts to avoid include, but are not limited to:
 - a. Face
 - b. Head
 - c. Throat
 - d. Neck
 - e. Spine
 - f. Kidneys
 - g. Groin

II. Straight Baton

- A. The dynamics of most physical encounters are unique and highly stressful. If you are given too finite of a target or too complex a defensive skill, you have been given a recipe for failure. Baton techniques must be kept simple and easy to remember in order to be effective. The higher your stress level, the less capable you are of performing complex defensive measures. Therefore, baton techniques must be simple, forgiving, and easily performed.
- B. **Combat Stance – Position of Interview (POI):** The baton is in your weapon hand. The baton is raised up to and the shaft of the baton rests lightly on top of your shoulder. The butt end of the baton is pointed toward the suspect in front of you.
- C. **Strikes** – Explain and have the student demonstrate the following strikes.
1. **Weapon Strike:** This is the most powerful and most often used baton strike. The *weapon strike* gives you the ability to regain control when other measures are inappropriate. The *weapon strike* can be done from any tactical position. Use a full grip to maintain control and possession of your baton. The *weapon strike* is performed by swinging your baton downward at a 45-degree angle. Strike with the last three inches of your baton to the center mass of the suspect's weapon delivery system or threat. Allow your baton to dwell shortly upon impact to gain the full benefit of fluid shock. Return your baton to the combat position on your shoulder. You should *always* hit as hard as possible. Continue to strike only as long as the resistance continues.

Day 6 - Baton Techniques / Prisoner Transport – 4 hours

I. Use of Baton

- A. The Peace Officer's legal authority for use of a baton as a defensive weapon – 33.07.EO1
 - 1. A peace officer's baton is a deadly weapon as defined in Penal Code Section 12020. In law enforcement, however, in order for it to be used in an authorized manner it must be used defensively to repel or protect. Peace officers have the authority to use a baton:
 - a. To protect property
 - b. In self-defense
 - c. In defense of others
- B. The conditions when the use of a baton by a peace officer in a defensive manner is justified – 33.07.EO2
 - 1. As the suspect's actions vary, officers must constantly reevaluate the situation and escalate or deescalate the amount of force used. The conditions that justify the use of a baton include, but are not limited to the:
 - a. Size of the suspect compared with the size of the officer
 - b. Suspect exhibits a trained fighting skill
 - c. The number of suspects
 - d. The amount of control needed based on tactical considerations
- C. The appropriate target areas on a suspect's body that can be effective in gaining compliance – 33.07.EO3
 - 1. When using the baton, the peace officer's goal is to gain compliance and control of the suspect and the situation. Target areas on a suspect's person should be selected carefully to avoid areas that may either be ineffective or present the danger of causing more extreme injury than was intended. Possible target areas include:
 - a. Chest
 - b. Rib cage
 - c. Midsection
 - d. Arms
 - e. Legs

14. *Escape from knee on stomach:*

- a.** Technique 1: If the suspect's far leg is close enough for the officer to reach it he will grab either the pant leg or the ankle and trap it. The officer will then switch he hips towards the suspect and strike the suspect on the side of his face using his far hand.
- b.** Technique 2: The officer pushes the suspect's knee off his stomach as he shrimps towards him. The officer will then either shrimp away from the suspect and stand up in base, or place the suspect into a supine open or closed position.

15. *Neck Wrap to a Shoulder Wrap Prone:* The purpose of this technique is to gain a prone control from a neck wrap roll over. Once the suspect has been rolled over, grab his biceps/triceps area of the wrapped arm with the hand you push the elbow with. As you pull the arm out from around his neck, execute a 360-degree shoulder wrap prone.

16. *Leg Wrap Rollover to Prone Control with the officer in the inferior position:* The purpose of this technique is to move to a prone control from a position with the officer on his back and the suspect over him. As the suspect moves into you, wrap both legs around the suspect's mid-body. The suspect could be punching, attempting to choke, or grabbing you. Make the cross-grip to the suspect's wrist, hand, or arm, right to right or left to left. Pull the suspect's arm diagonally across your body toward his head. With the free hand, grab the side of the suspect's neck closest to him and pull the suspect back toward that side. The suspect will round into a neck wrap position for a prone control or carotid restraint.

- d. Obtain a Recognizable Level of Consciousness (RLC)
- e. Administer first aid, if Search the suspect
- f. Notify any other officers or custodial personnel that the prisoner is turned over to
- g. Obtain medical clearance
- h. Post-Carotid responsibilities
 - A) Observation. A two-hour critical observation of the suspect after application of the carotid restraint.
 - B) Twenty-four hour total observation of the suspect after the application of the carotid restraint.
- i. Documentation
 - A) Document the use of the Carotid Restraint Hold, including justification of the use, reaction of the suspect after application, First Aid if given, name and location of medical personnel conducting examination of the suspect, location and name of custodial officer receiving the suspect, and the fact the custodial facility was advised the suspect was subjected to a Carotid Restraint Hold and medically cleared for incarceration.

F. Carotid Restraint Control Hold Hazards

- 1. Frontal Pressure
 - a. **Do not apply any pressure to the front of the throat.**
Pressure should be applied to the sides of the neck in the area of the carotid triangle.
- 2. Time
 - a. The average person loses consciousness in 5 to 15 seconds of application. The average person comes back to consciousness approximately 20 to 30 seconds from release. If the individual is not back to a recognizable level of consciousness in 90 seconds it should be considered a medical emergency. A recognizable level of consciousness is defined as being that the individual displays voluntary movement or is responsive to questions asked. **Maximum** application time for the carotid is 30 seconds.
- 3. Vagus Nerve / Carotid Sinus Reflex

- a. *The carotid is only applied once in a 24-hour period*, unless there is an emergency circumstance. Note the time of the application and request the individual be placed under observation for a minimum of 2 hours. 5 hours is preferable. *Always* have an individual who has been restrained with the carotid cleared for incarceration by medical personnel.
- 4. Age of the suspect
 - a. Do not apply the Carotid Restraint Hold to the very young or the very old.
- 5. Positioning
 - a. The carotid restraint is applied with you behind the suspect. The ideal position is a one or two-knee kneeling position and the suspect seated. Your application arm is around the suspect's neck with the V of your elbow protecting the front of the suspect's neck. Your free hand palm should grip the fist of your application arm. Take out the slack and goose-neck your wrist to apply pressure to the sides of the suspect's neck (standard wrap carotid). You can also grip the biceps of your free arm and reach the free arm across and behind the suspect's neck and grip your far shoulder, far side back of the neck, or near side back of the neck (locked carotid).

II. Takedown Techniques to the Carotid Restraint Control Hold – Practical Application and Demonstration

A. Techniques

- 1. *Hair Pull / Cross Face:* From behind the suspect, grip the suspect's hair with your non-application hand or apply the forehead sweep and bring the suspect's head back to your application side shoulder. The application arm comes around the suspect's neck, as you step back with your application side foot and push down with your elbow into the suspect's chest. This forces the suspect to the ground. The technique is finished with the carotid. If need be, apply the technique in a standing position until the suspect is weakened and move the suspect to the ground.
- 2. *Leg Sweep:* From behind the suspect, do a leg sweep on the suspect and bring their back against your chest. Push down on the suspect's shoulders and bring the suspect to the ground. The technique is finished with a carotid.

3. ***Carotid to Prone Control:*** Release the pressure with your application arm and slide down to the suspect's chest. Your free hand grips the suspect's matching side biceps. Your application hand sweeps the suspect's other arm to the side and behind both of you. Your same hand now moves to the suspect's face to protect the face as you roll the suspect to the ground on the application side. Your other hand slides down the suspect's arm to the back of their hand and finish with a prone control.

Day 9 – Mid-Term Assessment & Confrontation – 8 hours

- I. Warm-up**
- II. Assess recruits with the mid-term assessment grading sheet**
- III. Ground and personal body weapons dynamic confrontation**
- IV. Remediation**

Day 10 – Ground: Guards and Weapon Retentions – 4 hours

II. Applied Ground Control Techniques Continued

A. Techniques Continued

17. *Guard Position or Supine Position Closed:* This is when the officer is supine and the suspect is between his legs. The officer's legs are wrapped tightly around the suspect's upper torso. The officer is controlling the suspect's hands by grabbing onto his wrists. The purpose of this technique is to prevent the suspect from gaining more of a position of advantage. The officer if totally fatigued could rest **briefly** in the position then transfer to another position.

18. *Escape from the Guard Position:* This is when the suspect is supine and the officer is between the suspects legs. The suspect's legs are wrapped tightly around the officer's upper torso.

Traditional: From a solid base the officer will reach back and grab or hook the top foot and release the guard. Slip the guard and transition into a cross mount position.

Modern: Elbow strikes to the suspect's inner thigh are to create space. When the guard is released transition to a mount or back to a standing combat position.

19. *Gun Retention Supine #1:* Weapon retention with the officer in the inferior position on his back with the suspect mounted on top of him. If the suspect uses a same-sided grab the officer will immediately secure his weapon by grabbing the suspects wrists locking the weapon down in the holster. Bring your feet as close to your buttocks as possible. Bridge to your weapon side. As you are bridging the suspect off of you use your reaction hand to strike the suspect in the face/neck area.

20. ***Gun Retention Supine #2:*** If the suspect uses a cross handed grab, secure your weapon using the above technique. Bring your feet as close to your buttocks area. If the suspects arm is locked out utilize a palm heel strike to his elbow and begin to bridge him to your weapon side. At this point the suspect will probably place his opposite hand on the ground to brace himself and shift his weight back. Slide your hand from his elbow to the crook of it. Using him momentum bridge him back so your reaction side. If the suspect's arm is not locked out, simply skip the strike to his elbow and bridge him ff to your reaction side.
21. ***Gun Retention Supine #3: Head Reversal –*** Weapon retention with the officer in the inferior position on his back with the suspect mounted on top of him. When the suspect is lying flat or chest-to-chest with the officer, and the officer is unable to grab the suspect's wrist, securing his weapon in the holster, the officer will place one hand under the suspect's chin and the other hand behind the suspects head. The officer will rotate the suspect's head rolling the suspects body off the officer.
21. ***Gun Retention Prone:*** The officer is face down with the suspect on his back. The officer immediately secures his weapon by grabbing the suspect's wrist that is grabbing the weapon. The officer will roll onto his weapon pinning the weapon on the ground. The officer will then use his personal body weapons striking the suspect in all available target areas.

Day 11 – Gun / Baton Retention – 4 hours

I. Weapon Retention

A. Factors involved in securing a peace officer's weapon – 33.06.EO1

1. There are three factors peace officers must recognize and understand in order to safely safeguard their weapon:
 - a. Opportunity
 - b. Equipment
 - c. Training

B. General principles for safely regaining control of a peace officer's weapon if the officer is assaulted by a suspect – 33.06.EO2

1. There is a variety of acceptable techniques in the area of weapon retention. No matter which technique is applied, there are a number of common basic principles to regaining control of a weapon if a suspect assaults the officer. Some of these include, but are not limited to:
 - a. Immediate response
 - b. Secure the weapon in the holster
 - c. Gain a position of advantage
 - d. Effect the release of the weapon

C. Considerations a peace officer should take into account when confronting a suspect who is pointing a firearm in a threatening manner – 33.06.EO3

1. There are a number of considerations peace officers should take into account when confronting or attempting to disarm a suspect who is armed. Before attempting to disarm a suspect, peace officers should consider:
 - a. The danger of injury to themselves and to others in the area
 - b. The type of firearm the suspect is holding
 - c. The distance between the officer and the suspect
 - d. Their own level of skill, physical conditioning, and training

D. Holsters

1. Holsters should be able to withstand the stress of a suspect pulling violently on your gun. Always maintain your holster in good condition and replace it as necessary.

2. *No holster, no matter how securely designed, should be considered reliable enough to be the sole source of security for your gun.*
3. Holsters, no matter how securely designed, are only as dependable and reliable as you make them. Practice, practice, practice.

E. General Principles

1. A release is accomplished by providing more physical stress against a suspect than the suspect can withstand. The primary concern is an immediate release of your gun from the suspect's hand. All counter-attacks should be directed against the suspect's arm, including the hand, wrist, forearm, elbow, and shoulder.
2. Your initial response should be appropriate to the situation and provide the best opportunity to safely secure the weapon and protect yourself. *Remember that if a suspect is trying to take your weapon, you are probably in a fight for your life.*
3. The three-step objective:
 - a. Grab
 - b. Undo
 - c. Neutralize

II. Application of Retention Techniques

A. In-Holster Weapon Retention Techniques

1. ***Cross-hand gun grab from the front bent or straight arm:*** The suspect is facing you and grips your gun with their cross hand (left/left or right/right). Grip the suspect's wrist with your weapon hand and roll up their arm so that you and the suspect are facing in the same direction. Now strike the suspect's closest TMJ with the palm heel of your free hand. A front cross-face takedown will bring the suspect to the ground. At this point, consider a debilitating technique to prevent further attack.
2. ***Matching hand, gun grab from the front bent or straight arm:*** The suspect is facing you and grips your gun with their matching hand (left/left or right/right). Grip the suspect's wrist with your weapon hand and with your free hand strike the suspect in the triangle created by the collar bone, side of the neck, and the trapezius muscle on the side closest to you with the blade of your hand, the bottom of the fist, or the elbow. Your free hand now travels down to the suspect's elbow joint and an arm sweep

takedown is performed. Now consider a debilitating technique to prevent further attack.

3. **Rear gun grab, matching hand grab:** The suspect is behind you and grips your gun with a matching grip (left/left or right/right). Grip the suspect's wrist with your weapon hand and step out at a forty-five degree angle with your weapon side leg. As the foot of your weapon leg plants, your free hand's elbow should be driven back into the suspect's face or body. Now step around in a one hundred and eighty degree circle with your reactionary leg, pulling the suspect's hand off the gun and into a bar arm wristlock. Now consider a debilitating technique to prevent further attack.
4. **Rear gun grab cross hand grab:** The suspect is behind you and grips your weapon with a cross-hand grip (right/left or left/right). Grip the suspect's wrist with your weapon hand and step out at a forty-five degree angle with your weapon leg. As the foot of your weapon leg plants, your free hand's elbow should be driven back into the suspect's face or body. Now step around in a one-hundred and eighty degree circle with your reaction leg and pull the suspect's hand off of the gun and into a reverse wrist takedown. Now consider a debilitating technique to prevent further attack.
5. **Two-handed gun grab from the front bent or straight arm:** Divide the suspect's grip and grab the suspect's inside wrist of their hand that is grabbing your gun with your weapon hand. Now roll up the suspect's arm so that you and the suspect are facing in the same direction. Now strike the suspect's closest TMJ with the palm heel of your free hand. A front cross face takedown will bring the suspect to the ground. Now consider a debilitating technique to prevent further attack.

B. In-Hand gun retention technique

1. **Gun rip:** The suspect grabs your gun while you have the gun in your hand. The suspect can grab with either one or two hands and can grab the entire gun or any part of the gun and/or your arm. You should bring the gun arm to a ninety-degree angle as you drive the elbow down and forward and in the same motion push the gun up and toward the suspect. Once your bicep is parallel to the ground, the gun should be pulled back quickly to your hip. During the exchange, it is very likely your gun will be out of battery. If so, perform a tap, rack, and ready technique while getting distance from the suspect.
Alternative technique: Using your reaction side forearm as leverage, place it under the suspects weapon holding wrist. Your

weapon side hand forces the barrel downward, using your reaction forearm as a brace to displace the weapon.

Day 12 – Expandable Baton – 4 hours

I. Use of Baton (Lecture)

- A. The Peace Officer's legal authority for use of a baton as a defensive weapon – 33.07.EO1
 - 1. A peace officer's baton is a deadly weapon as defined in Penal Code Section 12020. In law enforcement, however, in order for it to be used in an authorized manner it must be used defensively to repel or protect. Peace officers have the authority to use a baton:
 - a. To protect property
 - b. In self-defense
 - c. In defense of others
- B. The conditions when the use of a baton by a peace officer in a defensive manner is justified – 33.07.EO2
 - 1. As the suspect's actions vary, officers must constantly reevaluate the situation and escalate or deescalate the amount of force used. The conditions that justify the use of a baton include, but are not limited to the:
 - a. Size of the suspect compared with the size of the officer
 - b. Suspect exhibits a trained fighting skill
 - c. The number of suspects
 - d. The amount of control needed based on tactical considerations
- C. The appropriate target areas on a suspect's body that can be effective in gaining compliance – 33.07.EO3
 - 1. When using the baton, the peace officer's goal is to gain compliance and control of the suspect and the situation. Target areas on a suspect's person should be selected carefully to avoid areas that may either be ineffective or present the danger of causing more extreme injury than was intended. Possible target areas include:
 - a. Chest
 - b. Rib cage
 - c. Midsection
 - d. Arms
 - e. Legs

- D. The areas of a suspect's body that should be avoided to protect against serious injury to the suspect – 33.07.EO4
1. When the baton is used against certain parts of the human body, it can cause serious injury. It is up to the officer to use skill and caution to avoid the areas and parts of the body that are particularly vulnerable. Possible body parts to avoid include, but are not limited to:
 - a. Face
 - b. Head
 - c. Throat
 - d. Neck
 - e. Spine
 - f. Kidneys
 - g. Groin

II. ASP – Expandable Baton

A. Lecture

1. Parts – nomenclature - ASP Tactical Baton
 - a. Handle
 - b. Foam grip (held with double-sided tape)
 - c. Cap
 - d. Cap O-ring
 - e. Retaining clip assembly:
 - 1) Determines how easily or difficult it is to open the baton shaft
 - 2) The force necessary to open the baton may be changed by adjusting the retaining clip inside the handle. Extending the sides of the clip outward will increase the amount of force necessary to open the baton. Pushing the sides of the clip together will lessen the force needed to extend the baton.
 - 3) A precision adjustment is possible using the ASP Armorer Kit.
 - 4) If you have a problem opening the ASP Baton, identify the source of the problem. Many times, it is operator error and not the equipment that is not performing properly.
 - f. Middle shaft
 - g. End shaft

- h. Threaded tip
- i. Side-break scabbard
 - 1) To draw the ASP Baton out of the scabbard, press your baton handle toward and against your body, this will depress the brake shoe. Draw your baton upward until it is out of the scabbard and transition to either a *POI* or *combat stance*, depending on the circumstances.
 - 2) To replace the baton into the scabbard, hold the baton with your index finger over the tip and locate the scabbard opening with your index finger. Set the tip of your baton into the scabbard opening and let the baton slip into the scabbard by its own weight. Press the baton into the scabbard using downward pressure with the palm of your hand.

2. Maintenance

- a. Your ASP Baton should be kept dry
- b. If your ASP Baton is exposed to water, salt air or perspiration, the shafts should be opened and the baton dried with a soft cloth
- c. **NEVER USE LUBRICANT ON THE SHAFT SURFACES**
- d. Check the Cap periodically to make sure it is tightly screwed onto the handle and make sure the O-ring lubricated
- e. Check the Tip. If it breaks loose, Loc-Tite should be applied to the threads to secure it to the End Shaft. The Tip may be placed on a heating element or hot plate to allow disassembly
- f. Worn out or loose retaining clips should be replaced
- g. A Grip Kit is available for replacing worn grips
- h. Check your ASP Baton periodically for hairline fractures or excessive wear between the sections. Fractures may occur if your baton is opened with too much force.

3. History

- a. The concept of the expandable baton originated in the Orient
- b. Early models suffered from poor design and construction methods
- c. The first American expandable baton, the Titan Taper, received limited exposure in the 1960's

- d. The method of construction as well as the durability of these early models were not compatible with long term police use
- e. The ASP Tactical Baton was introduced in the 1980's and continued to evolve to the current model
- f. ASP stands for Armament Systems and Procedures. The home office is in Appleton, Wisconsin. Kevin Parsons, Ph.D., developed the ASP Baton.

A. Warm-up

B. Techniques

- a. **Closed mode strikes:** Closed mode strikes with your ASP Baton are close contact techniques. They are designed to provide safe separation from the suspect. Designed for use in close contact with an aggressive suspect when other procedures have failed. Closed mode strikes may be performed from the **POI** or **combat stance**. If performed from a combat stance, the handle cap of your ASP baton should be pointed toward the subject or threat in front of you.
 - 1) **Weapon strike:** Your baton is held in a full-hand grip with the thumb across the baton tip. This prevents the baton from opening during the strike. The **weapon strike** originates from either the POI of combat stance and the **weapon strike** is delivered downward at a 45-degree angle towards the suspect's center mass. The primary striking surface is the Cap.
 - 2) **Reaction strike:** The **reaction strike** is designed for a quick return of your baton to your **weapon side**. Again, the primary striking surface is the Cap. Your baton is held with a full-hand grip with the thumb across the tip. The **reaction strike** is directed downward at a 45-degree angle toward the suspect's center mass. The **reaction strike** is a clearance strike. It is designed to create safe separation. It should not be performed as a strike by itself but rather in combination with the **weapon strike**.
 - 3) **Straight strike:** Your baton is grasped firmly in a vertical position, tip up. The **straight strike** is executed from your weapon side. Your thumb may

be held over the tip of your baton or moved down to make a full-hand grip or fist on your baton handle. The primary striking surface is the first two knuckles of your fist. The **straight strike** is directed downward at a 45-degree angle toward the suspect's center mass.

a) **Opening your ASP Baton:** Baton shafts are released as centrifugal force overcomes the Retention Clip tension. This causes the shafts to come out with sufficient force to create a friction-loc in the two joints of your baton. Open your baton upward, or "**to the sky**" or downward, "**to the ground**" with a full extension of the arm behind you at a 45-degree angle. Opening "**to the sky**" provides maximum visibility but requires that your swing be stopped and reversed to execute a strike. Opening "**to the ground**" allows you to continue the opening swing into an immediate strike. It also minimizes travel if released. The opening provides minimal visibility. Your ASP Baton should not be opened to the side since that may result in striking an unintended target. A full extension of the arm will open and lock your baton. It is not necessary to violently extend the shafts of the baton. Doing so will make it difficult to close and may damage the locking surface. The opening of your ASP Baton provides a distinctive and audible "click" and visual presentation. It creates a unique psychological deterrent for the suspect.

b) **Closing your ASP Baton:** When closing your ASP Baton, widen your stance or bend both knees. **Do not bend at the waist or look at your baton!** Keep both eyes on the threat in front of you. Your ASP Baton is closed by striking the Tip straight down into a solid, non-giving surface, such as asphalt, concrete, or steel. Impact on a soft or giving surface, such as carpeting or wood, may not release the friction-loc between the joints.

1) **Combat close:** The **combat close** is performed when time or tactical constraints do not allow a **finger close**. Invert your baton with the Tip of the extended baton pointing down. Hold your baton in a full-hand grip. Thrust the tip of the baton straight down into a hard surface as you kneel down on your weapon knee. Your reaction hand should remain up and your eyes should be scanning for potential

threats. Follow through until your baton is completely retracted inside of the handle.

C. *Wheel drills*

D. *Opening and closing*

E. *Open mode strikes (soft baton)*

1. Weapon strike
2. Reaction strike
3. Straight strike

F. *Wheel drills*

G. *Open mode strikes (ASP baton)*

1. Weapon strike
2. Reaction strike
3. Straight strike

H. *Continuation strikes (soft batons)*

I. *Confrontation simulation (FIST / Red Man suit)*

K. *Health check*

Day 13 – Gun Takeaways – 4.0 hours

I. Weapon Takeaways (Lecture)

- A. Factors involved in securing a peace officer's weapon – 33.06.EO1
 - 1. There are three factors peace officers must recognize and understand in order to safely safeguard their weapon:
 - a. Opportunity
 - b. Equipment
 - c. Training
- B. General principles for safely regaining control of a peace officer's weapon if the officer is assaulted by a suspect – 33.06.EO2
 - 1. There is a variety of acceptable techniques in the area of weapon retention. No matter which technique is applied, there are a number of common basic principles to regaining control of a weapon if a suspect assaults the officer. Some of these include, but are not limited to:
 - a. Immediate response
 - b. Secure the weapon in the holster
 - c. Gain a position of advantage
 - d. Effect the release of the weapon
- E. Considerations a peace officer should take into account when confronting a suspect who is pointing a firearm in a threatening manner – 33.06.EO3
 - 1. There are a number of considerations peace officers should take into account when confronting or attempting to disarm a suspect who is armed. Before attempting to disarm a suspect, peace officers should consider:
 - a. The danger of injury to themselves and to others in the area
 - b. The type of firearm the suspect is holding
 - c. The distance between the officer and the suspect
 - d. Their own level of skill, physical conditioning, and training
- F. Other factors
 - 1. Mental attitude
 - a. Your will to live / survive
 - b. The gun may fire. You may be injured

c. ***Show determination! This is a fight for your life***

G. Distractions

1. Verbal

- a. Allow the suspect to talk
- b. Talk with the suspect

2. Other

- a. Your head and eye movement
- b. Environmental sounds. Sirens, vehicles, people.
- c. ***Move explosively!***

II. Application of Techniques

A. Takeaway Techniques

- Note – in all techniques, **move explosively!**

1. ***Cross-handed front gun takeaway:*** The suspect is pointing the gun at you with their right hand from the front. Do a shuffle pivot and grip the suspect's wrist with your lead hand. Pull the suspect forward and grip the suspect's hand with your free hand. Step back with your lead leg and do a reverse wrist takedown. Consider a debilitating technique to prevent further attack.
2. ***Same side front gun takeaway:*** The suspect is pointing the gun at you with their left hand from the front. Do a shuffle pivot and grip the suspect's wrist with your lead hand. Pull the suspect forward and grip the suspect's hand with your free hand. Step back with your lead leg into a bar arm wristlock. Consider a debilitating technique to prevent further attack.
3. ***The suspect puts a gun in your back from behind you with their matching hand:*** Quickly turn to the gun side, rolling up the suspect's arm and grip the suspect's wrist with your lead hand. Pull the suspect forward and grip the suspect's hand with your free hand. Step back with your lead leg and do a reverse wrist takedown. Consider a debilitating technique to prevent further attack.
4. ***The suspect puts a gun in your back from behind with the cross hand:*** Quickly turn to the gun side, rolling up the suspect's arm and grip the suspect's wrist with your lead hand. Pull the suspect forward and grip the suspect's hand with your free hand. Step

back with your lead leg into a bar arm wristlock. Consider a debilitating technique to prevent further attack.

5. ***Long-gun takeaway:*** The long gun takeaway is the same as the hand gun takeaway except you grip the suspect's lead hand (the support hand, not the trigger hand) and finish with a bar arm wristlock for a right-handed long-gun and a reverse wrist takedown for a left-handed long-gun.

B. Hostage Gun Takeaway Techniques

1. ***Forearm Choke with Gun to Head:*** The suspect has the officer in a forearm choke with a gun to the side of the officer's head. The officer brings the hand from his/her choke side diagonally across the body and drives back into the gun and suspect's hand turning to the gun side and dropping the shoulder at the same time. The officer's non-gripping arm slides back and under the suspect's elbow that is holding the gun. The officer now reaches up gripping the back of the suspect's gun hand and applying a figure 4 wristlock. The officer can break the suspect's wrist and arm and bow the suspect to the ground, remove the gun and finish with a prone control.
2. ***Officer on Knees with Gun to Back of Head:*** The officer can have the hands up, behind the back or interlocked behind the head. The officer should be sitting straight up not with the hamstrings on the heels. As the officer feels the gun touch the back of the head, the officer quickly cuts his/her head to the side and sits back. The officer's hands make a baseball bat grip on the suspect's elbow and wrist as the officer pulls the suspect forward and down as the officer tucks into a tight ball. The suspect's gun should clear the officer's far hip. The officer can now consider a debilitating technique to a prone control

Day 14 – 4 hours
Review: Person Searches / Handcuffing / Takedowns

Instructors will review all Person Searches

- Cursory Search

Instructors will review all Handcuffing Techniques

- Quick Cuff
- Quick Cuff Kneeling
- Felony Prone

Instructor will review all Takedown Techniques

- Leg Sweep Takedown / No Control
- Escape from a 2-Handed Choke
- Hair Pull or "Z" Grip Takedown
- Twistlock Takedown to the Rear
- Rear Cross Face Takedown

Day 15 – 4 hours

Review: Gun / Baton Retention / Gun Takeaways / Hostage Gun

Instructors will review all gun retentions:

- Cross Hand Grab from the front – Pump Handle Break
- Matching Side from the front – Circle Down
- Cross Hand Grab from the rear – Reverse Wrist Takedown
- Matching Side from the rear – Arm Bar Drag Down
- Duel Possession Gun Rip

Instructors will review all baton retentions:

- Circle in – Circle Out
- Slap Off
- 2-Handed Grab – “Figure 8”

Instructors will review all gun takeaways:

- ~~No movement~~
- Cross-handed front gun takeaway
- Same-side front gun takeaway
- Matching hand from the rear
- Cross hand from the rear
- Long gun takeaway

Instructors will review all Hostage gun takeaways

- Hostage gun standing – suspect behind the officer, with arm barred across chest and gun to side of head
- Hostage gun kneeling – suspect has gun to back of officer’s head

Day 16 – 4 hours
Review: Carotid / Expandable Baton

Instructors will review all Carotid Restraint Control Hold Techniques:

- Application of the carotid restraint
- Neck Nerve Leg Sweep takedown into a carotid restraint
- Hair Pull or Cross Face takedown into a carotid restraint

Instructors will review all Expandable and straight baton techniques:

- Combat Stance
- Opening and closing
- Open and Close Mode Strikes:
 - Weapon Strike
 - Weapon Reaction Strike
 - Straight Strike
- Low Set
- Parry and Jab

Day 17 – 4 hours
Review: Personal Body Weapons / Ground Control

Instructors will review all personal body weapons techniques:

Upper Case:

- Palm Heel Strike
- Bottom Fist Strike
- Elbow Strike
- Straight Punch
- Vertical Punch
- Upper Cut
- Jab
- Hooking Punch

Lower Case:

- Front Thrust
- Front Snap Kick
- Power Round House
- Shin Rake
- Straight Knee Strike
- Angular Knee Strike

Instructors will review all ground control techniques

- Sprawl
- Hip press and spin
- Ankle breakdown
- Ankle breakdown w/ arm chop
- Inside / outside arm grab
- 2 on 1 rockout
- 360 shoulder wrap
- Knee to chest
- Guard position
- Escape from the guard
- Gun retention – supine
- Gun retention – head reversal

Day 18 – Dynamic Defensive Tactics Testing – 8 hours

- I. Warm-up**
- II. Final skills test**
- III. Final dynamic confrontation**
- IV. Confrontation remediation**