

I. Warm-Up and Safety Briefing

II. Stances, Movements, Falling Techniques & Position of Advantage

A. Explanation, demonstration and performance of the following:

1. Interview Position
2. Self Defense Position
3. Forward/Rear shuffle
4. Pivots: Shuffle, Progressive
5. Falls: Front, Back
6. 3 point ground defense
 - a. Circle Left/Circle Right
 - b. Hip Switch
 - c. Bottom Leg Kick/Top Leg Kick
 - d. Recovery Position

III. Introduction to Control Holds/Takedowns

A. Explanation, demonstration and performance of the following:

1. Twist-lock: Twist-lock takedown
 - a. Near side prone control
 - b. Cross body prone control
2. Bar arm: Bar arm takedown
3. Rear wrist lock
4. Reverse wrist takedown
5. Multiple officer engagement
 - a. Leg trap
 - b. Figure four leg trap
 - c. Butterfly leg trap
 - d. Figure 4 ankle lock

IV. Other Takedowns

A. Explanation, demonstration and performance of the following:

1. Shoulder Grab/Leg Sweep
 - a. Simultaneous grab of shoulders while pushing out the knee
 - b. Verbal command ordering the suspect to the ground
2. Cross Face
 - a. Suspect's head is controlled
 - b. Suspect is in a "reverse C"
 - c. Verbal command ordering the suspect to the ground

V. Handcuff Lecture and Standing Quick Cuffing

A. Explanation, demonstration and performance of the following:

1. The importance of documenting and checking for tightness and double-locking
2. Standing Modified Top Hand Twist Lock to the Rear
 - a. Position of advantage

- b. Top hand twist lock to behind the back(rear) hand control
- c. Place handcuff on hand in twist lock using “pinkie side” of handcuffing hand
- d. Handcuff suspects free hand. (check for tightness and double lock)

3. Standing Modified Twist lock

- a. Position of advantage, suspect’s hands on back of their head
- b. Bottom hand twist lock to suspect’s hand
- c. Handcuffs applied to hand still on head of suspect
- d. “Punch” through suspect’s armpit with handcuffed hand to their back
- e. Apply handcuff to hand in twist lock
- f. Check for tightness and double lock

VI. Prone Cuff and Search

A. Explanation, demonstration and performance of the following:

- 1. Suspect taken down using arm bar, or can be done after suspect ordered to the ground into the prone position
- 2. Secure arm bar/shoulder lock
- 3. Squat down/kneel between the suspect’s neck and shoulder blade while keeping the suspect's arm into a prone control position
- 4. Officer, from a balanced position, grabs the suspects hand and rotates the hand to a bent wrist position while pinning the suspect's shoulder
- 5. Officer handcuffs while maintaining effective pain compliance
- 6. Officer searches the suspect's back and waistline for readily accessible weapons
- 7. Officer assists suspect to a standing position
- 8. Check for tightness and double lock the handcuffs
- 9. If appropriate search incident to arrest
- 10. Officer stands with the suspect while minimizing suspect and officer injury
- 11. Constant communication with the suspect to maintain control and to motivate the suspect to comply

VII. Ground Control Positions (Suspect in Prone Position)

A. Explanation, Demonstration and Performance of the following:

- 1) Sprawl to Hip Press
 - a. Standing Transition to Ground Control
 - b. Side Mount
- 2) Hip Press to Hip Switch
 - a. Body Transitioning
 - b. Maintaining Leverage
- 3) Hip Press to 360 Degree Switch
 - a. Body Transitioning
 - b. Preparatory Transitioning for Prone Control

VIII. Ground Control To Prone Control (Suspect in Prone Position)

A. Explanation, Demonstration and Performance of the following:

- 1) Outside Hand Control
 - a. Hip Switch
 - i. Nearside Prone Control
 - ii. Cross Body Prone Control
- 2) Inside Hand Control
 - a. Scissor Switch
 - i. Nearside Prone Control
- 3) Shoulder Wrap
 - a. 360 Degree Switch
 - i. Nearside Prone Control
- 4) Two on One Rock Out
 - a. Scissor Switch
 - i. Nearside Prone Control
 - ii. Incapacitation of Suspect

XI. Suspect Breakdowns (Suspect in Supported Kneeling)

A. Explanation, Demonstration and Performance of the following:

- 1) Arm Assisted Breakdown
 - a. Nearside Arm Trap
 - b. Hip Press/Side Mount
 - i. Body Transitioning
 - ii. Prone Control Positioning
- 2) Ankle Assisted Breakdown
 - a. Far Side Ankle Trap
 - b. Hip Press/Side Mount
 - i. Body Transitioning
 - ii. Prone Control Positioning

XII. Classroom, Carotid Restraint Lecture and Quiz

A. Lecture on the following:

1. Hazards of the Carotid Restraint (choke versus Carotid Restraint)
 - a. Frontal pressure
 - b. Vagus nerve stimulation
 - c. Time frames
 - d. Age of the suspect
2. Techniques to minimize the hazards of the Carotid Restraint
3. Department Policy
 - a. Officer justification to apply the Carotid Restraint
 - b. Required medical clearance
 - c. Documentation
 - d. Suspect first aid and monitoring

XIII. Carotid Restraint

A. Explanation, demonstration and performance of the following:

1. Takedowns to the carotid (shoulder grab/leg sweep)
2. Officer arm position (suspect throat protected, pressure applied by officer's bicep and forearm)
2. During application of the technique, Officer utilizes verbal commands to gain control of the suspect
4. Suspect safely controlled and placed into a prone control position
5. Officer handcuffs the suspect
6. Officer checks suspects vital signs and for other injuries
7. Officer places suspect into a recovery position
8. If appropriate, officer searches incident to arrest
9. Officer monitors the suspect
10. During classroom practice, no pressure is applied to student's necks

XIV. Carotid Restraint Escape

A. Explanation, demonstration and performance of the following:

1. Scissor kick escape
 - a. Officer protects his/her throat
 - b. Officer distracts the suspect
 - c. Officer takes suspect off balance and scissor kicks toward the elbow applying the hold
 - d. Officer disengages and uses appropriate force options to control the suspect
 - e. Officer uses verbal commands to get the suspect to stop resisting or attacking the Officer
2. Table Tilt Escape (Seated, kneeling, standing)
 - a. Officer protects his/her throat
 - b. Officer distracts the suspect
 - c. Whatever arm the suspect is apply the hold, the officer places matching shoulder to the ground
 - d. Officer disengages and uses appropriate force options to control the suspect
 - e. Officer uses verbal commands to get the suspect to stop resisting or attacking the Officer

XV. Personal Body Weapons

A. Explanation, Demonstration and Performance of the following:

- 1) Safety Orientation, suspect targets/vulnerable areas
- 2) Officer Body Parts
 - a. Hard body parts to soft target areas.
 - b. Soft body parts to hard target areas.
- 3) Disengage and escalate to other force options
 - a. Baton
 - b. Taser
 - c. OC

- d. Other
- 4) Utilize verbal commands to gain compliance
 - a. "Stop fighting me."
 - b. "Get down on the ground."
- 5) Areas to avoid
 - a. Throat
 - b. Groin
 - c. Spine
 - d. Kidney
 - e. Heart
- 6) Heel Palm Strike
 - a. Striking Target/Zones
- 7) Bottom Fist Strike
 - a. Striking Target/Zones
- 8) Elbow Strike (Horizontal/Vertical Down/Vertical Up)
 - a. Striking Target/Zones
- 9) Under Punch
 - a. Striking Target/Zones
- 10) Knee Lift
 - a. Striking Target/Zones
- 11) Front Kick (Snap Kick/Side Kick/Round Kick)
 - a. Striking Target/Zones

XVI. NERVE STIMULATIONS (Pain Compliance)

A. Explanation, Demonstration and Performance of the following:

- 1) Empty Hand Applications
 - a. TMJ: Temporal Mandibular Joint (Hinge of Jaw)
 - b. Clavicular
 - c. Buccinator Muscle (Base of Cheekbone)
 - d. Salivary Gland (Lateral Sides of Jaw Line)
 - e. Mastoid Process (behind Ears)

XVIII Ground Control

A. Explanation, Demonstration and Performance of the following:

- 1. Guard Passing to Mount
- 2. Mount Escape

XIX Gun Retentions

A. Explanation, Demonstration and Performance of the following:

- 1) In Holster Gun Retention
 - a. Cross grab suspect with straight arm from the front
 - b. Same side grab suspect with straight arm from the front
 - c. Two handed straight arm grab from the front
 - d. Cross hand gun grab from the front bent or straight arm
 - e. Matching hand gun grab from the front bent or straight arm
 - f. Rear gun grab matching hand grab

- g. Rear gun grab cross hand grab
- h. Two hand rear gun grab

XX. Gun Takeaway (Handgun)

- A. Explanation, Demonstration and Performance of the following:
 - 1) Front gun take away
 - a. Right handed
 - b. Left handed
 - 2) Suspect puts a gun in the officer's back from behind
 - a. Right handed
 - b. Left handed