Defensive Tactics / Arrest and Control Course Outline
PERISHABLE SKILLS PROGRAM (4 HOURS)

Instructors: ____________________, ____________________, ____________________
Date / Location: __________________________________________

The course will provide the trainee with the minimum topics of Arrest and Control required in the
POST Perishable Skills Training Program (PSP). The trainee will develop the necessary tactical
knowledge and skills to safely and effectively arrest and control a suspect.

The course consists of a hands-on/practical skills arrest and control training for in-service
officers. The training may be presented in a 4, 6, or 8 hour format allowing for flexibility based
upon specific agency or trainee group needs, and as long as the minimum topics are contained
within each format independently.

ARREST AND CONTROL

Minimum Topics/Exercises:

a. Safety orientation and warm-up(s)
b. Class Exercises/Student Evaluation/Testing
c. Search - in exercise(s)
d. Control/Takedown/ - in exercise(s)
e. Equipment/Restraint device(s) use - in exercise(s)
f. Verbal commands - in exercise(s)
g. Use of Force considerations
h. Body Physics & Dynamics (suspects response to force)
i. Body balance/stance/movement patterns - in exercise(s)
j. Policies and legal issues
k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it
relates to effective arrest and control techniques.
3. Demonstrate a minimum standard of arrest and control skills with every technique and
exercise, to include:
   A. Judgment and Decision Making
   B. Officer Safety
   C. Body Balance, Stance and Movement
   D. Searching/Handcuffing Techniques
   E. Control Holds/Takedowns
   F. De-escalation, Verbal Commands
   G. Effectiveness under Stress Conditions

Minimum standards of performance shall be tested by an instructor observing the
trainee during their performance of each technique and exercise. If the trainee does
not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

EXPANDED COURSE OUTLINE

I. REGISTRATION AND ORIENTATION

A. Introduction, Registration and Orientation
B. Course Objectives/Overview, Exercises, Evaluation/Testing

II. SAFETY ORIENTATION AND WARM-UP

A. Review of Safety Policies and injury precautions
B. Students will participate in warm-up/stretching exercises

III. USE OF FORCE POLICIES AND LEGAL ISSUES

A. Case Law Update, report documentation and policy (Lexipol Policy #300)
   1. Tennessee v Garner
   2. Graham v Connor
   3. Forrester v San Diego
   4. Long Beach v Long Beach POA
   5. Status of Pepper Spray Cases (Humboldt Co., etc.)
B. Local Policies

IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE

A. Suspect attacks officer
B. Locking resistance
C. Going limp. (Should not use term passive resistance)
D. Resisting with apparatus (Chaining to objects, using large pipes with arms locked inside).
E. Use of pain compliance/pressure point/distraction techniques
F. Mental conditioning for arrest control-Color-coding:
   1. White = relaxed frame of mind
   2. Yellow = general awareness, minimum level of awareness, uniform
   3. Orange - specific awareness, 75%-25% theory, checklist of six (75% on the individual or situation, 25% still on general surroundings)
      a. Check-list of six used on initial approach with subject
         (1) Hands
         (2) Cover
         (3) Weapons/bulges
         (4) Associates, subjects and officers (resources available)
         (5) Escape routes, subjects - tactical retreat, officers
         (6) Footing/balance, officer=s ability to stay on his/her feet
   4. Red = fight or flight

V. PHYSICAL CONDITIONING
A. Three Biggest Disablers
   1. Heart Attacks
   2. Lower Back and Knee Injuries
   3. Peptic Ulcers
B. How to Reduce Individual Risk to Above Disablers
   1. Nutrition
   2. Life threatening physical altercations, 90 seconds of explosive endurance

VI. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE

Footwork Review:
A. Interview stance (single officer / two officer positioning)
B. Forward shuffle step
C. Rear shuffle step
D. Lunge step
E. Side step right and left
F. Side step and pivot right
G. Side step and pivot left
H. How to fall to the ground safely and assume a fighting position (break fall)
I. Access to equipment on duty belt while in a fighting stance and on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING DE-ESCALATION, VERBAL COMMANDS

A. Overview on restraint devices and need to double lock and check for tightness
   1. Suspect cannot be handcuffed due to injuries
      a. First Aid - Suspect injured, wounds, fractures
      b. Special circumstances (i.e. Pregnant females)
      c. Complaint of pain should be documented
      d. Failing to double lock handcuffs can result in injury to suspect and liability to an agency
B. Unknown Risk Handcuffing techniques
   1. Compliant cuffing standing
      a. Verbal commands
      b. Control of hands
      c. Handcuffing
   2. Terry Frisk/Search to handcuffing
   3. Takedown from compliant cuffing standing, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact wpn., chem. agent, etc.) on duty belt.

C. High risk prone or kneeling, to a prone control and handcuffing.
   1. High risk kneeling
      a. Verbal commands
      b. Handcuffing
      c. Search
   2. High risk prone
      a. Verbal commands
      b. Prone control
      c. Handcuffing
      d. Searching

VIII. TESTING/REMEDICATION

   Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.
XIII. CONTROL HOLDS AND TAKEDOWNS

1. Proper feet movement and fighting stance
2. Wrist Twist Lock
3. Bent Wrist Lock – Front
4. Bent Wrist Lock – Rear
5. Arm Bar & Takedown
6. Front Wrist Lock Takedown (if someone was to grab your vest)

Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.
IDENTIFY TARGET AND NON-TARGET AREAS ON THE BODY
NON TARGET AREAS:
1. Neck/Throat
2. Heart
3. Solar Plexus
4. Groin
5. Spine
6. Kidneys
7. Fronts of knees/Joints

A. Overview of course and explain which techniques will be tested
   1. Safety orientation
   2. Footwork review
   3. Review strikes, jabs and blocks
      a. Weapon side strike
      b. Reaction side strike
      c. Vertical and Horizontal combination strikes
      d. Closed baton strikes
      e. Upper, middle, lower blocks
      f. Techniques practiced on bags and axe handles
   4. Baton retention techniques
      a. Circle techniques
      b. Figure 8 techniques

Impact weapon testing will include: balance, proper technique and power. This will be tested in a variety of methods, such as use of the FIST/Redman suit, axe handles and impact bags.

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