

# POST PERISHABLE SKILLS PROGRAM (PSP)

## ARREST AND CONTROL

### COURSE GOAL:

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 (suspect=s 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 **III(b)**
  - A. Introduction
    - 1. Registration
    - 2. Orientation
    - 3. Introduction of Instructors
  - B. Course Objectives/Overview **III(b)**
    - 1. Explanation of Exercises
    - 2. Explanation of Evaluation/Testing
  
- II. SAFETY ORIENTATION **III(a)**
  - A. Review of Safety Policies and injury precautions
    - 1. The instructors will ensure that the mats are properly laid out.
    - 2. A thorough warm up will precede any physical activity.
    - 3. Adequate breaks will be given to avoid over fatigue of the students.
    - 4. All techniques will be explained and demonstrated to the students prior to any student involvement.
    - 5. Instructors will work one on one with any student that needs additional help to safely perform a technique.
    - 6. Instructors will maintain an approved level of discipline over all students at all times.
    - 7. Instructors will describe and demonstrate the manner in which students can stop action during exercises.
      - a. Students can stop action verbally, “Stop,” or by tapping two to three times on their partners arm, hand or leg.
      - b. Instructors will demonstrate and tell students about the stop action cues at the beginning of class and also verbally remind students prior to each block of exercises.
      - c. Partner pair off for stop-action review.
  - B. Review/Course Outline
    - 1. The general content of the course will be explained to the student prior to the start of the physical portion of the class.
    - 2. The physical requirements will be explained to the student prior to the start of the physical portion of the class.

- C. Injuries and illnesses that occur as a result of the workplace are to be reported to your supervisor immediately. The California Labor Code, Section 5401, requires an employer to report worksite injuries and/or illnesses within 24 hours of knowledge of such an event. Failure to report to the State in a timely manner will result in the county being fined for each delayed incident.
1. Immediately report the accident/event to your supervisor. The employee must complete an **Employee Report of Occupational Injury or Illness**.
  2. If injury or illness requires medical attention, seek medical care. Notify supervisor of physician utilized and any restrictions placed on your job duties.
  3. If the injury or illness is debilitating or life-threatening, the individual will be transported to Sierra Medical Center. All paperwork will be completed by the on-duty Watch Commander.

### III. USE OF FORCE AND LEGAL ISSUES

**III(g,j)**

A. Case Law Update, report documentation and policy

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. Use of Force Department Policy Directive Review

**IIIa,g,j**

1. Policy - Employees shall use only the degree of force reasonable to effect an arrest prevent escape or ongoing criminal conduct, overcome resistance, or to protect themselves or another from injury or death. Reasonable force is defined as that force deemed necessary by a reasonable officer in light of all relevant circumstances known to the officer at the time of the incident. Any use of force will be properly reported.
2. Outside Agencies – As with other trainings, individuals attending Arrest & Control will bring their department use of force policy to the training for review. That policy will be reviewed with those individuals prior to training.

3. General

**IIIg,j**

- a. Any peace officer who has reasonable cause to believe that the person to be arrested has committed a public offense may use reasonable force to effect the arrest, to prevent escape or to overcome resistance. A peace officer who makes or attempts to make an arrest need not retreat or desist from his efforts by reason of the resistance or threatened resistance of the person being arrested; nor shall such officers be deemed an aggressor or lose his right to self-defense by the use of reasonable force to effect the arrest or to prevent escape or to overcome resistance.
- b. This directive is not intended to prevent employees from using whatever means are reasonable in protection of self and others.
- c. Force used by employees deemed to be unwarranted in light of facts

known at the time by that employee, will result in disciplinary action.

- d. When force is used, details pertinent to that use, its necessity and reasonableness, will be documented in an incident/crime report. The employee using force will report that use to his immediate supervisor as soon as is practicable.
- e. Employees shall obtain medical assistance for a subject who has sustained injuries, complain of injury or who have been rendered unconscious, as soon as is practical.

4. Legal Issues **IIIa,g**

- a. Legal aspects of use of force issues
- b. Case law
- c. Recent 9<sup>th</sup> Circuit decision regarding, “Intermediate force, which they designated as taser, baton, O.C.” to be used only when faced with threat of violent resistance.
- d. Discuss any recent case law and considerations

C. Definition of Weaponless Defense and Control Techniques **IIIg,j**

- 1. These techniques are applied by grasping or striking the subject (with open hand or closed fist), either to restrain or control.
- 2. Grasping techniques include holds which place pressure on joints of the body (e.g. arm bars, wristlocks, etc.) .
- 3. Restraining the neck across the throat of any subject with an employee’s arm or other object (e.g. baton, flashlight) is prohibited and should not be attempted unless the subject’s actions call for deadly force to preserve the employee’s or another’s life.

IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE **III(h)**

A. Suspect Reaction to Force

- 1. Suspect attacks officer
- 2. Locking resistance
- 3. Going limp. (Should not use term passive resistance)
- 4. Resisting with apparatus (Chaining to objects, using large pipes with arms locked inside).
- 5. Use of pain compliance/pressure point/distraction techniques

B. 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 - Discussion** **III(a)**

- 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. **WARM UP - Students will participate in warm-up/stretching exercises**

A. **Warm up** **IIIa,b**

- 1. 10 laps at a slow jog around mats followed by 10-50 jumping jacks.
- 2. Neck movement
  - a. Side- to-side turn
  - b. Tilting side to side
  - c. To chest
  - d. To back
  - e. All around
- 3. Arm rotations (shoulders)
  - a. Full out stretched
  - b. Fast and bigger
  - c. Reverse
  - d. Side tips (lats)
    - 1. Fingers inter gripped
    - 2. Extended overhead
    - 3. Side-to-side tips
    - 4. Pull down on top hand
  - e. Trunk rotations (two-count)
    - 1. Elbows and forearms parallel to ground
    - 2. Rotate one way, then the other way
  - f. Cross one foot over the other
    - 1. Stretch and take deep breath
      - a. Reach over the top, so that your hands are palm to palm
      - b. Twist back toward you
      - c. Bring arm being twisted to a vertical and continue to twist
      - d. Switch

2. Look at palm of hand with finger up.
  - a. Free hand's fingers around wrist
  - b. Thumb in between and below the knuckle line on back of the hand.
  - c. Turn blade of hand toward sternum - flex wrist toward the elbow.
  - d. Switch.
- g. Leg Stretch (hamstring - calf - quad)
  1. Tuck one leg into inner thigh of the other
  2. Forehead - nose - chin or chest down to extended leg
4. Grab toe, pull back - head down.

**VII. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE III(i)**

- A. POI Stance - Position Of Interrogation - Left, right, back, forward, circle
  1. Basic Position/Balance/Search (Review) IIIi
    - a. Introduction: Balance refers to the Deputy's ability to maintain a stable position when attempting to control a suspect.
    - b. The officer will be taught to keep body weight centered over both feet, keeping their knees and hips slightly flexed.
    - c. Officer does not plant their feet and lock their knees.
    - d. They are not to bend from the waist.
    - e. They must move (flow) with the subject, and not to try to rigidly hold a subject in one spot.
  2. Position of Contact – Demonstrate Triangulation (single-dual officers) IIIj
    - a. Active Balance
    - b. 60/40 – majority of weight on front foot
    - c. Back heel is up
- B. Introduce verbal commands. IIIc,f
  1. Tell suspect what officer wants him/her to do.
  2. Keep directions simple but firm.
- C. Position of Interview/Bladed Stance- Movement from POI Stance IIIi
  1. Foot movement to POA (single and dual officers)
  2. Officer at 45 degree angle to suspect IIIh,i
    - a. Hands up to protect from attack
    - b. Gun side to the rear; protected against attempt to grab weapon. .
  3. Student will “visually” search the subject. IIIc
  4. Student will perform a physical weapon search of the subject. IIIc
    - a. Place subject with back to officer.

- b. Verbally confine subjects hands – fingers interlaced **III f**
- c. Conduct search **III c**
  - 1. hands at biceps
  - 2. dual wrist control
  - 3. handcuffing
- d. Verbally advise subject of what you are doing. **III c, f**
- 5. Demonstrate application of the Escort Position. **III c, d**
  - a. The instructor grabs the right arm of a student with the left hand and cups the upper arm at the biceps muscle in a thumb-less grip.
  - b. The right hand is placed at the wrist in a c-grip.
  - c. Pull back on suspect’s arm so that the elbow is against the officer’s chest.
- 6. Students: demonstrate movement and use of the “Escort Position.”

- D. Footwork Review: **III b**
  - 1. Forward shuffle
  - 2. Rear shuffle
  - 3. Normal pivot
  - 4. Shuffle right and left
  - 5. Pivot right and left
  - 6. Progressive pivot
  - 7. Shuffle pivot
  - 8. How to fall to the ground safely and assume a fighting position
  - 9. Access to equipment on duty belt while in a fighting stance and on the ground

**VIII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING DE-ESCALATION, VERBAL COMMANDS **III(c,d,e,f,k)****

Introduction: The instructor will explain the key principals that make control holds and joint locks effective. Teaching the principals of arm mechanics will help in clarifying these principals and accelerate the learning of the joint locks. The mechanics are the various ways the arm can be pulled away from a firm grip. The technique teaches how to apply pressure on joints for proper control.

- A. Searching
  - 1. Systematic
  - 2. Thoroughness
  - 3. High risk
  - 4. Kneeling
  - 5. Prone

- B. Takedowns - from C-Grip escort position - Grips C-GRIP and Thumb-less or Gable Grip
1. Entering in to stance from POI
  2. Mechanics of Arm/Joint Locks and Hand Cuffing **IIIId**
    - a. Key principals that make control holds/joint locks effective.
    - b. Understanding the principals of arm mechanics will help in clarify and accelerate the learning of the joint locks.
    - c. The mechanics are the various ways the arm can be pulled away from a firm grip.
    - d. The technique teaches how to apply pressure on joints for proper control.
- C. Basic Arm Movement **IIIh**
1. Explain and demonstrate how the arm moves in only a few directions when a suspect attempts to pull away from the escort position of advantage.
  2. Explain and demonstrate positions arm joints must be in for control. **IIIId**
  3. Explain and demonstrate how deputies will control the motion of the suspect's arm from the escort position of advantage. **IIIId**
  4. Explain and demonstrate how the deputy moves his/her body into a position of control. **IIIId**
- D. Joint Lock Takedown to Cuffing **IIIId,f**
1. Joint Lock Applications are coupled with Verbal Commands to Comply
    - a. "Stop Fighting"
    - b. "Go to the Ground"
    - c. "Lay flat, face down, put your hands in the small of your back"
- E. Straight Arm Lock/Take Down - Officer places suspect in the Escort Position of Advantage **IIIId**
1. Suspect pulls away from the Officer thereby straightening the arm
  2. Officer places suspect's palm on the Officer's stomach/waistline
  3. Officer then places their forearm (closest to the suspect) over the suspect's triceps tendon or opposite hand above suspects elbow
  4. Officer pushes down on the suspect's triceps while pulling upward on the suspect's hand applying pressure to elongated triceps tendon.
  5. Officer orders suspect to the ground and takes suspect to the ground into cuffing position. **IIIe**
- F. Rear Finger Flex **IIIId,h**
1. Suspect bends elbow and pulls arm to the rear.
  2. Officer pivots toward the suspect
  3. Officer steps behind suspect

4. The suspects arm is bent 90°
  5. His/her hand placed on the small of the back
  6. Fingers flexed for cuffing.
- G. Shoulder Control / Running Arm Lock **III d,e,h**
1. Officer places suspect in the Escort Position
  2. Suspect pulls their arm upward
  3. Drive subject elbow higher than shoulder using suspects momentum
  4. Officer hand controlling wrist pushes suspects wrist over officers elbow joint, then push down
- H. Single Wing Restraints **III d,e,h**
1. Reverse Wrist Takedown - Transition from wrist lock to reverse takedown into hand cuffing.
  2. Search or Handcuff Position - Not escort position
- I. Arm-bar takedown,
1. straight
  2. spinning
  3. Twist lock come along when elbow raised
  4. Figure four take down when arm is pulled away across suspect's chest.
- J. Rear wrist lock with finger flex
1. Fist by suspect.
  2. Officer shadows suspect's hand.
  3. Officer left hand secures suspect's arm at the bicep.
  4. Pull arm tight to officer's chest.
  5. Officer moves left hand from suspect's bicep to cover his own right hand and cup it with his left hand.
  6. Both officer's elbows are anchored to his body.
  7. Officer "pops" the suspect's fist toward his chest thereby making a fist anatomically difficult to maintain.
  8. Once fingers are open, the officer grabs the suspect's fingers with his left hand and bends the suspect's hand back into the finger flex position.
  9. Suspect's fingers then "feed" into the officer's right hand.
  10. Officer's left hand then secures the bicep once again.
  11. Officer then tucks head and sinks bodyweight.
- K. Overview on restraint devices and need to double lock and check for tightness
1. Suspect cannot be handcuffed due to injury
    - 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.
    - 2. Unknown Risk - Handcuffing techniques
      - a. Low Profile twist-lock
        - 1. Verbal commands
        - 2. Twist lock control
        - 3. Handcuffing
      - b. Standing Modified Search, to a rear wrist lock and handcuff
- L. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact weapon, chemical agent, etc.) on duty belt.
- 1. High risk prone or kneeling, to a prone control and handcuffing.
  - 2. High risk kneeling
    - a. Verbal commands
    - b. Low profile twist lock
    - c. Search
    - d. Handcuffing
  - 3. High risk prone
    - a. Verbal commands
    - b. Prone control
    - c. Search
    - d. Handcuffing
- M. Cuffing – Standing Arrest Search
- 1. Order the suspect to place arms outstretched to the side.
    - a. Complete a visual search.
    - b. Suspect is ordered to place hands on small of back and interlace fingers.
    - c. Officer approaches, checks arms, slides hands down forearms and ends at wrists.
    - d. Officer grips several fingers of both hands, squeezing them together for partial control of the suspect's hands.
    - e. Officer now retrieves handcuffs.
    - f. Officer places fist in small of suspects back.
    - h. Officer pulls suspect's hands back, creating space while straightening the arms.
    - i. Officer places the hell side cuff on the suspect's bone above the suspect's thumb.
    - j. Officer pushes down on the single strand snapping the handcuff on the suspect's right wrist.
    - k. Officer now places the single strand of the thumb-side cuff on the suspect's wrist bone above the suspect's left thumb and snaps the

- handcuff in place.
- 2. Holding hand cuffs properly
  - a. Securing arms
  - b. Desensitizing
  - c. Pain compliance from cuffing platform
- 3. Speed Cuffing
- 4. Un-cuffing

IX. GRAPPLING - Introduction to Ground Positions

**III d,e,h**

A. Lateral Head Displacement

1. Officer in Top Control, suspect facing the ground refusing to remove their hands from underneath their body
2. Officer reaches across the suspect's head and places their elbow on the ground next to suspect's ear
3. Officer pushes suspects head with the elbow creating space between the suspect's arm and shoulder
4. Officer will use his elbow against the suspects head (ear area).
5. Utilizing a sweeping motion, the officer will apply pressure to the suspects head and neck
6. Officer reaches under suspects arm pit and grabs suspect's wrist using the free hand, officer keeps their knuckles to the ground
7. Officer releases the pressure on the suspect's head
8. Officer then keeps the fingers as a fulcrum rolls the hand forward as the officer's forearm applies pressure over the suspect's shoulder joint
9. Officer continues pressure until the suspect's hand has been removed from underneath
10. Simultaneously, the officer applies pressure to the suspect's wrist and issues verbal instructions to suspect to get wrist into a cuffing position.
11. Repeat on the other side if necessary

B. Figure Four Leg Control

**III d,h**

1. Officer will place suspects ankle across the back of knee joint of the opposite leg while suspect is face down.
2. Officer will fold suspects leg trapping the opposite ankle into a figure four.
3. Officer will apply pressure to the un-trapped foot to extend the tendons in the foot and knee and press the suspects foot downward toward the suspects waist-line area.

C. Back Mount, Top Mount, Side Mount, Guard

1. Explanation of advantages and disadvantages of all positions
2. Side escape to guard into simple sweep to mount to cuffing position
3. Guard Arm shoulder lock to grapevine rollover

4. Top mount reversal
5. Sprawling out suspect as they try to go to all four from back mount
6. Rolling with suspect into seatbelt grip while in back mount
7. Arm Cross Face roll over into cuffing

X. TESTING/REMEDIATION **III(b)**

- A. Review of Techniques and Safety
- B. Test: Students will demonstrate:
  1. Proper stance and position
  2. Execution of various instructed techniques as directed by instructor
  3. Use of verbal commands in conjunction with position of control
- C. Evaluations

***Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.*** **III(b)**

**ADDITIONAL OPTIONAL TOPICS/EXERCISES (4 Hours)**  
**(Carotid and Pugilistic Expansion)**

Carotid Restraint

- XI. CAROTID RESTRAINT TO HANDCUFF **III(n)**
- A. Safety orientation – **IIIa,k**
1. Student instructor ratio - 1 to 1
- B. Discuss history and body mechanics of technique **IIIa,g,j,k**
1. In-custody deaths
2. Specific dangers
- a. Pressure to front of trachea
- b. Vegas nerve dangers
- c. Airway obstruction
- d. Multiple applications
- e. Discuss importance of following departmental policy
- f. Place in escalation of force
- g. Documentation
- C. Carotid Control Hold **IIIa,d,k**
1. Basic Seated Carotid (Review Use of Force Policy on Carotid Control Hold)
- a. Suspect seated on mat
- b. Hands up, ready to clap
- c. Explain sensations they'll feel & when to clap
2. Officer on knees behind suspect
- a. Knees outside suspect's hips
- b. Support suspect's spine w/chest & abdomen
- c. Toes curled under
3. Key landmarks
- a. Officer's armpit on suspect's shoulder
- b. Officers elbow lined up w/suspect's chin
- c. Officer's right arm "snakes" around suspect's neck
- d. Quick as possible officer locks R/hand in bend of left elbow, left hand over suspect's head knuckles toward head officer grabs shoulder of their own shirt with left hand
4. Three simultaneous movements to effect suspect's loss of consciousness
- a. "scissor" elbows toward each other
- b. Take deep breath & hold
- c. Arch back
5. Once suspect's muscles go limp, roll suspect onto stomach & handcuff quickly, before they regain consciousness.

- D. Grappling “supine” carotid **IIIa,k**
1. Suspect places their feet flat on floor near their buttocks and push off /bridges back into officer applying carotid in kneeling position
  2. Officer rolls back with suspect’s pushing force onto officer’s back with suspect on officer’s chest facing up & carotid control hold still locked up
  3. Officer kicks suspect’s feet out from under them, then wraps officer’s legs around suspects hip. (Keep ankles uncrossed!)
  4. Officer scissors elbows toward each other, takes deep breath and arches back as officer straightens hips rendering suspect unconscious.
  5. Once suspect goes limp, officer grabs suspect’s right arm and wraps it around suspect’s neck
  6. Officer places their right forearm behind suspect’s neck and grabs suspect’s right wrist once it is wrapped around suspect’s neck
  7. Officer puts left forearm under suspects armpit with left hand on suspects chest
  8. Officer brings their left foot on ground near their left hip and pushes off rolling suspect over to their right into a face down position with officer in back mount on suspect
  9. Officer bring suspect’s left arm into small of suspect’s back then suspect’s opposite arm & handcuffs suspect
- E. Standing Carotid Control Hold **IIIa,h,i,k**
- a. We don’t render a suspect unconscious while standing in most cases due to risks of injury to spine of suspect and officers:
    - a. we seat them first
    - b. avoid 200+ lbs. of “dead weight” suddenly
  - b. From interview position, officer steps toward suspect with forward foot & “shoots” forward arm (usually left arm) and hooks the back of suspect’s right upper arm (triceps area) with officer’s left hand.
  - c. At same time officer pulls suspect’s right arm toward officer w/left hand on triceps as officer uses a palm heel strike to suspect’s opposite (left) shoulder w/officer’s right hand
    - B. this will cause suspect to spin around
    - C. this will cause the suspect to end up with their back to officer and officer’s right arm over suspect’s right shoulder and across suspect’s chest with officer’s left forearm in suspect’s lower back
  - d. Officer pulls suspect’s upper chest rearward while pushing lower back forward causing suspect to arch back w/suspect’s upper back on officer’s chest
    - a. Officer kicks back of the suspect’s right knee forward causing it to buckle

- b. With suspect's upper back supported by officers chest, officer slowly kneels to ground
- c. Suspect's buttocks & officer's knees to touch ground at the same time
- e. Once on ground in same position as Basic Seated Carotid Control Hold, follow procedures already outlined

- F. Obtain prompt medical treatment of all suspects who have a carotid control hold applied to them, whether they were rendered unconscious or not.
  - 1. Medical treatment must be documented by paramedics @ scene, correctional nursing staff @ SLO County Sheriff's jail, or ER medical doctor
  - 2. All documents shall have "Carotid Control Hold Applied" across top of page
  - 3. Sergeant shall complete a Use of Force Report on incident

*Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.* **III(b)**

**XII. DEFENSIVE PUGILISTICS** **III(d,h)**

- A. Palm Heel Strike
  - 1. Same motion as a punch
  - 2. Hit target with heel of hand
  - 3. Flex the wrist backward
    - a. hand open
    - b. fingers curled
    - c. make contact with hard surface at base of hand
    - d. rotate the wrist to prevent sprain or break

- B. Straight Punch **III(d,h,i)**
  - 1. Begin with jab
  - 2. Step with front foot
  - 3. Push off rear foot and open forward foot
  - 4. As punch lands, rear foot should close the distance
  - 5. Stay on a diagonal

- C. Hammer Fist – to the back or side - can strike in a full circle around the body
  - 1. To the side
    - a. hand goes sideways and upward with slightly bent elbow
    - b. hip and shoulder rotate
    - c. outside foot should pivot

- d. at contact elbow slightly bent
  - e. torque is added by rotating the fist
  - 2. Forward **IIIh,i**
    - a. Raise hand to eyebrow height in a small windup
    - b. Generate power by rotating the shoulder and hip inward and forward
    - c. Add torque by rotating the fist
    - d. Meaty part of hand makes contact with target
  - 3. Downward **IIIh,i**
    - a. Raise fist upward in small windup
    - b. Generate power by rotating hip and shoulder inward and down
    - c. Bend knees for more power
    - d. Torque is added by rotating the fist
    - e. Meat part of hand makes contact
- D. Elbows **IIIh,i**
- 1. Fist is brought tight to the shoulder, firm bend in elbow
  - 2. 7 angles of elbow strikes
  - 3. Striking surface is either just below or above the tip of the elbow
    - a. Horizontal strike
    - b. Sideways strike
      - 1. raise elbow
      - 2. then throw elbow outward
      - 3. lean into the strike for more power
    - c. Horizontal strike backward
      - 1. pivot to generate power
      - 2. look back over shoulder to locate target
    - d. Strike to stomach or ribs
    - e. Vertical strike backward and upward to throat or face
      - 1. tilt shoulders forward
      - 2. elbow will rise easier from tilted shoulders
    - f. Vertical strike forward and upward
      - 1. striking surface just below tip of elbow
      - 2. pivot hips and shoulder for more power
    - g. Vertical strike forward and down
      - 1. Knees bend
      - 2. weight drops
- E. Kicks **IIIh,i**
- 1. Push kick, leg kick, A frame kick, leg checks
  - 2. Front kick – emphasis on low kicks
    - a. Rear leg swings forward with bent knee
    - b. foot snaps out at contact, driving through target
    - c. pivot slightly on base foot

- d. recoil – either put kicking foot down forward, or back to starting point
  
- F. Knees – analogous to elbows strike -> with legs **IIIh,i**
  - 1. Close proximity to target
  - 2. Grab arm and shoulders
  - 3. Forearm is pushed against opponents neck keeping elbow down
  - 4. Pull suspects body forward or down while sharply bringing knee up.
  - 5. Strike just above kneecap
  
- G. 360 Degree Defense – defend and counterattack at the same time **IIIh,i**  
 Inside Defense **IIIh,i**
  - 1. made against straight punches by suspect to officers face or throat
  - 2. it is a redirecting defense
  - 3. defend with same-side hand
  - 4. palm goes in at 45 degrees
  - 5. palm slides along attacker’s arm
  - 6. defense could also be made with wrist or forearm (not just palm)
  
- H. Blocking and parrying
  - 1. Inside defense
  - 2. Kick Defense
  - 3. Arm Blocks

***Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.*** **III(b)**