

Event 2 – Force Options – ARCON
Session 3 – Introduction to Control Holds
LD 33 – Arrest and Control

Date Revised: 11/06/19

Event Goal: To teach recruit officers when and how to use reasonable force.

Session Goal: To teach recruit officers how to use control holds.

Learning Objectives:

- Discuss a peace officer’s justification to use control hold techniques on a subject [33.III.A]
- Explain advantages and limitations a peace officer should consider when applying a control hold [33.III.B]
- The student will demonstrate an understanding of how our Department's guiding value of Reverence for Human Life is the moral and ethical foundation of de-escalation, tactics, reasonable force, and officer safety.
- By the conclusion of the training, students will understand how the application of this training is in keeping with our Department’s UOF policy, philosophy and tactical planning.

Session Time: 2 hours

Resources:	
<ul style="list-style-type: none"> • Mat room or PT field • First aid kit/AED 	
Session Summary: The module begins with a short facilitated discussion about control holds, reverence for human life, and tactical de-escalation. Next, the instructor will demonstrate and drill the C-grip position of advantage.	
Outline	Instructor Notes
I. Introduction to control holds A. Overview of control holds [33.III.B] <ol style="list-style-type: none"> 1. Definition [1] <ol style="list-style-type: none"> a. Method for physically controlling a subject b. By manually applying pressure to a part of the body c. Until the peace officer has control 2. Joint lock definition [2] <ol style="list-style-type: none"> a. Specific class of control hold b. Involves manipulation of a subject’s joints c. Joint reaches the maximal degree of motion 3. Proper timing <ol style="list-style-type: none"> a. When the subject fails to obey commands b. But does not display pre-fight indicators 	Facilitated discussion (in classroom formation, 15 minutes): [1] Ask – What is a control hold? [2] Ask – What is a joint lock?

Event 2 – Force Options – ARCON
Session 3 – Introduction to Control Holds
LD 33 – Arrest and Control

<p>4. Primary objective [3]</p> <ul style="list-style-type: none">a. Gain control of a subjectb. Using objectively reasonable force <p>5. Benefits [4]</p> <ul style="list-style-type: none">a. Effectively control a subjectb. Guide a subject in a desired directionc. Control a subject for searchingd. Control a subject for handcuffing [5]e. Prevent escape <p>6. Considerations when using a control hold [6] [33.III.A]</p> <ul style="list-style-type: none">a. A control hold may be used to transition to another technique to gain complianceb. Once compliance is achieved, the control hold should be reevaluatedc. The force must be objectively reasonabled. Communication is important for coordinating multiple officers [7] <p>B. Reverence for human life [8]</p> <ul style="list-style-type: none">1. Guiding principle in any use of force situation2. It is both moral and ethical to place the highest value on human life3. Not policy, but a philosophy for how to approach police work4. Consistent with the department’s mission, vision, and values5. Helps build public trust6. Using tactical de-escalation techniques and reasonable force demonstrates this principle <p>C. Tactical de-escalation policy [9]</p> <ul style="list-style-type: none">1. Officers shall attempt to control an incident2. By using time, distance, communications, and available resources3. To de-escalate the situation4. Whenever it is safe and reasonable to do so <p>D. C-grip position of advantage [10]</p> <ul style="list-style-type: none">1. Key points	<p>[3] Ask – What is the primary objective of using a control hold?</p> <p>[4] Ask – What are the benefits of using a control hold?</p> <p>[5] Ask – When do you think it would be most appropriate to use a control hold?</p> <p>[6] Ask – What are some considerations for using control holds?</p> <p>[7] Ask – What should you do when you are working with a partner and you are using a control hold?</p> <p>[8] Ask – How can using control holds demonstrate a reverence for human life?</p> <ul style="list-style-type: none">• Give some examples of when it would be reasonable to use a control hold.• Give an example of when it would not be reasonable to use a control hold. <p>[9] Ask – What is the department policy on attempting to de-escalate prior to using force?</p> <p>➤ Go to the mat room or PT field</p>
--	--

Event 2 – Force Options – ARCON
Session 3 – Introduction to Control Holds
LD 33 – Arrest and Control

<ul style="list-style-type: none">a. Keep your hands up when approaching within striking rangeb. Both hands blanket the suspect's shoulderc. Place your inside hand on the front of the suspect's shoulderd. Your rear hand goes to the back of the suspect's shouldere. The back-hand slides down to the suspect's elbowf. The front hand slides down to the wristg. Both hands utilize a relaxed C-grip, with the thumb and middle fingerh. Triangulate your shoulders, hips, and feet at a 45-degree angle to the suspecti. Your feet should be slightly wider than shoulder width apart <p>2. Common mistakes</p> <ul style="list-style-type: none">a. Hands down on approachb. Gripping the suspect too tightlyc. Incorrect angle, being directly to the side of or behind the suspect	<ul style="list-style-type: none">➤ Warm up and stretch➤ Note: All instructor notes regarding the number of repetitions may be modified by the instructor based on the needs of the students, to achieve proficiency. <p>[10] Demonstrate and drill – C-Grip Position of Advantage</p> <ul style="list-style-type: none">● Demonstrate● Break down key points and common mistakes● Drill (10-12 reps each side)
---	---