

Event 2 – Force Options – ARCON

Session 4 – Rear Arm Finger Flex

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 a rear arm finger flex.

Learning Objectives: Students will use a rear arm finger flex to take a resistant suspect into custody.

Session Time: 1.5 hours

Resources: <ul style="list-style-type: none">• Mat room or PT field• First aid kit/AED	
Session Summary: The students will practice using a rear arm finger flex to take a resistant suspect into custody.	
Outline	Instructor Notes
<p>I. Rear arm finger flex [1]</p> <p>A. Key points</p> <ol style="list-style-type: none">1. Take the arm further and faster than the suspect intended2. Pull at the elbow, push at the wrist, driving the suspect's hand behind their back3. Simultaneously, pivot to face perpendicular to the suspect4. Misalign the suspect's spine5. Stay tight, do not give any space for escape6. Seat the elbow above your belt buckle7. Apply a wristlock if necessary to expose the fingers for a finger flex8. Give a verbal distraction by telling the suspect to place their free hand on their head9. Transition to a finger flex after the verbal distraction10. Grab high on the suspect's finger tips and pull back to apply the control hold <p>B. Common mistakes</p> <ol style="list-style-type: none">1. Too much space for suspect to escape2. Losing control of the arm3. Suspect standing straight4. No base/off balance <p>C. Finger flex failure options</p> <ol style="list-style-type: none">1. Push off and create distance	<p>[1] Demonstrate and drill – Rear Arm Finger Flex</p> <ul style="list-style-type: none">• Demonstrate• Break down key points and common mistakes• Drill step by step<ul style="list-style-type: none">○ Start slow, one step at a time (6-8 reps per step)○ Combine steps until the students are fluid in their technique○ Allow students to practice on their own with increasing speed (8-10 reps per side)

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<p>2. Close distance and clinch</p> <p>II. Handcuffing from rear arm finger flex [3]</p> <p>A. Key points</p> <ol style="list-style-type: none">1. Slightly turn the suspect’s fingers towards their back (if necessary)2. Clear the sleeves to expose the wrist bone3. Search the waistband for weapons4. Use a pistol grip on the handcuffs, with the single edge facing out5. Place the first cuff on and switch hands on the chain6. Ask the suspect to put their free hand behind their back7. Grab the back of the second hand and cuff palm to palm <p>B. Common mistakes</p> <ol style="list-style-type: none">1. Not switching hands on the chain after first cuff is on2. Grabbing the wrist of the second hand3. Letting go of the suspect after they are cuffed	<p>[3] Demonstrate and drill – Handcuffing from Rear Arm Finger Flex</p> <ul style="list-style-type: none">• Demonstrate• Break down key points and common mistakes• Drill (10-12 reps each side)
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