

Event 2 – Force Options – ARCON
Session 5 – Straight Armlock Takedown
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 takedowns.

Learning Objectives:

- Discuss a peace officer’s justification to use takedown techniques on a subject [33.III.A]
- Explain advantages and limitations a peace officer should consider when performing a takedown technique [33.III.C]
- Students will control a combative suspect using a straight armlock takedown.
- 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 takedowns, reverence for human life, and tactical de-escalation. Next, the instructor will demonstrate and drill the straight armlock takedown technique.	
Outline	Instructor Notes
I. Takedowns A. Overview of takedowns [33.III.C] 1. Definition [1] a. Method for taking a suspect to the ground b. To control the suspect and the situation c. The primary objective is to gain control [2] 2. Benefits [3] a. Defuse a situation b. Achieve greater control over a suspect c. Reduce the ability of the suspect to effectively attack, strike, or escape	Facilitated discussion (in classroom formation, 15 minutes): [1] Ask – What is a takedown? [2] Ask – What is the primary objective of a takedown? [3] Ask – What are the benefits of using a takedown?

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<p>3. Considerations when using a takedown [4] [33.III.A]</p> <ol style="list-style-type: none"> a. Close proximity of the officer and the suspect [5] b. Officers must be ready to transition to ground control techniques to gain complete control of the suspect c. The force must be objectively reasonable d. Communication is important for coordinating multiple officers [6] <p>B. Reverence for human life [7]</p> <ol style="list-style-type: none"> 1. Guiding principle in any use of force situation 2. It is both moral and ethical to place the highest value on human life 3. Not policy, but a philosophy for how to approach police work 4. Consistent with the department’s mission, vision, and values 5. Helps build public trust 6. Using tactical de-escalation techniques and reasonable force demonstrates this principle <p>C. Tactical de-escalation policy [8]</p> <ol style="list-style-type: none"> 1. Officers shall attempt to control an incident 2. By using time, distance, communications, and available resources 3. To de-escalate the situation 4. Whenever it is safe and reasonable to do so <p>D. Straight armlock takedown [9]</p> <ol style="list-style-type: none"> 1. Used to take a suspect down from the C-grip position of advantage 2. Key points <ol style="list-style-type: none"> a. Take a big step forward and to the outside b. Keep the suspect’s palm pinned to your belt buckle c. Use the bony portion of your wrist on the triceps tendon d. Keep your hips in line with or in front of the suspect’s head e. Use your entire body to drive the suspect down f. Pin the suspect’s shoulder with your inside knee g. Pivot around the arm 	<p>[4] Ask – What are some factors you should consider when using a takedown?</p> <p>[5] Ask – What are the dangers of using a takedown?</p> <p>[6] Ask – Why is communication important when multiple officers work together to execute a takedown?</p> <p>[7] Ask – How can using takedowns 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 takedown. • Give an example of when it would not be reasonable to use a takedown. <p>[8] Ask – What is the department policy on attempting to de-escalate prior to using force?</p> <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>[9] Demonstrate and drill – Straight Armlock Takedown</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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<ul style="list-style-type: none">h. Finish in standard high risk finger flex cuffing positioni. Verbalize throughout, ordering the suspect to the ground <p>3. Common mistakes</p> <ul style="list-style-type: none">a. Suspect's hand is floating away from your bodyb. Not utilizing correct patterns of movementc. No pressure on triceps tendond. Pulling the suspect's hand to your belt, rather than moving to the hand	
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