

Event 2 – Force Options – ARCON

Session 6 – Body Fold 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: Students will take a combative suspect into custody using a body fold takedown.

Session Time: 2 hours

| Resources: <ul style="list-style-type: none">• Mat room or PT field• First aid kit/AED | |
|---|---|
| Session Summary: The instructor will begin with a review of the straight armlock takedown. Next, the students will drill the clinch and body fold takedown. | |
| Outline | Instructor Notes |
| I. Body fold takedown A. Clinch control [1] <ol style="list-style-type: none">1. Used to stay inside a suspect’s effective striking range2. Key points<ol style="list-style-type: none">a. Use your forearms to create a frame to protect your faceb. Lower your center of gravityc. Step in towards the suspect using patterns of movementd. Make contact with the suspect’s chest with your forearmse. Wrap your arms just above the suspect’s hips and pull them in tightf. Keep your head tight to the center of the suspect’s chestg. Keep your hips close to the suspect’s hipsh. Angle off at approximately 45*i. One arm wraps, your other arm grabs your own wrist with a thumbless gripj. Keep your gun side back if possible3. Common mistakes<ol style="list-style-type: none">a. Ineffective forearm frame | ➤ Warm up and stretch Review (20 minutes): Straight armlock takedown [1] Demonstrate and drill – Clinch control <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) |

Event 2 – Force Options – ARCON

Session 6 – Body Fold Takedown

LD 33 – Arrest and Control

| | |
|--|--|
| <p>b. Hips too far from suspect's hips c. Poor balance/no base</p> <p>B. Key points [2]</p> <ol style="list-style-type: none">1. Time the takedown with the suspect's punch2. Bend at the knees and lower your center of gravity3. Pull the suspect's hips in4. Finish in the mount <p>C. Common mistakes</p> <ol style="list-style-type: none">1. Poor timing2. Failure to control the descent3. Ineffective hip control | <p>[2] Demonstrate and drill – Body Fold 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) |
|--|--|