

Event 2 – Force Options – ARCON
Session 7 – Control Holds and Takedowns Review
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 and takedowns.

Learning Objectives: Students will take a resistant suspect into custody using rear arm finger flex. Students will take a combative suspect into custody using straight arm lock takedown and body fold takedown.

Session Time: 1 hour

Resources: <ul style="list-style-type: none">• Mat room or PT field• First aid kit/AED	
Session Summary: The students will practice c-grip position of advantage, rear-arm finger flex, straight arm lock takedown, and body fold takedown. There is no new content in this module, the students will just be reviewing and practicing reps of the content that they learned in the previous session.	
Outline	Instructor Notes
There is no new content in this module.	Review and drill: <ul style="list-style-type: none">• C-grip position of advantage (6-8 reps)• Rear arm finger flex (6-8 reps)• Straight arm lock takedown (6-8 reps)• Body fold takedown (6-8 reps)