Date Revised: 11/06/19

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

Session Goal: To evaluate students' competency in control holds and takedowns techniques.

Required Test:
- The student will demonstrate competency in two control hold techniques **[33.X.C]**.
- The student will demonstrate competency in two takedown techniques **[33.X.D]**.

Session Time: 1 hour

Resources:
• Mat room or PT field • First aid kit/AED • Control Holds grading sheets (1 per student) • Takedowns grading sheets (1 per student)
Session Summary: The students will complete the exercise test for control holds and takedowns.

Outline	Instructor Notes
There is no new content in this module.	➢ Warm-up and stretch. **Run exercise test** (1 hour) – <u>Control Holds and Takedowns</u>

Exercise Test – Control Holds and Takedowns

Purpose: This activity will evaluate the students' ability to demonstrate proper control hold and takedown techniques.

Description: The instructor will first notify the class that this is an evaluated activity and ask if there are any final questions before the test begins. The students will then wait outside in pairs to be called in by an instructor. Each available instructor (use as many as are available) will call in a pair of students and test them individually, with one student playing the role of the suspect, and the other as the officer being evaluated.

The instructor will order the student to demonstrate a C-grip position of advantage and rear arm finger flex on the left side. The instructor will then order the student to demonstrate a C-grip position of advantage and rear arm finger flex on the right side. Once the student has control the instructor will ask the student to demonstrate handcuffing from the rear arm finger flex. The suspect should provide only the correct suspect behavior and indicators for the technique and nothing else.

The instructor will then order the student to demonstrate a straight armlock takedown and body fold takedown. The suspect should provide only the correct suspect behavior and indicators for the technique and nothing else.

The instructor should use the appropriate control holds and takedowns grading sheets to evaluate the student. After evaluation, the students will switch roles and the new officer will be evaluated in the same manner. Once both students have been evaluated, the instructor will go call another pair of students into the room for testing.

Resources needed:
- Mat room
- First aid kit
- Clipboards (1 per instructor)
- Control Holds grading sheet (1 per student)
- Takedowns grading sheet (1 per student)

Required Test:
- An exercise test that requires the student to demonstrate competency in a minimum of two control hold techniques **[33.X.C]**.
- An exercise test that requires the student to demonstrate competency in a minimum of two takedown techniques **[33.X.D]**.
- The student will demonstrate competency in the following performance dimensions:
  - Safety
  - Awareness
  - Balance

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- o Control
- o Controlling force
- o Proper techniques
- o Verbal commands/instructions

Time required: 1 hour