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 takedowns.

Session Time: 1 hour

Resources:
• Mat room or PT field • First aid kit/AED

Session Summary: The students will use takedowns in a learning activity that simulates a real use of force.

Outline	Instructor Notes

I. Double leg takedown **[1]**
   A. Key points
      1. Lower your center of gravity and step in deep
      2. Wrap the suspect's legs at the knees with both hands
      3. Keep your head to the outside of the suspect's hip
      4. Drive your shoulder into the suspect to take the suspect down
      5. Keep control of the suspect's legs until the suspect is down
      6. Pass the guard to the side control position
   B. Common mistakes
      1. Head to the wrong side
      2. Staying too high
      3. Not shooting deep enough
	[1] Demonstrate and drill – Double leg takedown
	• Demonstrate
	• Break down key points and common mistakes
	• Drill step by step
	   o Start slow, one step at a time (6-8 reps per step)
	   o Combine steps until the students are fluid in their technique
	   o Allow students to practice on their own with increasing speed (8-10 reps per side)
	• Practice double leg off of throwing a jab (6-8 reps)
	• Practice double leg from the clinch when the suspect gets their hips out (6-8 reps)
	
	Run learning activity (20 minutes) **–** <u>Takedowns</u>

Learning Activity – Takedowns

Version 6.0

Purpose: This learning activity gives students the opportunity to practice the techniques they have learned within the context of a real use of force scenario. This drill will help the students to develop their reflexes in responding to common suspect behaviors, enhance their fluidity in using techniques in combination with one another, and reinforce the key points of previously learned techniques.

Description: The instructor will begin by briefing the students on the expectations of the drill and explain the purpose. The students will work in pairs, with one student playing the role of the officer and the other playing the role of the suspect. The officer will begin by giving pedestrian stop commands. The suspect will respond with one of the behaviors listed below.

Suspect behaviors:
- Cooperate
- Passively resist/unresponsive
- Throw a surprise punch during the officer's approach
- Pull away and/or attempt to punch the officer after contact is made

The officers should respond with the correct techniques based on the indicators presented. Every scenario should be slightly different and the suspects should focus on providing good suspect behavior to simulate a real use of force. For example, in one scenario the suspect might passively resist, causing the officer to make contact and attempt a rear arm finger flex. During the technique, the suspect may resist or pull away and the officer can transition to a rear clinch and rear double leg takedown.

The instructors will demonstrate the drill prior to sending the students out to practice. The students should be encouraged to start slow and increase speed with each repetition, but only if the officer to maintain proper technique. They should also be encouraged to help each other and correct each other's mistakes after each repetition. The instructor should direct the students to complete six repetitions each for a total of 12 repetitions per pair. The instructor should reiterate each of the safety considerations previously taught for each of the techniques involved in the scenario. Once the students have completed 12 repetitions the class should be brought in for questions. The instructors should answer any questions that came up during the drill, and review any common mistakes that they noticed while observing the drill.

Resources needed:
- Mat room
- First aid kit/AED

Key learning points:
- Manage the distance
- Always be aware of punches
- Maintain your balance

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- Always control the descent of your takedown
- Be aware of pre-fight indicators

Time required: 20 minutes