

Event 2 – Force Options – ARCON

Session 10 – Ground Control

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 control and handcuff a suspect on the ground.

Learning Objectives:

- Discuss the various ground positions and their associated risks [33.VIII.A]
- Demonstrate basic ground control positions when controlling a subject [33.VIII.B]
- 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: 3 hours

Resources: <ul style="list-style-type: none">• Mat room• Classroom with tables• First aid kit/AED	
Session Summary: The instructor will lead a discussion introducing ground control, including a discussion of reverence for human life and de-escalation. The students will learn various top control positions and techniques. They will participate in a learning activity where they will practice various realistic sequences of techniques.	
Outline	Instructor Notes
I. Ground control A. Advantages of using the ground control [1] <ol style="list-style-type: none">1. More control by using the ground as a controlling agent2. Increases your ability to handcuff3. Less likelihood of injury to the suspect vs strikes and impact weapons4. Perception of the community<ol style="list-style-type: none">a. Impact on the departmentb. Civil liability5. Energy efficiency B. Safety considerations during a ground fight [2] <ol style="list-style-type: none">1. Hard objects/surfaces in the vicinity<ol style="list-style-type: none">a. Concrete/asphalt groundb. Curbs	Facilitated discussion (in classroom formation, 30 minutes): [1] Ask – What are the advantages of ground control vs other force options? [2] Ask – What are some of the safety issues you must consider in a ground fight?

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Session 10 – Ground Control

LD 33 – Arrest and Control

<ul style="list-style-type: none">c. Wallsd. Furnituree. Countertops2. Availability of makeshift weapons3. Weapon retention [3]<ul style="list-style-type: none">a. Always be aware of the suspect’s handsb. Notify your partner immediately if the suspect reaches for your weapon4. Radio communications during the use of force [3.1]<ul style="list-style-type: none">a. Only use your radio if safe to do sob. Utilize the help button necessary5. Continuing reassessment of the surroundings<ul style="list-style-type: none">a. Are there any possible additional suspectsb. Vehicular trafficc. Pedestrian trafficC. Principles of ground control<ul style="list-style-type: none">1. Use natural body movements<ul style="list-style-type: none">a. Simple to learnb. Easier to remember in a high stress situation2. Energy efficiency [4]<ul style="list-style-type: none">a. Utilize technique [5]<ul style="list-style-type: none">1) Leverage2) Safe body positioningb. Does not rely on strength and brute force3. Practical in a real use of force<ul style="list-style-type: none">a. Must manage the distance [6]b. Must be punch safec. Must be within law/policyD. General ground control considerations<ul style="list-style-type: none">1. Disengage, stand up, and redeploy [7,7.1]<ul style="list-style-type: none">a. Factors to consider<ul style="list-style-type: none">1) Assess the suspect<ul style="list-style-type: none">a) What crime did the suspect commitb) Combative vs fleeingc) Size compared to the officerd) Weaponse) Under the influence of drugs or alcoholf) Known criminal history2) Backup/additional units<ul style="list-style-type: none">a) Number of officers at scene	<p>[3] Ask – Why is weapon retention an important issue in a ground fight?</p> <p>[3.1] Ask – When should you broadcast on the radio?</p> <p>[4] Ask – Why is it important to be energy efficient during a ground fight?</p> <p>[5] Ask – Why is it important to use good technique rather than strength and brute force?</p> <p>[6] Ask – Why is it important to manage the distance during a ground fight?</p> <p>[7] Ask – What are the benefits of disengaging and getting back to your feet?</p> <p>[7.1] Ask – In what scenarios would you choose to stay on the ground rather than disengaging?</p>
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Event 2 – Force Options – ARCON

Session 10 – Ground Control

LD 33 – Arrest and Control

<ul style="list-style-type: none">b) Time for backup to arrive3) Delaying apprehension<ul style="list-style-type: none">a) Known suspect vs unknownb) Severity of the crime4) Your own health and fitness<ul style="list-style-type: none">a) Injuries sustainedb) Stamina and cardioc) Prior training and experienceb. Transition to other force options<ul style="list-style-type: none">1) Taser2) Impact weapons3) Personal weapons2. Position before submission [8]<ul style="list-style-type: none">a. Attempting a joint lock too soon could lead to escapeb. Focus on dominating position firstc. Transition to a control hold only after the suspect’s escape attempts have been thwarted3. Contact equals control [9]<ul style="list-style-type: none">a. Stay tight to the suspect and do not allow spaceb. Be aware of your weaponc. Be aware of desperate suspect attacks<ul style="list-style-type: none">1) Biting2) Eye gouging3) Groin punch/grab4. Verbalization [10, 11]<ul style="list-style-type: none">a. Give commands to the suspect when you are in the dominant position [12]<ul style="list-style-type: none">1) Be specific and tell suspect what to do2) Continue to give commands when appropriate3) Control your breathing and speak clearlyb. Communicate with your partner or other officers [13]<ul style="list-style-type: none">1) Exercise command and control2) Communicate your intent<ul style="list-style-type: none">a) Rolling the suspect overb) Handcuffingc) Disengaging3) Advise officers of known dangers<ul style="list-style-type: none">a) Weaponsb) Bitingc) Drugs or alcohol involved	<p>[8] Ask – What do you think “position before submission” means?</p> <p>[9] Ask – What do you think “contact equals control” means?</p> <p>[10] Ask – Why is verbalization important during a ground fight?</p> <p>[11] Ask – Whom do you need to verbalize to?</p> <p>[12] Ask – When is the appropriate time to verbalize?<ul style="list-style-type: none">• When would it be inappropriate to verbalize?</p> <p>[13] Ask – List 3 things you should communicate to your partner or other officers when you are in a dominant position.</p> <p>[14] Ask – What are the different ground control positions?</p>
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Event 2 – Force Options – ARCON

Session 10 – Ground Control

LD 33 – Arrest and Control

<p>E. Ground control positions [14][33.VIII.A]</p> <p>1. Mount [15,16]</p> <p>a. Advantages</p> <ol style="list-style-type: none">1) Good control position2) Preferred striking position3) Ability to disengage <p>b. Disadvantages</p> <ol style="list-style-type: none">1) Weapons are close to the suspect2) Reduced awareness of surroundings <p>2. Side control</p> <p>a. Advantages</p> <ol style="list-style-type: none">1) Best control position [17]2) Ability to disengage <p>b. Disadvantages [18]</p> <ol style="list-style-type: none">1) Weapons are close to the suspect2) Reduces the officer's ability to access the radio or other force options3) Reduced awareness of surroundings <p>3. Back mount</p> <p>a. Advantages</p> <ol style="list-style-type: none">1) Best position for handcuffing [19]2) Carotid restraint control hold available3) Ability to disengage <p>b. Disadvantages</p> <ol style="list-style-type: none">1) Your back could end up on the ground [20]2) Reduced awareness of surroundings <p>4. Guard (bottom) [21]</p> <p>a. Advantages</p> <ol style="list-style-type: none">1) Better punch protection than the bottom of the mount/side mount2) Easier to get back to your feet than bottom of the mount/side mount <p>b. Disadvantages</p> <ol style="list-style-type: none">1) Being on the bottom is always a disadvantage vs being on top2) Gravity is working against you3) Vulnerable to punches4) Weapons can be exposed to the suspect <p>F. Reverence for human life [22]</p>	<ul style="list-style-type: none">• What are the advantages and disadvantages of each? <p>[15] Ask – List your 3 priorities when you are in a dominant top control position. Seeking:</p> <ul style="list-style-type: none">• Disengage and stand up• Control• Verbalization <p>[16] Ask – What are the dangers of not knowing effective top control techniques? Seeking:</p> <ul style="list-style-type: none">• The suspect could escape• Lose position and end up on the bottom of the fight <p>[17] Ask – Which top control position is the best for control? Why?</p> <p>[18] Ask – What are the disadvantages of being more connected to the suspect?</p> <ul style="list-style-type: none">• What are the advantages of being more connected to the suspect? <p>[19] Ask – Which control position do you think is the best for handcuffing?</p> <p>[20] Ask – What could be some of the dangers of taking a suspect's back?</p> <p>[21] Ask – What are the advantages and disadvantages of the guard position?</p>
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Event 2 – Force Options – ARCON

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<ol style="list-style-type: none">1. Guiding principle in any use of force situation2. It is both moral and ethical to place the highest value on human life3. Not policy, but a philosophy for how to approach police work4. Consistent with the department’s mission, vision, and values5. Helps build public trust6. Using tactical de-escalation techniques and reasonable force demonstrates this principle <p>G. Tactical de-escalation policy [23]</p> <ol style="list-style-type: none">1. Officers shall attempt to control an incident2. By using time, distance, communications, and available resources3. To de-escalate the situation4. Whenever it is safe and reasonable to do so <p>H. Control and handcuffing</p> <ol style="list-style-type: none">1. Mount control [33.VIII.B]<ol style="list-style-type: none">a. Key points [1,2,3]<ol style="list-style-type: none">1) Keep your hips heavy2) Use your back leg as an anchor hooking the suspect’s thigh3) Base your front knee out wide but keep your foot close to the suspect’s buttocks4) Your legs switch first when changing directions5) One arm under the head, one arm out as a kickstand6) Utilize the low swim for arm wrap prevention7) Utilize the high swim if the suspect bench presses youb. Common mistakes<ol style="list-style-type: none">1) Weak torso alignment2) Keeping your knees on the ground and hips light3) Hands switching before legs4) High swim with both hands at once2. Side Control [4, 5]<ol style="list-style-type: none">a. Key points<ol style="list-style-type: none">1) Control under the suspect’s head with the closest arm2) Underhook the suspect’s far arm	<p>[22] Ask – How can using ground control techniques demonstrate a reverence for human life?</p> <ul style="list-style-type: none">• Give some examples of when it would be reasonable to use ground control techniques.• Give an example of when it would not be reasonable to use ground control techniques. <p>[23] 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 dynamic stretching (prior to each session)➤ Stand up in base (10 reps)➤ Shrimp drill (twice across the mat)➤ Break fall (10 reps) <ul style="list-style-type: none">• 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>[1] Demonstrate and drill – Mount control</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) <p>[2] Ask – What is the most important key point of maintaining the mount?</p> <p>[3] Ask – When maintaining the mount, are the legs or the arms more important for control? Why?</p>
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LD 33 – Arrest and Control

<ol style="list-style-type: none">3) Lock hands with a thumbless palm to palm grip4) Use the underhooked hand as base point (kickstand) when necessary5) Keep your hips low and legs wide for base6) Stay perpendicular to the suspect, chest to chest7) Primary side back if possible8) Switch your hips to the cross-chest position for weapon retention9) Use shoulder pressure, kickstand, and knee drive to transition to the mount <p>b. Common mistakes</p> <ol style="list-style-type: none">1) Slow front hand base – arm gets trapped2) Too much space – hips too high <p>3. Knee on belly control [6]</p> <p>a. Key points</p> <ol style="list-style-type: none">1) Push off the suspect's chest and slide your shin across the stomach2) Keep your foot hooked near the suspect's hip3) Post your other leg straight out, one arm length from suspect's shoulder4) Keep your knee open, not pointed down5) Use your hands to base out or connect to the suspect for control6) Use the suspect's stomach as a pivot point7) Use your hands to help maintain control8) Absorb the push off/bench press9) Keep your hands posted and feet hidden during side to side transition <p>b. Common mistakes</p> <ol style="list-style-type: none">1) Weak base points2) Too rigid3) Improper top foot positioning	<p>[4] Explain – You may land in side control during a takedown, or you may choose to establish side control rather than the mount if it is available.</p> <p>[5] Demonstrate and drill – Side Control</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) <p>[6] Demonstrate and drill – Knee on belly control</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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