

**Event 2 – Force Options – ARCON**  
*Session 11 – Ground Control Continued*  
*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 a suspect on the ground.

**Learning Objectives:**

- Students will take a combative suspect into custody using ground control techniques.

**Session Time:** 2.5 hours

<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Mat room</li> <li>• Classroom with tables</li> <li>• First aid kit/AED</li> </ul>	
<p><b>Session Summary:</b> The students will learn various control holds and transitions to handcuffing.</p>	
Outline	Instructor Notes
<p>I. Ground control</p> <p>A. Twisting arm cuffing [1]</p> <p>1. Key points</p> <ol style="list-style-type: none"> <li>a. Both hands grab one arm</li> <li>b. Double overhand c grips at the wrist</li> <li>c. Pull the arm across your body</li> <li>d. Simultaneously post the foot in the direction of the roll</li> <li>e. Keep the arm bent at a 90* angle</li> <li>f. Push behind the elbow</li> <li>g. Walk your foot out, removing your leg from beneath the suspect’s arm</li> <li>h. Use push/pull leverage to roll the suspect into the handcuffing position</li> <li>i. The twisting arm cuffing technique can also be applied from key lock finish and knee on belly control</li> </ol> <p>2. Most common mistakes</p> <ol style="list-style-type: none"> <li>a. Allowing the arm to straighten</li> <li>b. Ineffective wrist control</li> <li>c. Ineffective push/pull movement of the suspect’s arm</li> </ol> <p>B. Key lock [2]</p> <p>1. Key points</p>	<p><b>Review and drill:</b></p> <ul style="list-style-type: none"> <li>• Mount control</li> <li>• Side control</li> <li>• Knee on belly</li> </ul> <p><b>[1] Demonstrate and drill – Twisting arm cuffing</b></p> <ul style="list-style-type: none"> <li>• Demonstrate</li> <li>• Break down key points and common mistakes</li> <li>• Drill step by step <ul style="list-style-type: none"> <li>○ Start slow, one step at a time (6-8 reps per step)</li> <li>○ Combine steps until the students are fluid in their technique</li> <li>○ Allow students to practice on their own with increasing speed (8-10 reps per side)</li> </ul> </li> <li>• Flow (3-5 reps) <ul style="list-style-type: none"> <li>○ Clinch</li> <li>○ Body fold takedown</li> <li>○ Mount control</li> <li>○ Twisting arm cuffing</li> </ul> </li> </ul>

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<ul style="list-style-type: none"> <li>a. Use both hands to pin the suspect’s arm to the ground</li> <li>b. Pin the arm using your entire body</li> <li>c. Keep your triceps tight to the suspect’s neck</li> <li>d. Bottom hand slides under the suspect’s arm, palm up</li> <li>e. Grab your own wrist</li> <li>f. Both hands use thumbless grips</li> <li>g. Lift and slide, “painting” the ground with the back of the suspect’s hand</li> <li>h. Keep your forehead down and face away from suspect</li> <li>i. Insert your back hook anchor for roll prevention</li> <li>j. Verbalize once you have control</li> <li>k. Headlock variation, loop the head prior to the lift and slide</li> <li>l. The key lock can also be applied from side control</li> </ul> <p>2. Common mistakes</p> <ul style="list-style-type: none"> <li>a. All lift without any slide</li> <li>b. No hip pressure</li> <li>c. Forgetting to loop the head from the headlock variation</li> <li>d. Keeping your head up</li> <li>e. Facing towards the suspect</li> </ul> <p>C. Arm crossface control <b>[3]</b></p> <p>1. Key points</p> <ul style="list-style-type: none"> <li>a. Shove the suspect’s arm across with wrist and elbow control</li> <li>b. Use bodyweight and chest pressure to keep the arm trapped</li> <li>c. Establish wrist control with the hand under the head</li> <li>d. Sit up into the modified mount position</li> <li>e. Back knee slides up behind the suspect’s head</li> <li>f. Post your front foot with your toes pointing in the direction of the roll</li> <li>g. Keep your heel tight to the suspect’s ribcage</li> <li>h. Pull at the wrist and push at the elbow</li> <li>i. Push/pull to roll suspect over</li> <li>j. Verbalize</li> </ul> <p>2. Common mistakes</p>	<p><b>[2] Demonstrate and drill – Key lock</b></p> <ul style="list-style-type: none"> <li>• Demonstrate</li> <li>• Break down key points and common mistakes</li> <li>• Drill step by step <ul style="list-style-type: none"> <li>○ Start slow, one step at a time (6-8 reps per step)</li> <li>○ Combine steps until the students are fluid in their technique</li> <li>○ Allow students to practice on their own with increasing speed (8-10 reps per side)</li> </ul> </li> <li>• Flow (3-5 reps) <ul style="list-style-type: none"> <li>○ C-grip</li> <li>○ Suspect turns with clenched fists</li> <li>○ Rear clinch</li> <li>○ Rear double leg takedown</li> <li>○ Suspect turns on their back</li> <li>○ Side control</li> <li>○ Mount transition</li> <li>○ Mount control</li> <li>○ Key lock</li> <li>○ Twisting arm cuffing</li> </ul> </li> </ul> <p><b>[3] Demonstrate and drill – Arm crossface control</b></p> <ul style="list-style-type: none"> <li>• Demonstrate</li> <li>• Break down key points and common mistakes</li> <li>• Drill step by step <ul style="list-style-type: none"> <li>○ Start slow, one step at a time (6-8 reps per step)</li> <li>○ Combine steps until the students are fluid in their technique</li> <li>○ Allow students to practice on their own with increasing speed (8-10 reps per side)</li> </ul> </li> <li>• Flow (3-5 reps) <ul style="list-style-type: none"> <li>○ Side control</li> <li>○ Mount transition</li> <li>○ Arm crossface control</li> <li>○ Rollover to cuffing</li> </ul> </li> </ul>
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<ul style="list-style-type: none"> <li>a. Failing to use good chest pressure to keep the suspect’s arm trapped</li> <li>b. Posting the wrong foot in the modified mount position</li> <li>D. Take the back from mount <b>[4]</b> <ul style="list-style-type: none"> <li>1. Key points           <ul style="list-style-type: none"> <li>a. Effective modified mount transition</li> <li>b. Post your foot in the direction the suspect is rolling</li> <li>c. Slide your back knee up high behind the suspect’s head</li> <li>d. Allow the suspect to roll</li> <li>e. Keep your hands wide for base</li> <li>f. Immediately insert the back hook as soon as the space is created</li> <li>g. The hook goes in and then straight to the ground</li> <li>h. Keep your hands and toes on the ground and shift your weight back</li> <li>i. Wrap one arm over the suspect’s shoulder</li> <li>j. The other arm goes under the suspect’s armpit</li> <li>k. Use a thumbless grip on your own wrist</li> <li>l. Remount if your back control is compromised</li> </ul> </li> <li>2. Common mistakes           <ul style="list-style-type: none"> <li>a. Too slow modifying the mount</li> <li>b. Poor base during roll</li> <li>c. Too far forward on the back</li> <li>d. Slow back hook entry</li> </ul> </li> </ul> </li> <li>E. Lateral head displacement <b>[5]</b> <ul style="list-style-type: none"> <li>1. Key points           <ul style="list-style-type: none"> <li>a. Slide one knee up, trapping the shoulder</li> <li>b. Place your forearm to the ground opposite of the trapped side</li> <li>c. Put your palm flat on the ground</li> <li>d. Keep your triceps tight to the suspect’s neck</li> <li>e. Elevate the suspect’s head by pushing with your triceps</li> <li>f. Maintain a 90* bend in your arm</li> <li>g. Grab the suspect’s wrist and roll your knuckles to the ground</li> <li>h. Keep your arm straight like a pry bar</li> </ul> </li> </ul> </li> </ul>	<p><b>[4] Demonstrate and drill – Take the back from mount</b></p> <ul style="list-style-type: none"> <li>• Demonstrate</li> <li>• Break down key points and common mistakes</li> <li>• Drill step by step       <ul style="list-style-type: none"> <li>○ Start slow, one step at a time (6-8 reps per step)</li> <li>○ Combine steps until the students are fluid in their technique</li> <li>○ Allow students to practice on their own with increasing speed (8-10 reps per side)</li> </ul> </li> <li>• Flow (3-5 reps)       <ul style="list-style-type: none"> <li>○ Clinch</li> <li>○ Body fold takedown</li> <li>○ Suspect rolls flat</li> <li>○ Take the back from mount</li> <li>○ Cooperative handcuffing</li> </ul> </li> </ul> <p><b>[5] Demonstrate and drill – Lateral head displacement</b></p> <ul style="list-style-type: none"> <li>• Demonstrate</li> <li>• Break down key points and common mistakes</li> <li>• Drill step by step       <ul style="list-style-type: none"> <li>○ Start slow, one step at a time (6-8 reps per step)</li> <li>○ Combine steps until the students are fluid in their technique</li> <li>○ Allow students to practice on their own with increasing speed (8-10 reps per side)</li> </ul> </li> <li>• Baton assisted lateral head displacement (3-5 reps)</li> <li>• Flow (3-5 reps)       <ul style="list-style-type: none"> <li>○ Clinch</li> <li>○ Body fold takedown</li> <li>○ Suspect rolls flat</li> <li>○ Take the back from mount</li> <li>○ Lateral head displacement</li> </ul> </li> </ul>
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<ul style="list-style-type: none"><li>i. Post your opposite hand out at an angle for base</li><li>j. Use the suspect's shoulder as a fulcrum to leverage the arm out</li><li>k. You may use your baton as the pry bar instead of your arm if necessary</li></ul> <p>2. Common mistakes</p> <ul style="list-style-type: none"><li>a. Failure to block the shoulder</li><li>b. Bending your arm</li><li>c. Using strength not leverage</li></ul>	
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