

Event 2 – Force Options – ARCON

Session 12 – Sprawl

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 defend against a takedown attempt.

Learning Objectives: Demonstrate a defense against a takedown attempt. [33.VIII.C]

Session Time: 2 hours

Resources: <ul style="list-style-type: none">• Mat room• Classroom with tables• First aid kit/AED	
Session Summary: The students will learn how to defend against a takedown attempt and handcuff a suspect on the ground.	
Outline	Instructor Notes
<p>I. Sprawl [1][33.VIII.C]</p> <p>A. Key points</p> <ol style="list-style-type: none">1. Control the suspect’s head2. Be sure to push the head, not the neck or upper back3. Shoot your legs back4. Your lead leg shoots straight back5. Drive your hips down towards the ground6. Keep your hips heavy7. Keep chest to back pressure8. Spin to the suspect’s back <p>B. Common mistakes</p> <ol style="list-style-type: none">1. Poor head control2. Hips too close to the suspect	<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 – Sprawl</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)• Flow (3-5 reps)<ul style="list-style-type: none">○ Sprawl and spin to the back

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<p>C. Handcuffing from back control [2]</p> <ol style="list-style-type: none">1. Key points<ol style="list-style-type: none">a. Cross grab the suspect's wristb. Apply a twist lockc. Place the first handcuff on pinky side firstd. Shake the suspect's second hande. Place the second handcuff on2. Common mistakes<ol style="list-style-type: none">a. Using the same hand to grab the wristb. Attempting to handcuff prior to gaining compliance	<ul style="list-style-type: none">○ Lateral head displacement <p>[2] Demonstrate and drill – Handcuffing from back 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>Run learning activity (50 minutes) – <u>Top Control</u></p>
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Learning Activity – Top Control

Purpose: 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 the techniques.

Description: 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 suspects should present the correct indicators for each sequence of techniques. In this drill, when the officer attains a position of control, the suspect should attempt to escape for approximately 10-15 seconds prior to presenting the next indicator. If the officer fails to adequately control the suspect, and the suspect escapes, restart the sequence from the beginning. Students will practice each of the 3 sequences listed below.

The instructors will demonstrate each sequence prior to having the students practice. The students should be encouraged to start slow and increase speed with each repetition, but only if the officer can 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 2 repetitions of each sequence, for a total of 6 per officer, or 12 total repetitions per pair.

Sequence #1:

Suspect behavior: When the officer approaches to conduct a search, turn and throw a looping punch.

Officer sequence of techniques:

- Ped stop commands
- Clinch
- Body fold takedown
- Mount control
- Twisting arm cuffing
- Handcuffing from back mount

Sequence #2:

Suspect behavior: When the officer approaches to conduct a search, turn and attempt to tackle the officer.

Officer sequence of techniques:

- Ped stop commands
- Sprawl
- Back control
- Remount

Event 2 – Force Options – ARCON

Session 12 – Sprawl

LD 33 – Arrest and Control

- Arm crossface control/rollover
- Handcuffing from back control

Sequence #3:

Suspect behavior: Do not comply with ped stop commands. When the officer gets a C-grip, pull away aggressively.

Officer sequence of techniques:

- Ped stop commands
- C-grip
- Rear clinch
- Rear double leg takedown
- Back control
- Lateral head displacement
- Handcuffing from back control

After each student has completed 6 repetitions (2 of each sequence) the class should be brought in for a brief discussion of any problems, issues, or questions that arose during the drill. The instructors should address any common mistakes that they noticed during the drill. Then, the students should be directed to switch partners and repeat the drill with a new partner. The students will complete 2 more repetitions per sequence, or another 6 repetitions each.

Resources needed:

- Mat room
- First aid kit

Key learning points:

- Attain a position of control
- Contact equals control
- Position before submission
- Space equals escape
- Stay on top of the fight
- Be aware of your base points and balance

Time required: 50 minutes