

Event 2 – Force Options – ARCON

Session 13 – Mount Escapes

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 escape from the bottom of the mount.

Learning Objectives:

- Demonstrate escape and/or reversal skills on ground including the following positions
 - Top mount [33.VIII.E.1]

Session Time: 2 hours

Resources: <ul style="list-style-type: none">• Mat room• Classroom with tables• First aid kit/AED• Boxing gloves (1 per pair of students)• Replica firearms (1 per pair of students)	
Session Summary: In this session, the students will learn how to escape from the bottom of the mount and fight and defend against various attacks.	
Outline	Instructor Notes
I. Mount escapes A. Trap and roll escape from the punch [1] [33.VIII.E.1] 1. Key points a. Obtain a body lock b. One arm wraps around the suspect’s midsection c. One arm grabs an overhand thumbless grip on your own wrist d. Keep your head tight to the suspect’s chest and do not allow any space e. Post your feet and bridge your hips to break suspect down f. One hand at a time slides up to the suspect’s shoulders g. Slide the suspect’s hips over your hips, moving yourself under the suspect h. Trap an arm with an overhook i. Prevent the suspect from basing their hand out to stop the roll j. Trap the same side leg and open your knee in the direction of the roll	[1] Demonstrate and drill – Trap and roll escape from the punch <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)• Drill with padded boxing gloves (8-10 reps)

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<p>k. Keep your foot as close to your butt as possible to prevent escape</p> <p>l. Bridge and roll up at an angle to the trapped side</p> <p>2. Common mistakes</p> <ul style="list-style-type: none">a. Ineffective bridgeb. Not turning your head in the direction of the rollc. Beginning the bridge with your feet too far from your bodyd. Failing to trap an arm and leg on the same sidee. Rolling straight to the side <p>B. Stand up in base – open guard [2]</p> <ul style="list-style-type: none">1. Key points<ul style="list-style-type: none">a. Push down on the suspect’s midsection/hips with both handsb. Stand up in basec. Stand up with your primary side leg back2. Common mistakes<ul style="list-style-type: none">a. Weak baseb. Primary side leg forward <p>C. Open guard pass [3]</p> <ul style="list-style-type: none">1. Key points<ul style="list-style-type: none">a. Use your forearm to pin the suspect’s legb. Drive your shin over the inner thigh until your knee touches the groundc. Keep your foot hooked behind the suspect’s leg, stapling their leg to the groundd. Control the suspect’s head with your same side arme. Keep your knee wide and stay lowf. When the second knee touches the ground, both feet unhookg. Pass to the support side if possibleh. Be aware of punches2. Common mistakes<ul style="list-style-type: none">a. Too much space, failing to stay tightb. Weak base points	<p>[2] Demonstrate and drill – Stand up in base – open guard</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)• Practice circling to side control using the reverse push-up (8-10 reps)• Flow (3-5 reps)<ul style="list-style-type: none">○ Suspect tackles the officer○ Failed sprawl○ Trap and roll escape○ Stand up in base○ Circle to side control <p>[3] Demonstrate and drill – Open guard pass</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)• Drill with padded boxing gloves (8-10 reps)
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