

Event 2 – Force Options – ARCON

Session 14 – Side Control 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 a ground fight.

Learning Objectives:

- Demonstrate escape and/or reversal skills on ground including the following positions
 - Side mount [33.VIII.E.3]
 - Guard [33.VIII.E.4]

Session Time: 2.5 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 module, the students will learn how to escape from the bottom of side control and defend against various attacks. They will participate in two activities where they will test their ability to escape under pressure.	
Outline	Instructor Notes
I. Ground control escapes A. Shrimp escape [33.VIII.E.3] 1. Block and shoot [1] a. Key points <ol style="list-style-type: none">1) Immediately face the suspect2) Block the suspect’s torso at the hip and shoulder3) Use your hands to pull as if you are slamming a window sideways4) Shoot both of your legs together towards the suspect5) Wedge your bottom leg across the suspect’s waistband6) “Bite” the suspect’s back with the heel of your top foot	Review and drill: <ul style="list-style-type: none">• Trap and roll• Stand up in base – open guard• Open guard pass [1] Demonstrate and drill – Shrimp escape – block and shoot <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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<p>7) Hook over the suspect's triceps to block punches</p> <p>8) Grab the back of the suspect's head to control posture</p> <p>9) Extend your head away from the suspect's head</p> <p>10) Post the wedged foot on the ground between the suspect's knees</p> <p>11) Shrimp out towards the trapped foot to free that leg</p> <p>12) Pull the suspect into stage 1 control of the punch block series</p> <p>b. Common mistakes</p> <p>1) Staying flat instead of being on your side, facing the suspect</p> <p>2) Not shooting both legs together</p> <p>3) Poor punch protection</p> <p>4) Shrimping the wrong direction to free the trapped foot</p> <p>2. Shrimp and shoot [2,3]</p> <p>a. Key points</p> <p>1) Use your forearms to frame at the hip and blade across the neck</p> <p>2) Turn on your side, facing the suspect</p> <p>3) Bump and bridge if necessary to create space</p> <p>4) Shrimp your hips out to create space</p> <p>5) Shoot both of your legs together towards the suspect</p> <p>6) Wedge your bottom leg across the suspect's waistband</p> <p>7) "Bite" the suspect's back with the heel of your top foot</p> <p>8) Hook over the suspect's triceps to block punches</p> <p>9) Grab the back of the suspect's head to control posture</p> <p>10) Extend your head away from the suspect's head</p> <p>11) Post the wedged foot on the ground between the suspect's knees</p> <p>12) Shrimp out towards the trapped foot to free that leg</p>	<ul style="list-style-type: none">• Drill with padded boxing gloves (8-10 reps) <p>[2] Demonstrate and drill – Shrimp escape – shrimp and shoot</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) <p>[3] Ask – What is the difference in the suspect's behavior between the block and shoot and shrimp and shoot techniques?</p>
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<p>13) Pull the suspect into stage 1 control of the punch block series</p> <p>b. Common mistakes</p> <ol style="list-style-type: none">1) Staying flat instead of being on your side, facing the suspect2) Not shooting both legs together3) Poor punch protection4) Shrimping the wrong direction to free the trapped foot <p>B. Guard getup [4][33.VIII.E.4]</p> <ol style="list-style-type: none">1. Key points<ol style="list-style-type: none">a. Squeeze knees together and extend your guardb. Push the suspect's head away with both handsc. Break your guard and post a foot on the groundd. Shrimp your hips out away from the suspect's heade. Place your bottom foot on the suspect's hipf. Align your head with the suspect's headg. Post the other foot on the ground close to your bodyh. Rock up on your forearm and then your hand for basei. Stand up in base2. Common mistakes<ol style="list-style-type: none">a. Failing to effectively control the suspect's headb. Poor shrimp, not getting your hips outc. No base/balance when standing up <p>C. Arm shoulder lock [5]</p> <ol style="list-style-type: none">1. Key points<ol style="list-style-type: none">a. Squeeze and extend your legs to relieve the pressure on your neckb. Push the suspect's arm acrossc. Pull the suspect down with your legsd. Shoot your arm high around the suspect's neck and grab your other hande. Utilize a thumbless palm to palm grip or bicep lockf. Keep your head tight to the suspect's headg. Squeeze your arms tight and breathe	<p>Run learning activity (30 minutes) – Shark Tank – Control and Escape</p> <p>Ask – Why is it so important to use escapes in combination rather than as an isolated technique?</p> <p>[4] Demonstrate and drill – Guard getup</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">○ Shrimp escape○ Guard getup○ Request backup <p>[5] Demonstrate and drill – Arm shoulder lock</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 – Grapevine rollover</p> <ul style="list-style-type: none">• Demonstrate
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<p>h. The arm shoulder lock position can also be used from the mount or side control</p> <p>2. Common mistakes</p> <ul style="list-style-type: none">a. Ineffective use of the guard to control the suspect's postureb. Failing to keep your head tight and allowing space for escapec. Holding your breath during the squeeze <p>D. Grapevine rollover [6]</p> <p>1. Key points</p> <ul style="list-style-type: none">a. Use your guard to stretch the suspect long, not wideb. Drive your heels down the suspect's hamstringsc. Post your foot on the ground opposite of the trapped armd. Slight shrimp escape towards the posted foote. Push off the posted foot and rollf. Finish with your knees high in the mounted position <p>2. Common mistakes</p> <ul style="list-style-type: none">a. Stretching the suspect out wideb. No shrimp escape prior to rollc. Rolling the wrong direction	<ul style="list-style-type: none">• 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">○ Shrimp escape○ Arm shoulder lock○ Grapevine rollover○ Arm crossface rollover <p>Run learning activity (30 minutes) – <u>Free Flow #1</u></p>
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Learning Activity – Shark Tank – Control and Escape

Purpose: This learning activity will help the students reinforce 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. In addition, it will test the student's mental toughness and physical fitness while replicating the fatigue felt during a real ground fight.

Description: The students will work in groups of 4, but only two students will be engaged in the ground fight at any given time. One student will begin as the officer, and another student will begin as the first suspect. The two students not involved will act as safety officers, ensuring that the other students stay clear of any safety hazards such as walls or other students. They will later rotate into the drill as suspects.

To begin, the first suspect will choose a top control position and attempt to hold the officer down and prevent their escape. The suspect on top should utilize the top control positions and skills they have previously learned to prevent the officer from escaping. The officer will use the techniques they have learned to escape from the suspect's control. If after 30 seconds the officer has not escaped, the suspect will allow the officer to escape cooperatively.

As soon as the officer can escape, a new student from the group will become the suspect, allowing the other suspect to rest. The 3 suspects will rotate, each having opportunities to rest. The officer, on the other hand, must continue to fight and escape against each fresh suspect. The officer will remain the same until each suspect has completed 3 repetitions (a total of 9 rounds). With each repetition being between approximately 20-30 seconds, the drill should last from 4-5 minutes per officer. A new student from the group will then become the officer and the drill will continue in the same manner for each subsequent officer.

Four instructors will demonstrate the drill for at least 2 minutes prior to having the students practice. The instructors should also reiterate any pertinent safety considerations. After all four students from each group have completed the drill as the officer, 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 and reinforce the key learning points.

Resources needed:

- Mat room
- First aid kit/AED

Key learning points:

- Manage the distance
- Always be aware of punches
- Space equals escape

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- Be energy efficient
- Control your breathing

Time required: 30 minutes

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Learning Activity – Free Flow #1

Purpose: This activity will test each student’s ability to combine and execute any ground control techniques in a random combination and for an extended period.

Description: Students will work in pairs with one playing the role of officer and the other the role of suspect. The suspect and the officer will start standing, and the suspect will start the scenario by giving the indicators for any takedown technique learned. Once on the ground, the officer will “flow” from one technique to the next, constantly responding to the suspect’s behavior and working to improve their position. The suspect will direct the scenario by giving as many indicators as possible during the period. The suspect can decide to stand and restart in a different position whenever they choose. The objective of the suspect is to create as many different scenarios as possible. The officer should respond just as they have been trained, always improving their position, defending attacks, and working to gain control of the suspect. There is no script to follow, and the scenario does not stop when the officer gets the suspect into a handcuffing position. The suspect will simply restart from any position they choose and the flow will continue. The suspect should attempt to keep the officer moving continuously throughout the activity.

There should be no breaks given, and the suspect should be constantly creating new positions and forcing the officer to use as many techniques as possible. The activity will continue for 4 minutes. When the 4 minutes are up, the instructor will call, “break!”

Two instructors will demonstrate the drill for a minimum of two minutes prior to starting. They will reiterate any pertinent safety information and answer any questions.

Resources needed:

- Mat room
- First aid kit/AED

Key learning points:

- Be energy efficient
- Contact equals control
- Space equals escape

Time required: 30 minutes