

**Event 2 – Force Options – ARCON**  
*Session 16 – Ground Control Review*  
*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 use force options to take a combative suspect into custody.

**Learning Objectives:** Students will use various force options to take a combative suspect into custody during role-play scenarios.

**Session Time:** 2 hours

<b>Resources:</b> <ul style="list-style-type: none"><li>• Mat room</li><li>• First aid kit/AED</li><li>• Replica firearms (1 per pair of students)</li></ul>	
<b>Session Summary:</b> The students will review all ground control techniques and will participate in a learning activity that will reinforce the transitions from one technique to another. There is no new content being taught.	
Outline	Instructor Notes
There is no new content for this module.	<b>Review and drill (1 hour):</b> <ul style="list-style-type: none"><li>• Mount control</li><li>• Side control</li><li>• Control holds and handcuffing</li><li>• Sprawl</li><li>• Mount escapes</li><li>• Side control escapes</li><li>• Guard getup</li></ul> <b>Run learning activity (50 minutes) – <u>Free Flow</u></b>

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**Learning Activity – Free Flow**

**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 give 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!” The students will have 1 minute to rest and will switch roles for another 4-minute flow. The students will then switch partners at least twice, playing the officer once and the suspect once with each partner.

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:** 50 minutes