

**Event 2 – Force Options – ARCON**

*Session 20 – Strikes*

*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 combative suspect using strikes.

**Learning Objectives:**

- Describe parts of an officer’s body that may be used as personal weapons during an arrest/detention to control a combative and/or resistive subject [33.I.C]
- Students will use strikes to control a combative suspect.
- The student will demonstrate an understanding of how our Department's guiding value of Reverence for Human Life is the moral and ethical foundation of de-escalation, tactics, reasonable force, and officer safety.
- By the conclusion of the training, students will understand how the application of this training is in keeping with our Department’s UOF policy, philosophy and tactical planning.

**Session Time:** 2 hours

<b>Resources:</b> <ul style="list-style-type: none"><li>• Mat room</li><li>• First aid kit/AED</li><li>• Boxing gloves (1 per pair of students)</li><li>• Focus mitts (1 per pair of students)</li><li>• MMA gloves (1 per pair of students)</li></ul>	
<b>Session Summary:</b> Students will participate in a facilitated discussion regarding the use of personal weapons, reverence for human life, and de-escalation. They will then practice striking techniques.	
<b>Outline</b>	<b>Instructor Notes</b>
I. Personal weapons [1] A. General guidelines 1. Be aware of the suspect using personal weapons [2] a. Punches are one of the most common suspect attacks b. Especially during ground control situations where you are in close contact	<b>Facilitated discussion</b> (in classroom formation, 5 minutes):  [1] Ask – What are personal weapons?  [2] Ask – Why do officers have to be extremely aware of suspects using personal weapons?  [3] Ask – What body parts can an officer use as a personal weapon?

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<p>2. Body parts a peace officer can use as a personal weapon <b>[3][33.I.C]</b></p> <ol style="list-style-type: none"><li>Hand/fist</li><li>Elbow</li><li>Forearm</li><li>Knee</li><li>Shin</li><li>Foot</li></ol> <p>B. Target zones for strikes and kicks per LAPD Directive <b>[4]</b></p> <ol style="list-style-type: none"><li>Shoulders</li><li>Chest</li><li>Arms</li><li>Abdomen</li><li>Sides</li><li>Legs</li><li>Buttocks</li><li>Intentional strikes to the head should be avoided in most circumstances</li></ol> <p>C. Reverence for human life <b>[5]</b></p> <ol style="list-style-type: none"><li>Guiding principle in any use of force situation</li><li>It is both moral and ethical to place the highest value on human life</li><li>Not policy, but a philosophy for how to approach police work</li><li>Consistent with the department’s mission, vision, and values</li><li>Helps build public trust</li><li>Using tactical de-escalation techniques and reasonable force demonstrates this principle</li></ol> <p>D. Tactical de-escalation policy <b>[6]</b></p> <ol style="list-style-type: none"><li>Officers shall attempt to control an incident</li><li>By using time, distance, communications, and available resources</li><li>To de-escalate the situation</li><li>Whenever it is safe and reasonable to do so</li></ol> <p>E. Strikes</p> <ol style="list-style-type: none"><li>Lead hand jab <b>[7]</b><ol style="list-style-type: none"><li>Key points<ol style="list-style-type: none"><li>Bone alignment from your knuckles to your wrist, elbow, and shoulder</li><li>Strike with the big two knuckles of your lead hand</li><li>The strike can also be thrown with the heel of the hand (palm/heel strike)</li></ol></li></ol></li></ol>	<p><b>[4] Ask</b> – What are the target zones for personal weapons per LAPD policy?</p> <p><b>[5] Ask</b> – How can using personal weapons demonstrate a reverence for human life?</p> <ul style="list-style-type: none"><li>Give some examples of when it would be reasonable to use personal weapons.</li><li>Give an example of when it would not be reasonable to use personal weapons.</li></ul> <p><b>[6] Ask</b> – What is the department policy on attempting to de-escalate prior to using force?</p> <p>➤ Warm up and stretch</p> <p>➤ 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> <p><b>[7] Demonstrate and drill</b> – Lead hand jab</p> <ul style="list-style-type: none"><li>Demonstrate</li><li>Break down key points and common mistakes</li><li>Practice footwork across the mat room</li><li>Drill step by step (using focus mitts)<ul style="list-style-type: none"><li>Start slow (15-20 reps)</li><li>Allow students to practice on their own with increasing speed (15-20 reps)</li></ul></li><li>Practice jabbing and moving (6-8 reps)</li></ul>
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<ol style="list-style-type: none"><li>4) Punch straight out</li><li>5) Bring your striking hand back immediately</li><li>6) The strike comes back as fast as it went out</li><li>7) Keep your chin tucked behind the shoulder of your striking arm</li><li>8) Power comes from the core and hips</li><li>9) Turn your hips as you strike for power</li><li>10) Breathe out when striking</li><li>11) Keep your rear hand up to protect your face</li></ol> <p>b. Common mistakes</p> <ol style="list-style-type: none"><li>1) Not bringing your hand back immediately</li><li>2) Looping the strike instead of punching straight</li><li>3) Dropping your rear hand</li><li>4) No base/off balance</li></ol> <p>2. Rear hand cross [8]</p> <p>a. Key points</p> <ol style="list-style-type: none"><li>1) Bone alignment from your knuckles to your wrist, elbow, and shoulder</li><li>2) Strike with the big two knuckles of your rear hand</li><li>3) The strike can also be thrown with the heel of the hand (palm/heel strike)</li><li>4) Punch straight out</li><li>5) Bring your striking hand back immediately</li><li>6) The strike comes back as fast as it went out</li><li>7) Pivot on the ball of the rear foot</li><li>8) Turn your hips explosively for power</li><li>9) Keep your chin tucked behind the shoulder of your striking arm</li><li>10) Breathe out when striking</li><li>11) Keep your lead hand up to protect your face</li></ol> <p>b. Common mistakes</p> <ol style="list-style-type: none"><li>1) Not bringing the hand back immediately</li><li>2) Looping the strike instead of punching straight out</li><li>3) Dropping your lead hand</li></ol>	<ul style="list-style-type: none"><li>• Drill double jab (6-8 reps)</li></ul> <p><b>[8] Demonstrate and drill – Rear hand cross</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 (using focus mitts)<ul style="list-style-type: none"><li>○ Start slow (15-20 reps)</li><li>○ Allow students to practice on their own with increasing speed (15-20 reps)</li></ul></li><li>• Combo drill (8-10 reps)<ul style="list-style-type: none"><li>○ Jab</li><li>○ Cross</li></ul></li><li>• Combo drill (8-10 reps)<ul style="list-style-type: none"><li>○ Double jab</li><li>○ Cross</li></ul></li></ul> <p><b>[9] Demonstrate and drill – Elbow strike</b></p>
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<p>4) No base/off balance</p> <p>3. Elbow strike <b>[9]</b></p> <p>a. Key points</p> <ol style="list-style-type: none"><li>1) Bring your hand to your chest with your palm facing down</li><li>2) Pivot on the ball of your foot</li><li>3) Turn your hips explosively towards the target</li><li>4) Keep your arm relaxed and allow your elbow to swing towards the target</li><li>5) Strike with last two inches of the bony portion of the elbow</li><li>6) Keep your opposite hand up to protect your face</li><li>7) Power comes from your core/hips</li><li>8) Finish in fighting stance</li></ol> <p>b. Common mistakes</p> <ol style="list-style-type: none"><li>1) Not pivoting on the balls of the feet</li><li>2) Dropping the hands</li><li>3) Being flat footed</li><li>4) No base/off balance</li></ol> <p>4. Absorption block <b>[10]</b></p> <p>a. Key points</p> <ol style="list-style-type: none"><li>1) Lower your center of gravity</li><li>2) Grab the back of your head with an open hand</li><li>3) Keep your elbow and forearm tight to your head and face</li><li>4) Keep your chin tucked and eyes up</li><li>5) Slightly roll with the punch</li><li>6) For a body shot, side crunch your elbow and lift your hip</li><li>7) Be ready to counterattack</li></ol> <p>b. Common mistakes</p> <ol style="list-style-type: none"><li>1) Space between your arm and your head</li><li>2) Elbow flared out instead of tight to the center</li><li>3) Dropping your hand/arm too much on body shots</li></ol>	<ul style="list-style-type: none"><li>• Demonstrate</li><li>• Break down key points and common mistakes</li><li>• Drill step by step (using focus mitts)<ul style="list-style-type: none"><li>○ Start slow (15-20 reps)</li><li>○ Allow students to practice on their own with increasing speed (15-20 reps)</li></ul></li></ul> <p><b>[10] Demonstrate and drill – Absorption block</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 (using focus mitts)<ul style="list-style-type: none"><li>○ Start slow, one step at a time (8-10 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 (15-20 reps per side)</li></ul></li><li>• Combo drill (8-10 reps)<ul style="list-style-type: none"><li>○ Absorption block</li><li>○ Cross</li></ul></li></ul>
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