

**Event 2 – Force Options – ARCON**

*Session 21 – Kicks*

*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 personal weapons.

**Learning Objectives:** Students will use kicks to control a combative suspect.

**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>• Kicking pads (1 per pair of students)</li><li>• MMA gloves (1 per pair of students)</li><li>• Thai pads (1 per pair of students)</li></ul>	
<b>Session Summary:</b> Students will practice kicking techniques.	
<b>Outline</b>	<b>Instructor Notes</b>
I. Kicks A. Front kick <b>[1]</b> 1. Key points a. Take a setup step forward and slightly to the outside with your non-kicking leg b. Chamber your knee up, aligning your knee with the target c. Kick straight out with the ball of your foot d. Keep a slight bend in your knee upon contact e. Thrust your hips forward for power f. Breathe out when kicking g. The front kick can be thrown with the primary or support side leg 2. Common mistakes a. Kicking from the floor, no chambering b. Kicking with the toe c. Hands down B. Knees <b>[2]</b> 1. Key points	<b>[1] Demonstrate and drill – Front kick</b> <ul style="list-style-type: none"><li>• Demonstrate</li><li>• Break down key points and common mistakes</li><li>• Drill step by step (use kicking pad)<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)</li></ul></li></ul> <b>[2] Demonstrate and drill – Knees</b> <ul style="list-style-type: none"><li>• Demonstrate</li></ul>

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<p>a. Take a setup step forward and slightly to the outside with your non-kicking leg</p> <p>b. Grab behind the suspect’s head/neck and pull down, meeting force with force</p> <p>c. Keep your toe down, and bring your heel up to your buttocks</p> <p>d. Thrust your hips and strike with your knee into the target</p> <p>e. Strike with the crown of the knee</p> <p>f. Breathe out when striking</p> <p>g. Knees can be thrown with the primary or support side</p> <p>2. Common mistakes</p> <p>a. No hip drive/thrust</p> <p>b. Heel not tucked up to your buttocks</p> <p>c. No base/off balance</p> <p>C. Roundhouse kick [3]</p> <p>1. Key points</p> <p>a. Take a setup step forward and to the outside with the non-kicking leg</p> <p>b. Turn the non-kicking foot in the direction of the kick</p> <p>c. Bring the knee of the kicking leg up and turn your hips over</p> <p>d. Kick out explosively towards the target</p> <p>e. Strike with the bony portion of the shin</p> <p>f. Keep a slight bend in your knee upon contact</p> <p>g. Breathe out when kicking</p> <p>h. Use the same side hand as a counterbalance, swatting palm down</p> <p>i. The roundhouse kick can be thrown with your primary or support side leg</p> <p>2. Common mistakes</p> <p>a. No hip turn</p> <p>b. Poor setup step/opening of hips</p> <p>c. Striking with the inside of the leg rather than the shin</p> <p>d. No base/off balance</p> <p>D. A-frame kick [4]</p> <p>1. Key points</p> <p>a. Take a setup step forward and to the outside with the non-kicking leg</p> <p>b. Point your toes down on the kicking foot</p> <p>c. Kick straight up towards the “A-frame”</p> <p>d. Extend your hips towards the target for power</p>	<ul style="list-style-type: none"><li>• Break down key points and common mistakes</li><li>• Drill step by step (use kicking pads or Thai pads)<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)</li></ul></li></ul> <p><b>Note:</b> Depending on the size and skill level of the class, as well as the available resources, instructors may only have time for one of the following kicks. If time permits, the instructor may teach both the Roundhouse Kick and the A-Frame Kick.</p> <p><b>[3] Demonstrate and drill – Roundhouse kick</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 (use kicking pads or Thai pads)<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)</li></ul></li></ul> <p><b>[4] Demonstrate and drill – Roundhouse kick</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 (use kicking pads or Thai pads)<ul style="list-style-type: none"><li>○ Start slow, one step at a time (8-10 reps per step)</li></ul></li></ul>
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<ul style="list-style-type: none"><li>e. Strike with the bony portion of the shin</li><li>f. Breathe out when kicking</li><li>g. Kick can be thrown with the primary or support side leg</li><li>h. Officers should target the legs</li><li>i. Intentional strikes to the head should be avoided in most circumstances</li></ul> <p>2. Common Mistakes</p> <ul style="list-style-type: none"><li>a. No power from hips</li><li>b. Striking with the toe</li><li>c. No base/off balance</li></ul>	<ul style="list-style-type: none"><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)</li></ul>
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