

Event 2 – Force Options – ARCON
Session 22 – Personal Weapons Scenarios
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 strikes and kicks to control a combative suspect.

Session Time: 2 hours

Resources: <ul style="list-style-type: none">• Mat room• First aid kit/AED• Boxing gloves (1 per pair of students)• Focus mitts (1 per pair of students)• Kicking pads (1 per pair of students)• MMA gloves (1 per pair of students)• Thai pads (1 per pair of students)	
Session Summary: Students will participate in a learning activity to incorporate personal weapons into use of force scenarios.	
Outline	Instructor Notes
There is no new content in this module.	Run learning activity (35 minutes) – <u>Combinations</u> Run learning activity (50 minutes) – <u>Personal Weapons</u>

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Learning Activity – Combinations

Purpose: This drill will help the students develop 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.

Description: The students will work in groups of 3, with one student playing the role of the officer, one holding pads, and one resting and acting as a safety officer. The suspects will wear either focus mitts or Thai pads and the officers will wear boxing gloves (or MMA gloves). Both students will be in a fighting stance and move around, using patterns of movement. The padholder will call out strikes and create combinations for the officer. They can create any combination they want using the strikes and kicks previously learned. Padholders should be aware of their surroundings so that they do not bump into any of their classmates and the safety officer should call “break” if they observe any potential hazard.

Options for combinations:

Combo #1

- Jab
- Cross
- Elbow

Combo #2

- Jab
- Cross
- Hook

Combo #3

- Front kick
- A-frame kick
- Elbow
- Knee

Combo #4

- Jab
- A-frame kick
- 2 elbows
- Double leg takedown

Combo #5

- Double jab
- Roundhouse kick

Combo #6

- Double jab
- Cross
- Front kick

Combo #7

- Absorption block
- Cross
- Jab/cross
- Double leg takedown

Combo #8

- Absorption block
- Cross
- Double leg takedown

The students will complete 3 minute rounds, rotating roles every round. The class will complete 9 rounds total, giving each student the opportunity to have 3 rounds as the officer. The instructor will set a timer for 3 minute rounds with a 30 second break in between to switch the gloves and mitts.

Prior to starting the drill the instructors should demonstrate a 2-minute round and answer any questions the students may have.

Resources needed:

- Mat room

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- Thai pads (1 per pair of students)
- Focus mitts (1 per pair of students)
- Boxing gloves (1 per pair of students)
- First aid kit/AED

Key learning points:

- Keep your hands up
- Protect your face
- Focus on being quick
- Use patterns of movement

Time required: 35 minutes

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Learning Activity – Personal Weapons

Purpose: This drill will help the students develop 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.

Description: The students will work in pairs, with one student playing the role of the officer and the other playing the role of the suspect. The suspects should present the correct indicators for each sequence of techniques. Students will practice each of the 3 sequences listed below.

The instructors will demonstrate each sequence prior to having the students practice. The students should be encouraged to start slow and increase speed with each repetition, but only if the officer to maintain proper technique. They should also be encouraged to help each other and correct each other's mistakes after each repetition. The instructor should direct the students to complete 2 repetitions of each sequence, for a total of 6 per officer, or 12 total repetitions per pair.

Sequence #1:

- Ped stop commands (suspect unresponsive)
- Approach to C-grip
- Suspect throws a right-handed punch
- Absorption block
- Rear hand cross
- Suspect sit down and break fall
- Circle the legs to side control
- Transition to mount
- Anchor/base mount control
- Twisting arm cuffing

Sequence #2:

- Ped stop commands (suspect complies)
- Approach to grab fingers
- Suspect turns on first contact and throws a right handed looping punch with focus mitt
- Absorption block
- Kick (depending on range – straight kick, a-frame, round-house, or knee)
- Push off and get distance

Sequence #3:

- Ped stop commands (suspect unresponsive)
- Approach to C-grip
- Suspect throws a left-handed looping punch with Thai pad
- Absorption block
- Jab

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- Cross
- Roundhouse kick
- Double leg takedown
- Side control
- Transition to mount
- Anchor/base mount control
- Arm crossface control
- Rollover to cuffing

After each student has completed 6 repetitions (2 of each sequence) 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. Then, the students should be directed to switch partners and repeat the drill with a new partner. The students will complete 2 more repetitions per sequence, or another 6 repetitions each.

Resources needed:

- Mat room
- Thai pads (1 per pair)
- Focus mitts (1 per pair)
- MMA gloves (1 per pair)
- First aid kit/AED

Key learning points:

- Be ready for anything
- Stay in or out of the suspect's effective punching range
- Be ready to counterattack

Time required: 50 minutes