

Event 2 – Force Options – ARCON

Session 24 – Rear Choke Defense

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 back control and defend a rear choke.

Learning Objectives:

- Demonstrate defenses from choke holds [33.VIII.D]
- Demonstrate escape and/or reversal skills on ground including the following positions
 - Back mount [33.VIII.E.2]
- 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: 1 hour

Resources: <ul style="list-style-type: none">• Mat room• First aid kit/AED	
Session Summary: The instructor will discuss how choke defenses demonstrate a reverence for human life, and will quickly review the de-escalation policy. Then the students will learn how to escape from back control and defend a rear choke should a suspect attempt to use it against them.	
Outline	Instructor Notes
I. Choke defense <ul style="list-style-type: none">A. Reverence for human life [1]<ol style="list-style-type: none">1. Guiding principle in any use of force situation2. It is both moral and ethical to place the highest value on human life3. Not policy, but a philosophy for how to approach police work4. Consistent with the department's mission, vision, and values5. Helps build public trust6. Using tactical de-escalation techniques and reasonable force demonstrates this principleB. Tactical de-escalation policy [2]	[1] Ask – How can using a choke defense demonstrate a reverence for human life?

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<ol style="list-style-type: none">1. Officers shall attempt to control an incident2. By using time, distance, communications, and available resources3. To de-escalate the situation4. Whenever it is safe and reasonable to do so <p>C. Frame escape [3][33.VIII.E.2]</p> <ol style="list-style-type: none">1. Key points<ol style="list-style-type: none">a. Immediately tuck your chinb. Control the arm around the neck with both handsc. Grab the suspect’s wrist with no thumb and pull downd. With your other hand, push down on the suspect’s hande. Insert your hand as a frame on the same side as the suspect’s choking armf. Walk the framing hand to the back of your headg. Drive your shoulder blades to the groundh. Control the wrist once the arm is off your necki. Turn into the suspect’s guard2. Common mistakes<ol style="list-style-type: none">a. Failure to control the wrist after the frame escapeb. Not immediately controlling the choking arm <p>D. Emergency escape [4][33.VIII.D]</p> <ol style="list-style-type: none">1. Key points<ol style="list-style-type: none">a. Immediately tuck your chinb. Peel the suspect’s top hand off with both handsc. Grab the suspect’s thumb or fingers, not the wristd. Bring your arm through the suspect’s arm on the non-choking sidee. Control the wrist of the choking armf. Insert the frame on the same side as the choking armg. Walk the frame to the back of your headh. Drive your shoulder blades to the ground	<p>[2] Ask – What is the department policy on attempting to de-escalate prior to using force?</p> <p>[3] Demonstrate and drill – Frame escape</p> <ul style="list-style-type: none">• Demonstrate• Break down key points and common mistakes• Preparation drill with suspects sitting and officers behind them<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 from back control with hooks in, both sides (8-10 reps per side) <p>[4] Demonstrate and drill – Emergency escape</p> <ul style="list-style-type: none">• Demonstrate• Break down key points and common mistakes• Preparation drill with suspects sitting and officers behind them<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 from back control with hooks in, both sides (8-10 reps per side)
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<ul style="list-style-type: none">i. Turn into the suspect's guard2. Common mistakes<ul style="list-style-type: none">a. Not inserting the frame soon enoughb. Failure to control the wrist after the frame escapec. Not immediately controlling the choking arm	
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