

**Event 2 – Force Options – ARCON**

*Session 36 – Team Takedown*

*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 a team takedown.

**Learning Objectives:** Students will take a combative suspect into custody using a team takedown.

**Session Time:** 1 hours

<b>Resources:</b> <ul style="list-style-type: none"><li>• Mat room or PT field</li><li>• First aid kit/AED</li></ul>	
<b>Session Summary:</b> The instructor will demonstrate and drill the rear takedown and the team takedown techniques.	
<b>Outline</b>	<b>Instructor Notes</b>
I. Team takedown A. Rear clinch <b>[1]</b> <ol style="list-style-type: none"><li>1. Can be used from a failed rear arm finger flex</li><li>2. Key points<ol style="list-style-type: none"><li>a. Look up and maintain head pressure</li><li>b. Shuffle behind the suspect and establish an “s” grip around the suspect’s hips</li><li>c. Maintain shoulder pressure in the suspect’s back</li><li>d. Keep your hips away from the suspect’s hips</li><li>e. Keep a wide, solid base, offset slightly to one side</li><li>f. Keep your head tight, looking to the inside</li></ol></li><li>3. Common mistakes<ol style="list-style-type: none"><li>a. Hips too close to the suspects hips</li><li>b. Weak base</li></ol></li></ol> B. Rear double leg takedown <b>[2]</b> <ol style="list-style-type: none"><li>1. Key points<ol style="list-style-type: none"><li>a. Both hands wrap the knees from behind</li></ol></li></ol>	<ul style="list-style-type: none"><li>• Warm up and stretch</li></ul> <p><b>[1] Demonstrate and drill – Rear clinch</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<ul style="list-style-type: none"><li>○ Start slow, one step at a time (6-8 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 (8-10 reps per side)</li></ul></li></ul> <p><b>[2] Demonstrate and drill – Rear double leg takedown</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</li></ul>

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<ul style="list-style-type: none"><li>b. Drive your shoulder into the suspect, just below their hips</li><li>c. Continue to pull at the knees and drive the suspect to the ground</li><li>d. Immediately transition to controlling the suspect on the ground</li><li>2. Common mistakes<ul style="list-style-type: none"><li>a. Falling down with the suspect</li><li>b. Failing to maintain pressure after the takedown</li></ul></li><li>C. Team takedown <b>[3]</b><ul style="list-style-type: none"><li>1. Key points<ul style="list-style-type: none"><li>a. Contact officer engages the suspect verbally</li><li>b. Contact officer makes first contact</li><li>c. Control the head with one hand</li><li>d. Use your other hand as a hook on the suspect's bicep for punch protection</li><li>e. Cover officer executes a rear double leg takedown</li><li>f. Cover officer immediately controls the legs</li><li>g. Contact officer establishes back control</li><li>h. Communicate with each other throughout</li><li>i. Additional officers should assist with controlling the suspect's arms</li></ul></li><li>2. Common mistakes<ul style="list-style-type: none"><li>a. Poor punch protection upon initial contact</li><li>b. Not following the suspect down and maintaining control immediately</li><li>c. Not communicating with your partner</li></ul></li></ul></li></ul>	<ul style="list-style-type: none"><li>○ Start slow, one step at a time (6-8 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 (8-10 reps per side)</li></ul> <p><b>[3] Demonstrate and drill – Team takedown</b></p> <ul style="list-style-type: none"><li>● Demonstrate</li><li>● Break down key points and common mistakes</li><li>● Drill in groups of 3<ul style="list-style-type: none"><li>○ Start slow, one step at a time (6-8 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 (8-10 reps per side)</li></ul></li></ul>
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