

Event 2 – Force Options – ARCON
Session 38 – Supplemental Arrest and Control
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 and arrest a suspect.

Learning Objectives: The students will take a combative suspect into custody using arrest and control techniques.

Session Time: 4 hours

<p>Resources:</p> <ul style="list-style-type: none"> • Mat room • Boxing gloves (1 per pair of students) • First aid kit/AED 	
<p>Session Summary: The students will learn supplemental arrest and control techniques.</p>	
Outline	Instructor Notes
<p>I. Supplemental arrest and control</p> <p>A. Wall pin tactics [1]</p> <ol style="list-style-type: none"> 1. Key points <ol style="list-style-type: none"> a. Drive your primary side shoulder into the suspect’s diaphragm b. Keep your primary leg between the suspect’s leg c. Keep your support side leg back, driving you forward into the suspect d. Wrap your primary hand around the outside of the suspect’s thigh e. Control the suspect’s arm on your support side 2. Common mistakes <ol style="list-style-type: none"> a. Weak shoulder pressure b. Failure to control the arm on the support side <p>B. Single leg takedown [2]</p> <ol style="list-style-type: none"> 1. Key points 	<p>➤ The following Arrest and Control techniques are supplemental and are not required by the POST Training and Testing Specifications. Because these techniques are slightly more advanced, the primary instructor of the class should determine if the students are ready to learn them. If it is determined that they are not ready, then the instructor should use this time to review and reinforce previously learned techniques.</p> <p>[1] Demonstrate and drill – Wall pin tactics</p> <ul style="list-style-type: none"> • Demonstrate • Break down key points and common mistakes • Drill step by step <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

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<ul style="list-style-type: none"> a. Step to your primary side and straddle the suspect’s leg b. Lower your center of gravity and wrap both arms around the suspect’s thigh, above the knee c. Pick the suspect’s leg up and drive forward to off-balance them d. Take a big drop step back with your primary leg (or whichever leg is to the suspect’s back) e. Bend at the waist, driving your shoulder down into the top of the suspect’s thigh f. Circle the suspect’s legs and establish a position of control <p>2. Common mistakes</p> <ul style="list-style-type: none"> a. Failing to drive forward prior to the drop step back b. Not stepping back sufficiently to take the suspect down <p>C. Elbow escape [4]</p> <p>1. Key points</p> <ul style="list-style-type: none"> a. Turn to one side and hug the back b. Keep your head tight to the suspect for punch protection c. Brace the suspect’s leg with your forearm/elbow d. Keep your bottom leg flat and slide your knee under the suspect’s leg e. Trap the suspect’s leg in half guard f. Turn to the opposite side and hug the suspect’s neck g. Brace the suspect’s other knee, and shrimp out to free your second leg <p>2. Common mistakes</p> <ul style="list-style-type: none"> a. Failure to maintain the closeness and protect from punches b. Failure to keep the bottom leg flat c. Ineffective shrimp to free the second leg <p>D. Standing headlock defense [5]</p> <p>1. Key points</p> <ul style="list-style-type: none"> a. Immediately control the suspect’s punching arm b. Rear arm hugs the shoulder c. Inside hand hooks over the suspect’s bicep area 	<ul style="list-style-type: none"> ○ Allow students to practice on their own with increasing speed (8-10 reps per side) <p>[2] Demonstrate and drill – Single leg takedown</p> <ul style="list-style-type: none"> ● Demonstrate ● Break down key points and common mistakes ● Drill step by step <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) <p>[4] Demonstrate and drill – Elbow escape</p> <ul style="list-style-type: none"> ● Demonstrate ● Break down key points and common mistakes ● Drill step by step <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 with padded boxing gloves (8-10 reps) <p>[5] Demonstrate and drill – Standing headlock defense</p> <ul style="list-style-type: none"> ● Demonstrate ● Break down key points and common mistakes ● Drill step by step <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
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<ul style="list-style-type: none"> d. Front hand slides to the wrist e. Rear hand goes under the suspect’s armpit and pins their forearm to their midsection f. Use a thumbless grip on the hand pinning the suspect’s arm g. Free hand grabs the wrist that is around your neck h. Look up and drive your hips in towards the suspect i. Step back and unwrap the arm around the head <p>2. Common mistakes</p> <ul style="list-style-type: none"> a. Waiting too long to control the punching arm b. Failure to drive your hips forward <p>E. Ground headlock defense [6]</p> <p>1. Key points</p> <ul style="list-style-type: none"> a. Immediately control the punching arm b. Hug around the suspect’s back and grab the far shoulder c. Hook over the suspect’s bicep area of the punching arm d. Slide your front hand to the wrist e. Reach under the armpit with your rear hand and pin the suspect’s forearm f. Use a thumbless grip to pin the forearm g. Hook the suspect’s posted leg h. Tuck your bottom elbow i. Use a shoulder getup to get up on your knees j. Remove the leg hook and transition to the modified mount k. Unwrap the arm from around your neck <p>2. Common mistakes</p> <ul style="list-style-type: none"> a. Waiting too long to control the punching arm b. Failure to remove the leg hook during the roll c. Not tucking the bottom arm before the shoulder getup 	<ul style="list-style-type: none"> ○ Allow students to practice on their own with increasing speed (8-10 reps per side) <ul style="list-style-type: none"> ● Flow (3-5 reps) <ul style="list-style-type: none"> ○ Standing headlock defense ○ Rear takedown ○ Handcuffing from back control <p>[6] Demonstrate and drill – Ground headlock defense</p> <ul style="list-style-type: none"> ● Demonstrate ● Break down key points and common mistakes ● Drill step by step <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) ● Flow (3-5 reps) <ul style="list-style-type: none"> ○ Ground headlock defense ○ Take the back from mount ○ Carotid restraint control hold ○ Remount ○ Twisting arm cuffing
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