

**LOS ANGELES POLICE DEPARTMENT**  
**Arrest and Control Perishable Skills Course**  
**1850-29503**  
**Expanded Course Outline**

**Instructional Goal:** To update police officers' knowledge and skills in using reasonable force options and to reinforce tactical de-escalation techniques and a reverence for human life. This course provides updated content of Penal Code Section 835a.

**Performance Objectives:**

- Students will participate in a facilitated discussion about safety, use of force options, law, and policy.
- 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.
- Students will demonstrate searching, handcuffing, and control hold techniques.

**Course Summary:** The students will participate in a facilitated discussion, including video case studies, about safety, use of force law and policy, tactical de-escalation techniques, and command and control<sup>1 2 3</sup>. Next, the students will practice stances and movement, pedestrian stops, searching and handcuffing, and the use of control holds.

**References:** Instructors, facilitators and training supervisors shall ensure that the most current references are utilized

- |  |                 |                     |
|--|-----------------|---------------------|
| <b>I. Introduction and Safety orientation</b>              | <b>III. (a)</b> | <b>(15 minutes)</b> |
| A. First aid resources                                     |                 |                     |
| 1. First aid kits  |                 |                     |
| 2. AED at facility presenting course                       |                 |                     |
| 3. Medical facilities locations listed in Safety Plan      |                 |                     |
| B. Notifications of an injury                              |                 |                     |
| 1. Notify a supervisor immediately                         |                 |                     |
| 2. Rescue ambulance if necessary                           |                 |                     |
| C. Awareness during training                               |                 |                     |
| 1. Boundaries of the mats                                  |                 |                     |
| 2. Other students  |                 |                     |
| 3. Be aware of your own body and your personal limitations |                 |                     |
| 4. Always exercise self-control                            |                 |                     |

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<sup>1</sup> Department Manual, 1/556.10, Policy on Use of Force

<sup>2</sup> Use of Force-Tactics Directive No. 16, Tactical De-Escalation Techniques

<sup>3</sup> Training Bulletin Volume XLVII Issue 4, Command and Control

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D. Evacuation

1. Exits
2. Meeting location

E. Safety in training

1. Leave your ego at the door
  - a. Work together with your partner to facilitate their learning
  - b. You are not competing against your partner
  - c. Your job is to be a good training partner, not an opponent
2. Tapping out
  - a. Tap your partner's body
  - b. Do not tap the mat
  - c. Say "tap" if you cannot use your hands
  - d. Tap early to avoid injury
3. Practice slow
  - a. Start slow and increase speed only when both students are comfortable with the technique
  - b. Only go as fast as perfect technique allows

**II. Use of force review**

**III. (b,d,e,g,j,)**

**(60 minutes)**

A. Reverence for human life

1. Guiding principle in any use of force situation
2. Not policy, but a philosophy for how to approach police work
3. Consistent with the department's mission, vision, and values
4. Helps build public trust
5. Using tactical de-escalation techniques demonstrates this principle

B. Law and policy review

1. 835(a)PC<sup>4</sup>
  - a. The authority to use physical force is a serious responsibility that shall be exercised judiciously and with respect for human rights and dignity
  - b. Decision by a peace officer to use force shall be evaluated carefully and thoroughly
  - c. Reasonable officer standard
  - d. Evaluation factors for the use of force (Graham Inquiry of Reasonableness)
2. LAPD use of force chart
3. SB 230
  - a. Force used must be proportionate to the circumstances
  - b. Officers have a duty to intervene if they witness possible excessive force

C. Safety considerations during a use of force

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<sup>4</sup> California Penal Code Section 835a

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1. Radio communication
    - a. At-scene notification
    - b. Location
    - c. Additional units if necessary
  2. Equipment check
    - a. Impact weapons
    - b. TASER
    - c. Bean bag shotgun
  3. Discernable pre-fight indicators
    - a. Closing the distance
    - b. Clenched fists
    - c. Tightened jaw/clenched teeth
    - d. Use of expletives
  4. Subtle pre-fight indicators
    - a. The adrenaline effect
    - b. Erratic head turning
    - c. Avoiding eye contact
    - d. Single words/verbal compression
    - e. Blading their stance
    - f. Unwarranted smile
    - g. Eye widening
    - h. Splaying of arms
    - i. Dropping of chin
    - j. The pause
- D. Available force options
1. Control holds
    - a. Definition
    - b. Joint lock definition
    - c. Primary objective
    - d. Considerations when using a control hold
  2. OC Spray
  3. TASER
  4. Bean bag shotgun
  5. Takedowns
    - a. Definition
    - b. Benefits
    - c. Considerations when using a takedown
  6. Impact weapons
    - a. Justification for use
    - b. Verbalization
    - c. Target areas
  7. Personal weapons
    - a. LAPD policy – Directive 14

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- b. Be aware of the suspect using personal weapons
- 8. Ground control
  - a. Advantages
  - b. Safety considerations during a ground fight

**III. Tactical de-escalation techniques**

**III. (b,d,e,f)**

**(60 minutes)**

- A. Definition of tactical de-escalation
  - 1. The use of techniques
  - 2. To reduce the intensity of an encounter with a suspect
  - 3. And enable an officer to have additional options
  - 4. To gain voluntary compliance
  - 5. Or mitigate the need to use a higher level of force
  - 6. While maintaining control of the situation
- B. Officer safety considerations
  - 1. Tactical de-escalation does not require that an officer compromise his or her safety
  - 2. Nor increase the risk of physical harm to the public
  - 3. De-escalation techniques should only be used when it is safe and prudent to do so
- C. Purpose of de-escalation
  - 1. Overall objective of any tactical situation
    - a. Safely gain control
    - b. Resolve the situation
  - 2. Reverence for human life
    - a. Public
    - b. Suspects
    - c. Victims
    - d. Officers
  - 3. Increases the likelihood of safely and successfully resolving a situation
    - a. If voluntary compliance is attained, safety for all parties increases
    - b. Can increase the amount of time the officer has to make good decisions
  - 4. Managed response
    - a. Use technique and tactics to reduce conflict
    - b. Or avoid the escalation of a conflict
    - c. Includes the transition from one force option to a lower level force option, thereby reducing the intensity of the encounter
  - 5. Build public trust
- D. Elements of de-escalation
  - 1. Planning
    - a. Arrive with a coordinated approach
    - b. Tactical plans must be flexible
    - c. Contact and cover
  - 2. Assessment

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- a. Continuously reassess as new information is received
  - b. The situation may change at any time
  - c. Assess the suspect's behavior
  - d. Attempt to assess the motive for the lack of compliance
3. Time
- a. Essential element of de-escalation
  - b. Allows officers the opportunity to communicate with the suspect
  - c. Allows officers the opportunity to refine tactical plans
  - d. Allows officers the opportunity to call for additional resources
  - e. Provides an opportunity for the suspect to reconsider his actions and decisions
  - f. Distance plus cover equals time
4. Redeployment and or containment
- a. Can afford officers the added benefit of time and distance
  - b. May reduce the likelihood of injury to both the public and officers
  - c. May mitigate any potential ongoing threats
  - d. Redeployment should not enable a subject to gain a tactical advantage, arm himself/herself, or flee and pose a greater danger to the public or officers
5. Other resources
- a. Added personnel
  - b. Tools
6. Lines of communication
- a. Maintain open communication
  - b. Every situation is fluid and unique and requires ongoing communication
  - c. Keeps officers well organized, professional, and working as a team
  - d. May slow down the incident, creating time to plan
  - e. Example of communication tactics that may be used
- E. De-escalation is not always a viable option
- 1. Tactical situations vary greatly
  - 2. There is no single solution to resolving every incident
  - 3. There are situations that cannot be de-escalated
    - a. Some situations require an immediate response
    - b. De-escalation techniques may not be viable or effective
  - 4. The safety of all parties involved is of the highest priority
    - a. Officers should never sacrifice their safety in an attempt to de-escalate
    - b. The suspect's actions and other environmental factors must be considered when utilizing de-escalation strategies
    - c. De-escalation strategies should guide officers' actions when those strategies will increase the officers' safety
- F. Reasons why officers may be reluctant to de-escalate
- 1. Ego

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- a. Peer pressure to prove yourself
- b. Feeling of needing to show toughness
- c. Shows weakness to de-escalate
- d. Desire to test your abilities
- 2. Past police culture
  - a. Suspects who run get beat
  - b. Street justice
  - c. Bias towards using force
- 3. Physiological responses
  - a. Adrenaline rush
  - b. Overwhelmed emotionally by the intensity of the situation
  - c. Lack of managed, mature, competent critical thinking
  - d. Tunnel vision
- 4. Fear
  - a. That not using force may result in injury to officers
  - b. Of condemnation from co-workers if you choose not to use force
  - c. Of losing a tactical advantage by allowing time
  - d. Of being ridiculed for not using force

**IV. Balance**

**III. (b,h,i)**

**(30 minutes)**

**A. Stances**

- 1. Field interview stance
  - a. Key Points
  - b. Most common mistakes
- 2. Fighting stance
  - a. Key points
  - b. Common mistakes

**B. Patterns of movement**

- 1. Key points
  - a. The foot closest to the direction of movement must move first
  - b. Both feet move the same distance
  - c. Keep your weight on the balls of your feet
  - d. Keep your rear heel loaded
- 2. Most common mistakes
  - a. Crossing your feet
  - b. Failing to maintain your base and balance

**V. Pedestrian stop**

**III. (b,c,e,f,g,h,i,)**

**(30 minutes)**

**A. Commands**

- 1. Stop, Police.
- 2. Put your hands up.
- 3. Higher.

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4. Lock out your elbows.
5. Spread your fingers.
6. Slowly, turn around.
7. Stop. (When the suspect is facing away from you.)
8. Spread your feet.
9. Wider.
10. Put your hands behind your back, palms together.
11. Interlace you fingers.
12. Point your toes outward.
13. Don't move.

**B. Pat down search**

1. Safe Approach
  - a. Maintain base and balance
  - b. Keep hands up within striking range
2. Control
  - a. Grips on the suspect's fingers
  - b. Safe body positioning behind the suspect
3. Systematic approach for all searches
  - a. Spider crawl technique
  - b. Slow and methodical
  - c. Same sequence for every search
  - d. Prevents missing an area
  - e. Maintain contact
4. Search sequence
  - a. Rear waistband
  - b. Front waistband
  - c. Rear pocket
  - d. Rear groin
  - e. Front pocket
  - f. Front groin
  - g. Up the stomach
  - h. Up the chest
  - i. Front collar
  - j. Rear collar
  - k. Outside of the arm
  - l. Inside of the arm
  - m. "W" or "V" across the back
  - n. Armpit
  - o. Side/ribcage
  - p. Down the outside of the leg
  - q. Ankle/foot
  - r. Up the inside of the leg

**VI. Handcuffing**

**III. (b,e,h,i)**

**(15 minutes)**

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A. Purpose

1. To maintain control and minimize the possibility of a situation escalating to the point that would necessitate using a higher level of force or restraint
2. Inhibit/limit movement but do not provide total control

B. General guidelines

1. Applied to the subject's bare wrist
2. The shape of the handcuff should correspond with the shape of the subject's wrist
3. Properly adjusted for tightness
4. Generally, not applied over clothing or jewelry due to the possibility of escaping the handcuffs
5. Double locked prior to placing the subject in the vehicle
6. Do not leave a handcuffed subject unattended

C. Speed cuffing

1. Key points

- a. Utilize a secure grip on the suspect's hands
- b. Pistol grip on the cuffs with single edge facing out
- c. Cuff pinky side first
- d. Place the cuff on the smallest portion of the suspect's wrist bone
- e. Do not slam cuffs on
- f. Ensure that the first cuff is latched before applying second
- g. Do not switch hands when taking cuffs off

2. Most common mistakes

- a. Cuffing with thumb side first
- b. Poor grip on the hands prior to cuffing
- c. Switching hands before applying second cuff
- d. Cuffing the wide portion of the wrist

3. Removal of handcuffs

- a. Use a full, strong pistol grip with your right hand
- b. Remove the left cuff first
- c. Step back, bring the right cuff up with the pistol grip, and remove the second cuff

4. Positional asphyxia

- 1) Avoid protracted application of bodyweight to the suspect's back whenever possible
  - a) Bodyweight should only be applied to a suspect's back when it is objectively reasonable to do so
  - b) Bodyweight is used for the purpose of control, in order to apply restraint devices
  - c) Once the suspect is controlled, remove bodyweight from the suspect's back, and roll the suspect into a seated position as soon as practicable



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- d) If the suspect cannot be placed in a seated position for any reason, the recovery position may be used (left lateral, or right lateral if the left cannot be used)
- 2) Multiple officers
  - a) Assess the situation and apply only that force which is objectively reasonable
  - b) Additional officers should seek to control the suspect's limbs rather than applying additional bodyweight to the suspect's back in a prone position
  - c) Remember that the goal is control – use only the amount of force that is reasonable to gain control and apply restraint devices
- 3) Request an RA and begin a First Aid assessment if there is any indication of a medical emergency

**VII. Control holds**

**III. (b,d,e,g,h,i)**

**(30 minutes)**

**A. C-grip position of advantage**

1. Key points

- a. Keep your hands up when approaching within striking range
- b. Both hands blanket the suspect's shoulder
- c. Place your inside hand on the front of the suspect's shoulder
- d. Your rear hand goes to the back of the suspect's shoulder
- e. The back hand slides down to the suspect's elbow
- f. The front hand slides down to the wrist
- g. Both hands utilize a relaxed C-grip, with the thumb and middle finger
- h. Triangulate your shoulders, hips, and feet at a 45 degree angle to the suspect
- i. Your feet should be slightly wider than shoulder width apart

2. Common mistakes

- a. Hands down on approach
- b. Gripping the suspect too tightly
- c. Incorrect angle, being directly to the side of or behind the suspect

**B. Rear arm finger flex**

1. Key points

- a. Take the arm further and faster than the suspect intended
- b. Pull at the elbow, push at the wrist, driving the suspect's hand behind their back
- c. Simultaneously, pivot to face perpendicular to the suspect
- d. Misalign the suspect's spine
- e. Stay tight, do not give any space for escape
- f. Seat the elbow above your belt buckle
- g. Apply a wristlock if necessary to expose the fingers for a finger flex

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- h. Give a verbal distraction by telling the suspect to place their free hand on their head
  - i. Transition to a finger flex after the verbal distraction
  - j. Grab high on the suspect's finger tips and pull back to apply the control hold
2. Common mistakes
- a. Too much space for suspect to escape
  - b. Losing control of the arm
  - c. Suspect standing straight
  - d. No base/off balance