

**LOS ANGELES POLICE DEPARTMENT**  
**ARREST/CNTRL TEC INSTR #1**  
**1850-20875**  
**Expanded Course Outline**

**COURSE GOAL:** To teach instructors how to physically control a suspect using reasonable force, as well as how to teach these skills to their students, and to teach students the Arrest and Control perishable skills (PSP) minimum content. This course serves as a prerequisite to the ARREST/CNTRL TEC INSTR #2 (1850-20885) course which, when combined, meet the CA POST Regulation 1070 certification to instruct Arrest and Control topics in CA POST certified courses.

**ARREST AND CONTROL PSP MINIMUM TOPICS:**

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation/Verbal commands - in exercise(s)
- e. Body balance/stance/movement patterns - in exercise(s)
- f. Search - in exercise(s)
- g. Equipment/Restraint device(s) use - in exercise(s)
- h. Subject's Actions and Officer's response to force
- i. Control/Takedown - in exercise(s) Verbal command
- j. Class exercises/Student Evaluation/Testing
- k. Recovery/First Aid (as applicable)

**COURSE OBJECTIVES:**

1. Students will demonstrate knowledge of their individual Department Use of Force Policy and current case law.
2. Students will demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques
3. Students will demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
  - a. Judgment and Decision-Making
  - b. Officer Safety
  - c. Body Balance, Stance, and Movement
  - d. Searching/Handcuffing Techniques
  - e. Control Holds/Takedowns
  - f. De-escalation/Verbal Commands
  - g. Effectiveness Under Stress Conditions
4. Students will be assessed and must demonstrate a minimum standard of knowledge and skill in the following minimum content requirements per CA POST Regulation 1082 (Minimum Content Requirements for Instructor Courses):
  - a. Body physics and dynamics
  - b. Control techniques
  - c. Handcuffing
  - d. Injury prevention
  - e. Prisoner restraint
  - f. Searches
  - g. Use of force
  - h. Weaponless defense
  - i. Weapon retention/takeaway
  - j. Adult learning concepts (contained in companion course ARREST/CNTRL TEC INSTR #2 [1850-20885])

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- k. Legal issues
  - l. Performance evaluation techniques (contained in companion course ARREST/CNTRL TEC INST #2 [1850-20885])
  - m. Safety protocols
  - n. Students will conduct a written, oral, and/or demonstration assessment in each topic area
5. Students will be assessed and must demonstrate a minimum standard of knowledge and skill in the following agency specific content:
- a. Balance, stances, and movement
  - b. Takedowns
  - c. Ground control
  - d. Control holds
  - e. Tactical de-escalation/verbal commands
  - f. Tactical communication skills and techniques
6. Students will demonstrate a minimum standard of presentation skills, command of adult learning concepts, and performance evaluation techniques, while teaching the above listed topics (contained in companion course ARREST/CNTRL TEC INST #2 [1850-20885])

**This course provides updated legislative content of Penal Code Section 835a**

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

Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

**DAY 1**

**I. INTRODUCTION AND SAFETY ORIENTATION (60 min)**

- A. Introductions
  - 1. Instructor introductions
  - 2. Student introductions
- B. Administrative
  - 1. POST Roster
  - 2. Hourly distribution
- C. Safety protocols **III (c)**
  - 1. Conduct safety brief per current course Safety Policy<sup>1</sup>
  - 2. Absolutely no weapons of any kind and no ammo on the mat at any time
  - 3. First aid resources
    - a. First aid/trauma kits
    - b. AED at facility presenting course
    - c. Medical facilities locations listed in Safety Plan

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<sup>1</sup> CA POST EDI, ARSTCTL(PSP), 1850-29503, Safety Policy

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- 4. Injury Notifications
- 5. Recovery/first aid (as applicable) **III (k)**
- 6. Infectious disease protocol(s)
- 7. Environmental/training area awareness during training
- 8. Evacuation
- 9. Injury prevention
- 10. Warm up and cool down **III (c)**

- D. Mental and physical conditioning
  - 1. Necessary for self-control and effective Arrest and Control techniques
  - 2. Skills are perishable and must be practiced regularly
  - 3. Officers must have both confidence and competence

**II. POLICIES, LEGAL STANDARDS, AND REPORT WRITING (60 min)**

- A. Legal standards **III (a, b)**
  - 1. 835(a) of the California Penal Code<sup>2</sup> – authority to use force
  - 2. Graham v. Connor<sup>3</sup> (Supreme Court, 1989)
  - 3. 834(a)PC Resistance to Arrest<sup>4</sup>

- B. Specific agency use of force policies<sup>5</sup> **III (a)**
  - 1. Federal and state law are guidelines, but officers must also adhere to their department's use of force policy
  - 2. Department policies may be stricter than the law
  - 3. Policies are based on the factors used to determine reasonableness
  - 4. Training tools and policy diagrams are intended to help explain the law and policy, however officers are always held to the standard of "objectively reasonable based on the totality of the circumstances"

- C. Use of Force considerations **III (b)**
  - 1. Applications of force options
  - 2. Justification(s)
  - 3. Available force

- D. Report writing **III (a)**
  - 1. Use of Force report content
  - 2. Follow specific agency policy<sup>6</sup>

**III. TACTICAL DE-ESCALATION/VERBAL COMMANDS (60 min) **III (d)****

- A. Tactical De-Escalation
  - 1. Definitions
  - 2. Purposes

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<sup>2</sup> California Penal Code Section 835(a)

<sup>3</sup> US Supreme Court, *Graham v Connor* 490 U.S. 386 (1989)

<sup>4</sup> California Penal Code Section 834(a)

<sup>5</sup> Department Manual, 1/556.10, Policy on the Use of Force

<sup>6</sup> Department Manual, 3/793.01, Levels of Review

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3. Department policy<sup>7</sup>
  
- B. Officer safety considerations
  1. Tactical de-escalation does not require that an officer compromise his or her safety or increase the risk of physical harm to the public
  2. De-escalation techniques should only be used when it is safe and prudent to do so
  3. In many incidents, using force may be the best way to reduce the intensity of the encounter
  
- C. Elements of de-escalation
  1. Planning
  2. Assessment
  3. Time
  4. Redeployment and or containment
  5. Other resources
  6. Lines of communication
  
- D. 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
  4. The safety of all parties involved is of the highest priority
  
- E. Tactical communication skills and techniques
  1. Tactical – Officer to officer/suspect/citizen
  2. Tactical communication role within use of force scale
  3. Communication elements
  4. Officer safety
  5. Professional vs non-professional vs inappropriate language
  6. Intentional/unintentional contact escalation vs de-escalation
  7. Questioning techniques
  
- F. De-escalation does not inherently exclude the use of force
  1. Using ARCON techniques may be de-escalation
  2. Some situations require quick and decisive physical force
  3. The use of force does not mean that de-escalation techniques were not used or were ineffective

**IV. BALANCE, STANCES, AND MOVEMENT (30 min)**

**III (e)**

- A. Interview stance
  1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup

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<sup>7</sup> Use of Force-Tactics Directive, Tactical De-Escalation Techniques

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5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency
- B. Fighting stance
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency
- C. Patterns of movement
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency
- D. Stand up in base
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency

**V. HANDCUFFING/PRISONER RESTRAINT<sup>8</sup> (60 min)**

**III (g)**

- A. Speed cuffing
1. Introduction
  2. Demonstrations, technical review and key points

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<sup>8</sup> LAPD Training Bulletin, Handcuffing

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- a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency
- B. High risk prone
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency
- C. High risk kneeling
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency

**VI. SEARCHES<sup>9</sup> (30 min)**

**III (f)**

- A. Pat down search
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency

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<sup>9</sup> LAPD ARCON Manual

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- B. Prone search
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Technical drilling
    - b. Instructor monitor students for corrections, questions and technical proficiency

**VII. CONTROL HOLDS<sup>10</sup> (60 min) III (h)(i)**

- A. C-Grip Position of Advantage
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid III (k)
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity III (h)(j)
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency

- B. Twist lock escort hold/handcuffing
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid III (k)
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity III (h)(j)
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency

**VIII. WEAPONLESS DEFENSE<sup>11</sup> (2 hrs)**

- A. Strikes
  - 1. Introduction
  - 2. Demonstrations, technical review and key points

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- a. Body physics and dynamics
  - 3. Injury assessments and first aid **III (k)**
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity **III (h)(j)**
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- B. Kicks**
- 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid **III (k)**
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity **III (h)(j)**
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- C. Blocks**
- 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid **III (k)**
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity **III (h)(j)**
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency

**DAY 2**

**IX. TAKEDOWNS (4 hrs) **III (h)(i)****

- A. Review Day 1**
  - 1. Stances
  - 2. Handcuffing
  - 3. Control Holds
  - 4. Strikes and kicks
  
- B. Clinch control**
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid **III (k)**
  - 4. Class setup



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- 5. Safety reminders
  - 6. Learning activity **III (h)(j)**
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- C. Body fold takedown
- 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid **III (k)**
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity **III (h)(j)**
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- D. Double leg takedown
- 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid **III (k)**
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity **III (h)(j)**
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- E. Rear clinch control
- 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid **III (k)**
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity **III (h)(j)**
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- F. Rear takedown
- 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics

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- 3. Injury assessments and first aid III (k)
- 4. Class setup
- 5. Safety reminders
- 6. Learning activity III (h)(j)
  - a. Subject's Actions and Officer's response to force
  - b. Technical drilling
  - c. Instructor monitor students for corrections, questions and technical proficiency

**X. GROUND CONTROL (4 hrs)**

A. Side control

- 1. Introduction
- 2. Demonstrations, technical review and key points
  - a. Body physics and dynamics
- 3. Injury assessments and first aid
- 4. Class setup
- 5. Safety reminders
- 6. Learning activity
  - a. Subject's Actions and Officer's response to force
  - b. Technical drilling
  - c. Instructor monitor students for corrections, questions and technical proficiency

B. Mount control

- 1. Introduction
- 2. Demonstrations, technical review and key points
  - a. Body physics and dynamics
- 3. Injury assessments and first aid
- 4. Class setup
- 5. Safety reminders
- 6. Learning activity
  - a. Subject's Actions and Officer's response to force
  - b. Technical drilling
  - c. Instructor monitor students for corrections, questions and technical proficiency

C. Knee on belly control

- 1. Introduction
- 2. Demonstrations, technical review and key points
  - a. Body physics and dynamics
- 3. Injury assessments and first aid
- 4. Class setup
- 5. Safety reminders
- 6. Learning activity
  - a. Subject's Actions and Officer's response to force
  - b. Technical drilling
  - c. Instructor monitor students for corrections, questions and technical proficiency

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- D. Take the back
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- E. Lateral head displacement
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- F. Arm cross face control
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- G. Key lock
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling

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- c. Instructor monitor students for corrections, questions and technical proficiency
  
- H. Twisting arm cuffing
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency

**DAY 3**

**XI. TAKEDOWN DEFENSE (3 hrs)**

- A. Review Day 2
  - 1. Takedowns
  - 2. Ground control
  
- B. Sprawl
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- C. Turtle control
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency

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**XII. GROUND ESCAPES (5 hrs)**

- A. Trap and roll escape
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- B. Elbow escape
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- C. Shrimp Escape
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- D. Guard get-up
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling

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- c. Instructor monitor students for corrections, questions and technical proficiency

**DAY 4**

**XIII. GUARD DEFENSES AND REVERSALS (4 hrs)**

- A. Review ARCON techniques
1. Control holds
  2. Strikes and kicks
  3. Takedowns
  4. Ground control
  5. Takedown defense
  6. Ground escapes
- B. Punch block series
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- C. Hook sweep
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
- D. Double ankle sweep
1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Subject's Actions and Officer's response to force

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- b. Technical drilling
- c. Instructor monitor students for corrections, questions and technical proficiency

**XIV. HEADLOCK AND CHOKE DEFENSES (4 hrs)**

- A. Standing headlock defense
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- B. Ground headlock defense
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- C. Guillotine defense
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- D. Rear choke defense
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid

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4. Class setup
5. Safety reminders
6. Learning activity
  - a. Subject's Actions and Officer's response to force
  - b. Technical drilling
  - c. Instructor monitor students for corrections, questions and technical proficiency

**DAY 5**

**XV.WEAPON RETENTION (8 hrs)**

- A. Full ARCON techniques review
  1. Stances and movement
  2. Handcuffing and searching
  3. Control holds
  4. Strikes and kicks
  5. Takedowns
  6. Ground control
  7. Takedown defense
  8. Ground escapes
  9. Guard reversals
  10. Headlock and choke defenses
  
- B. Weapon retention from guard
  1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency
  
- C. Weapon retention from mount
  1. Introduction
  2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  3. Injury assessments and first aid
  4. Class setup
  5. Safety reminders
  6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency



**LOS ANGELES POLICE DEPARTMENT  
ARREST/CNTRL TEC INSTR #1  
1850-20875**

**Expanded Course Outline**

- D. Weapon retention from side control
  - 1. Introduction
  - 2. Demonstrations, technical review and key points
    - a. Body physics and dynamics
  - 3. Injury assessments and first aid
  - 4. Class setup
  - 5. Safety reminders
  - 6. Learning activity
    - a. Subject's Actions and Officer's response to force
    - b. Technical drilling
    - c. Instructor monitor students for corrections, questions and technical proficiency