

**LOS ANGELES POLICE DEPARTMENT  
ARSTCTL (PSP)  
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.

**ALTERCATION SCENARIO ADMONITION**

**Any de-escalation/ force option scenario which requires a physical altercation scenario, outside of basic handcuffing, shall obtain approval from the Officer-in-Charge of the Arrest and Control Lifetime Fitness Unit. It is the responsibility of the Area Commanding Officer and the Area Training Coordinator to ensure that all safety measures are in place.**  
Please refer to the mat room safety checklist

**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

**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

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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.

**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.**

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|---|-----------------|----------------|
| <b>I. INTRODUCTION AND SAFETY ORIENTATION</b>                             | <b>(30 min)</b> | <b>III (c)</b> |
| A. Introductions  |                 |                |
| 1. Instructor introductions   |                 |                |
| 2. Student introductions  |                 |                |
| B. Administrative   |                 |                |
| 1. POST Roster  |                 |                |
| 2. Hourly distribution  |                 |                |
| C. Safety protocols   |                 | <b>III (c)</b> |
| 1. Conduct safety brief per current course Safety Policy <sup>4</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                     |                 |                |
| 4. Injury Notifications   |                 |                |
| 5. Recovery/first aid (as applicable)                                     |                 |                |
| 6. Infectious disease protocol(s)   |                 |                |
| 7. Environmental/training area awareness during training                  |                 |                |
| 8. Evacuation   |                 |                |
| 9. Injury prevention  |                 |                |
| 10. Warm up and cool down   |                 |                |
|   |                 | <b>III (k)</b> |
| 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                      |                 |                |
|   |                 | <b>III (c)</b> |

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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

<sup>4</sup> CA POST EDI, ARSTCTL(PSP), 1850-29503, Safety Policy

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

- A. Legal standards **III (a, b)**
  - 1. 835(a) of the California Penal Code<sup>5</sup> – authority to use force
  - 2. *Graham v. Connor*<sup>6</sup> (Supreme Court, 1989)
  - 3. 834(a)PC Resistance to Arrest<sup>7</sup>
  
- B. Specific agency use of force policies<sup>8</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>9</sup>

**III. TACTICAL DE-ESCALATION/VERBAL COMMANDS (30 min) **III (d)****

- A. Tactical De-Escalation
  - 1. Definitions
  - 2. Purposes
  - 3. Department policy<sup>10</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

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<sup>5</sup> California Penal Code Section 835(a)

<sup>6</sup> US Supreme Court, *Graham v Connor* 490 U.S. 386 (1989)

<sup>7</sup> California Penal Code Section 834(a)

<sup>8</sup> Department Manual, 1/556.10, Policy on the Use of Force

<sup>9</sup> Department Manual, 3/793.01, Levels of Review

<sup>10</sup> Use of Force-Tactics Directive, Tactical De-Escalation Techniques

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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
  3. Class setup
  4. Safety reminders
  5. Learning activity
- B. Fighting stance
1. Introduction
  2. Demonstrations
  3. Class setup
  4. Safety reminders
  5. Learning activity
- C. Patterns of movement
1. Introduction
  2. Demonstrations
  3. Class setup
  4. Safety reminders

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5. Learning activity

D. Stand up in base

1. Introduction
2. Demonstrations
3. Class setup
4. Safety reminders
5. Learning activity

**V. HANDCUFFING/PRISONER RESTRAINT<sup>11</sup> (30 min) III (g)**

A. Speed cuffing

1. Introduction
2. Demonstrations
3. Class setup
4. Safety reminders
5. Learning activity

B. High risk prone

1. Introduction
2. Demonstrations
3. Class setup
4. Safety reminders
5. Learning activity

**VI. SEARCHES<sup>12</sup> (30 min) III (f)**

A. Pat down search

1. Introduction and policy
2. Demonstrations
3. Class setup
4. Safety reminders
5. Learning activity

**VII. CONTROL HOLDS<sup>13</sup> (30 min) III (h)(i)**

A. C-Grip Position of Advantage

1. Introduction
2. Demonstrations
3. Injury assessments and first aid
4. Class setup
5. Safety reminders
6. Learning activity

**III (k)**

- a. Subject's Actions and Officer's response to force

**III (h)(j)**

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<sup>11</sup> LAPD Training Bulletin, Handcuffing

<sup>12</sup> LAPD ARCON Manual

<sup>13</sup> LAPD ARCON Manual

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- B. Twist lock escort hold/handcuffing
  - 1. Introduction
  - 2. Demonstrations
  - 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