

The Tulare County Sheriff's Office

Arrest and Control

Expanded Course Outline



POST PERISHABLE SKILLS PROGRAM (PSP)

III - ARREST AND CONTROL

COURSE GOAL:

This course will provide the student with the minimum topics of arrest and control required in the POST Perishable Skills Program (PSP). The student will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a subject.

This course consists of a hands-on/practical skills arrest and control training for in-service officers. The course will provide the student with the knowledge and understanding on the use of force as it relates to departmental policies and procedures, state and federal laws. It will give the student tools for proper decision making when confronted by a subject. In this course the student will be exposed to various principles such as awareness, balance, and control. Other topics include use of force legal concerns and de-escalation options.

The training may be presented in a 4, 6, or 8 hour format allowing for flexibility based upon specific agency or the needs of the student, and as long as the minimum topics are contained within each format independently.

ARREST AND CONTROL:

Minimum Topics/Exercises:

- a. Safety orientation and warm-up(s)
- b. Class Exercises/Student Evaluation/Testing
- c. Search - in exercise(s)
- d. Control/Takedown/ - in exercise(s)
- e. Equipment/Restraint device(s) use - in exercise(s)
- f. Verbal commands - in exercise(s)
- g. Use of Force considerations
- h. Body Physics & Dynamics (suspect's response to force)
- i. Body balance/stance/movement patterns - in exercise(s)
- j. Policies and legal issues
- k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES:

Under the supervision of an instructor the student will:

- I. **Demonstrate an understanding of the legal issues, liabilities, practices and philosophy of Use of Force as outlined in Learning Domain 20 of the P.O.S.T Basic Course.**
- II. **Demonstrate an understanding of the principles and concepts of Arrest and Control as outlined in Learning Domain 33 of the P.O.S.T Basic Course. This is to include: Hazards in approaching subjects, positioning, communications, arrest and control/ self-defense techniques, vulnerable areas of the body, officer performance in close combat situations, and integration of force options.**
- III. **Demonstrate in the physical techniques of arrest and control/self-defense to include: Stance, positioning, footwork and movement, recovery, control holds, takedowns, searching and**

handcuffing techniques including: Cursory, standing modified, kneeling prone, and prone searching and handcuffing techniques, as well as finding weapons and dealing with resistance during these searches, and controlling handcuffed subjects.

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

Expanded Course Outline

I. Lecture

A. COURSE INTRODUCTION I, II, III(a)(g)(k)

1. INSTRUCTOR INTRODUCTION
2. COURSE INTRODUCTION
3. COURSE CONTENT
4. STUDENT EVALUATION
5. FACILITY LAYOUT
 - a. Facility Amenities
 - b. Location of First Aid Supplies

B. COURSE SAFETY PROCEDURES III(a)(b)(k)

1. PARTICIPANTS GIVEN A COPY OF SAFETY GUIDELINES
2. SAFETY PROCEDURES
 - a. Report any medical limitations by students
 - b. Report any injuries during class
 - c. Limit activities to techniques being shown by the instructor
 - d. Begin with application of techniques
 - e. Do not resist your partner unless instructed
 - f. Use "Double Tap Release"
3. BRIEFING ON HAZARDS OF TRAINING SITE
 - a. Any hazards on site will be brought to the student's attention
 - b. Any hazards on site will be brought to instructor's attention
4. EQUIPMENT GUIDELINES
 - a. No firearms or edged weapons allowed in training environment
 - b. No chemical agents allowed in training environment
 - c. No live ammunition in training environment
 - d. Students to wear appropriate safety equipment and attire
5. PRE-INSTRUCTIONS
 - a. Students will know safety and performance expectations
 - b. Students must follow safety guidelines
 - c. Students must stay within performance guidelines

C. USE OF FORCE I, II, III(g)(h)(j)

1. **COURSE OBJECTIVES**
 - a. Define Force Options
 - b. To identify objective of using force to overcome resistance
 - c. Recognize available Force Options
 - d. Explain the importance of ongoing training
 - e. Explain the importance of effective communication
 - f. Identify the legal standards of Force Options
 - g. Identify the factors required for legality
2. **FORCE ASSESSMENT**
 - a. Observe
 - b. Orient
 - c. Decide
 - d. Act
3. **ACTIONS DEFINED**
 - a. Cooperative
 - b. Resistive
 - c. Assaultive/High risk
 - d. Life Threatening/ Threat of great bodily injury
4. **INTERVENTION**
 - a. Situations requiring intervention
 - b. Intervention techniques (Professional, Direct, Delayed)
 - c. Legal basis for intervention
5. **POLICIES AND LEGAL ASPECTS OF USE OF FORCE**
 - a. Objective reasonableness standard (Case Law Graham V. Conner)
 - b. Penal Code 835(a) (Reasonable force)
 - c. Appropriateness of force
 - d. Federal court decisions (Fourth Amendment)
 - e. Department Policies and Procedures
6. **LIABILITY ISSUES**
 - a. Administrative Action
 - b. Criminal liability
 - c. Federal liability
 - d. Civil liability
 - e. Moral /Ethical issues
7. **DOCUMENTATION IN USE OF FORCE CASES**
 - a. Justification for using Force Options
 - b. Relevant factors and details
 - c. De-escalation strategies and techniques utilized

D. DE-ESCALATION

I(g)(j)

1. **DEFINITION**
 - a. Process of strategies and techniques
 - b. Recognize common misconceptions and benefits
 - c. History
2. **Four core concepts**
 - a. Self-Control
 - b. Effective communication
 - c. Scene assessment and management
 - d. Force options
3. **Critical Decision-making model**
 - a. Collect information
 - b. Assess situation, threats, and risks
 - c. Law and policy
 - d. Plan
 - e. Act, review, and reassess
4. **Time, distance, cover and concealment assistance**
 - a. Process
 - b. Discussion
5. **Strategic Communication benefits**
 - a. Listen
 - b. Empathize
 - c. Ask
 - d. Paraphrase
 - e. Summarize

E. PRINCIPLES AND CONCEPTS

II, III(i)(d)

1. **AWARENESS**
 - a. Defined
 - b. General Rules
 - c. Distance
 - d. Six Hazards
2. **BALANCE**
 - a. Mental
 - b. Physical
3. **CONTROL**
 - a. General Control
 - b. Physical Control
 - c. Pain Based
 - d. Leverage Based
 - e. Personal Body Weapons
 - f. Self-Control

F. HAZARDS IN APPROACHING AND DEALING WITH A SUBJECT II, III(h)(f)

1. AWARENESS RULES AND CONCEPTS

- a. Be aware of circumstances.
- b. Be aware of surroundings.
- c. Be aware of any potential threats.
- d. Have an understanding of the reason for your actions.
- e. If you give someone a lawful order you must be mentally and physically prepared to back it up.
- f. Plan ahead. Know what you are going to do once you put your hands on someone.
- g. Be aware of your own limitations.
- h. Recognize the limitations of your equipment.
- i. Don't hesitate.
- j. Don't accept challenges from the subject.
- k. Don't take verbal abuse personally.
- l. Don't underestimate the subject.

2. SIX HAZARDS IN APPROACHING A SUBJECT

- a. Hands
- b. Weapons/Potential weapons
- c. Friends / Associates
- d. Escape Routes
- e. Footing
- f. Cover and Concealment

G. POSITIONING III(i)

1. INTERVIEW POSITION

- a. Distance
- b. Balance
- c. Awareness
- d. Gun side away

2. POSITION OF ADVANTAGE

- a. Plan ahead. Know what you are going to do once you put your hands on someone.
- b. Expect a reaction
- c. Use a firm grip

H. PRINCIPLES OF SEARCHES III(c)

1. PRIOR TO THE SEARCH

- a. Types of person searches
- b. Selecting a searching technique

2. DURING THE SEARCH

- a. Elements of an effective search

- b. Finding a weapon during the search
- c. Threat of hypodermic needles during the search
- d. Places where weapons/contraband are located
- e. Searching members of the opposite sex

3. CONTACT AND COVER DURING SEARCH

- a. Positioning
- b. Communication
- c. Finding a weapon
- d. Dealing with resistance

I. PRINCIPLES OF RESTRAINT DEVICES

III(e)

1. HANDCUFFS

- a. Nomenclature of handcuffs
- b. Purpose of handcuffs
- c. Limitations of handcuffs
- d. Maintenance of handcuffs

2. OTHER RESTRAINT DEVICES

- a. Flex/Plastic restraints
- b. Transportation restraints

J. PRISONER TRANSPORTATION

III(d)

1. POSITIONING OF PRISONER

- a. Control while placing into vehicle and applying seatbelt
- b. Control while removing from vehicle and removal of seatbelt

2. OTHER CONSIDERATIONS

- a. Medical emergencies
- b. Combative prisoners
- c. Positional Asphyxia

K. PRIMARY AND COVER OFFICERS

III(c)(d)(i)

1. PRIMARY OFFICER

- a. Decide when to use contact and cover techniques
- b. Contact officer's responsibilities
- c. Release of cover officer

2. COVER OFFICER

- a. Response
- b. Teamwork
- c. Protect primary contact officer
- d. Provide physical assistance
- e. Provide a physical and psychological advantage
- f. Communicate

3. COMMON MISTAKES OF COVER OFFICER

- a. Interferes or escalates the problem
- b. Engages in something else
- c. Searches the same time as primary contact officer
- d. Assumes a position where he/she can't be of assistance
- e. Separates from primary officer during a chase
- f. Places him/ herself and primary contact officer in a cross fire
- g. Fails to intervene when primary contact Officer is out of line
- h. Covers up for in-appropriate actions

L. PHYSIOLOGICAL AND PSYCHOLOGICAL ASPECTS

III(h)

1. STRESS INDICATORS

- a. Increased heart rate
- b. Rapid breathing
- c. Abnormal sweating
- d. Uncontrollable body tremors

2. MENTAL PREPARATION

- a. Mind set
- b. Proper, Adequate, Consistent Training
- c. Confidence in abilities and skills
- d. Lack of confidence creates compensating behaviors

3. SELF-CONTROL

- a. Practice of skills through proper, adequate, consistent training
- b. Exposure to a wide range of experiences
- c. Calming the mind
- d. Learn to respond rather than react
- e. Conduct rhythmic breathing exercises

M. TACTICAL COMMUNICATIONS

III(f)

1. OFFICER'S ATTITUDE AND BEHAVIOR

- a. Remember the objective (Control)
- b. Professional vs. Personal
- c. Don't take verbal abuse personally
- d. Don't be-little or disrespect the person

2. EFFECTIVE COMMUNICATION

- a. Verbal Communications: Officer to Officer, Officer to Suspect, and Officer to Citizen
- b. Intra-verbal Communications: Tone and the pace
- c. Non-verbal communication: Observation and body language

3. COMMUNICATION TECHNIQUE FIVE STEP STYLE

- a. Ask
- b. Context
- c. Options

- d. Confirm
- e. ACT

N. STANCES III(i)

- 1. BASIC ELEMENTS OF STANCES**
 - a. Balance
 - b. Stability
 - c. Mobility

O. FOOTWORK AND MOVEMENT III(i)

- 1. PRINCIPLES OF MOVEMENT**
 - a. Patterns of movement
 - b. Body Dynamics
 - c. "Off the X"

P. VULNERABLE AREAS OF THE BODY III(g)(h)

- 1. AREAS OF THE BODY VULNERABLE TO PHYSICAL ATTACK**
- 2. PROTECTION OF VULNERABLE AREAS OF THE BODY**

Q. PERSONAL WEAPONS III(g)(h)

- 1. BODY PARTS THAT CAN BE USED AS PERSONAL WEAPONS**
- 2. PERSONAL WEAPONS TO CONTROL THE SUBJECT**
- 3. PERSONAL WEAPONS AND APPROPRIATE TARGET AREAS**

R. INTEGRATION OF FORCE OPTIONS III(c)(g)(h)

- 1. AVAILABILITY OF FORCE OPTIONS**
 - a. Verbal skills
 - b. Professional presence
 - c. Firm grip
 - d. Pain compliance/control holds
 - e. Mace, pepper spray, other chemical agents
 - f. Electrical devices
 - g. Personal weapons (Body parts)
 - h. Impact weapons
 - i. Use of canine
 - j. Deadly force
- 2. COMPLETING THE ARREST AFTER THE USE OF FORCE**
 - a. De-escalate and complete the arrest
 - b. Verbal commands
 - c. Establish control
 - d. Application of restraint devices
 - e. Search
 - f. Seek medical

- g. Notify Supervisor
- h. Document

II. PRACTICAL EXERCISES: ARREST AND CONTROL/ SELF DEFENSE

A. WARM- UP III(a)(i)

1. WARM-UP EXERCISES

- a. Warm-up
- b. Stretching
- c. Wrist Stretches

B. POSITION EXERCISES III(i)

1. POSITION OF INTERVIEW

- a. Distance; the most important factor
- b. Hands in center
- c. 1½ arms distance away from subject
- d. Maintain a distance that allows peripheral vision from head to feet

2. BALANCE STANCE

- a. Weak foot forward, strong foot back, feet approximately shoulder width apart
- b. Knees slightly bent
- c. Put majority of weight on balls of your feet
- d. Turn gun side away from the subject

3. AWARENESS

- a. Be aware of circumstances
- b. Be aware of surroundings
- c. Be aware of potential threats
- d. Follow general awareness rules and concepts

C. FOOTWORK & MOVEMENTS III(i)

1. FORWARD AND BACKWARD MOVEMENT

- a. Progressive step forward and backward
- b. Shuffle step forward and backward

2. SIDEWAY MOVEMENT

- a. Slide-Step left and right

3. PIVOTS

- a. Normal
- b. Shuffle
- c. Progressive

D. FALLS III(h)

1. FALLS

- a. Forward Break Fall
- b. Rear Break Fall
- c. Sitting Standing Exercise

- 2. FROM THE GROUND
 - a. Defense from the ground
 - b. Base get up recovery

E. CONTROL HOLD TECHNIQUES

III(d)(i)

- 1. POSITION OF ADVANTAGE
 - a. Applied when facing subject
 - b. Applied when subject attempts to flee
 - c. Applied when subject attempts to assault officer
 - d. Applied to subject for escort
 - e. Applied from a seated position
 - f. Applied to subject in a vehicle for removal
- 2. TWIST LOCK
 - a. Applied from Position of Advantage
 - b. Applied to subject for escort
 - c. Applied from a seated position
 - d. Applied to subject in a vehicle for removal
 - e. Applied to a prone subject
 - f. Applied to a supine subject
 - g. Applied to subject walking towards you
 - h. Applied to subject walking away from you
 - i. Applied to subject with back against the wall
 - j. Applied to subject in defense of a straight punch
 - k. Applied to subject from an arm bar position
 - l. Applied to subject against a wall
 - m. Twist lock to rear wrist lock
- 3. REAR WRIST LOCK
 - a. For handcuffing
 - b. As an escort
 - c. Chin cup to rear wrist lock
 - d. Applied to subject as a pin
- 4. BENT WRIST LOCK
 - a. Applied from Position of Advantage
 - b. As an escort
 - c. Resistance during handcuffing
 - d. To regain control
 - e. Applied to a prone subject
 - f. Option for cover officer

5. HAMMER LOCK

- a. Applied to standing subject
- b. Applied to subject back against the wall
- c. Applied with use of baton
- d. Applied for vehicle removal

F. TAKE DOWN TECHNIQUES

III(d)(i)

1. ARM BAR TAKE DOWN

- a. From Position of Advantage
- b. Resistive or assaultive subject
- c. To prone control with arm controlled
- d. To prone control without arm control
- e. To the side (To prone control)
- f. To handcuffing

2. ARM BAR REVERSAL (FIGURE 4)

- a. From Position of Advantage
- b. Resistive or assaultive suspect
- c. To hammer lock
- d. To handcuffing

3. REAR SIT TAKE DOWN

- a. Subject attempts to flee
- b. Subject falls to the rear
- c. To figure four hammer lock
- d. Option: To arm wrap
- e. To handcuffing

4. TWIST LOCK TAKE DOWNS

- a. To the front (prone)
- b. To the rear (supine)
- c. To the side (to prone)
- d. To prone control
- e. To handcuffing

5. REVERSE WRIST TAKEDOWN

- a. From Position of Advantage
- b. Resistive or assaultive suspect
- c. From standing search
- d. From kneeling search
- e. To prone control
- f. To handcuffing

6. CROSS FACE TAKE DOWN

- a. From Cursory Search
- b. Resistive/combatative subject
- c. To prone control
- d. To handcuffing

7. HAIR /NECK TAKE DOWN
 - a. Resistive/combatative subject
 - b. To prone control
 - c. To handcuffing

8. LEG SWEEP TAKDOWN
 - a. Resistive/assaultive subject
 - b. Front or back
 - c. To prone control
 - d. To handcuffing

9. HAMMER LOCK TAKE DOWN
 - a. Resistive/assaultive subject
 - b. To prone hold down
 - c. To handcuffing

10. DOUBLE LEG TAKE DOWN
 - a. Resistive/assaultive subject
 - b. To prone hold down
 - c. To handcuffing

11. BODY FOLD TAKE DOWN
 - a. Resistive/assaultive subject
 - b. To prone hold down
 - c. To handcuffing

G. TWO OFFICER ONE SUBJECT

1. COMMUNICATION
 - a. Assign tasks
 - b. Officer Safety risks
 - c. Act

2. TEAM TAKE DOWN
 - a. Resistive/assaultive subject
 - b. To prone hold down
 - c. To handcuffing

H. GROUND CONTROL

III(d)(h)(i)

1. HAMMER LOCK CONTROL
 - a. Control subject's hips
 - b. Lock subject's shoulder to minimize movement
 - c. Stay balanced
 - d. To handcuffing

2. FIGURE FOUR HAMMER LOCK CONTROL
 - a. Control subject's arm

- b. Lock subject's shoulder to minimize movement
- c. Stay balanced
- d. To handcuffing

3. MOUNT CONTROL

- a. Control subject's hips with anchor points
- b. Post arms for stability
- c. Stay balanced
- d. Option: neck control
- e. Option: Figure Four Arm Lock
- f. Weapon retention
- g. To handcuffing

4. SIDE CONTROL

- a. Control subject's hips
- b. Stay off knees
- c. Legs spread for stability
- d. Stay balanced
- e. Weapon retention
- f. To handcuffing

5. ARM WRAP CONTROL

- a. Control subject's arm
- b. Utilize radio/ communication
- c. Stay balanced
- d. To handcuffing

6. ARM BAR CONTROL HOLD

- a. Resistive/combatative subject
- b. Control subject's arm from mount
- c. Utilize radio/ communication
- d. Remain calm
- e. To handcuffing

7. ARM RETRIEVAL

- a. Control subject's hips
- b. Retrieve each hand independently
- c. Flare elbows
- d. Stay balanced
- e. To handcuffing

8. HIDDEN ARM RETRIEVAL

- a. Control subject's hips with a knee ride position
- b. Separate subject's elbow from ribs
- c. Stay balanced
- d. Use leverage
- e. To handcuffing

9. BATON LEVERAGE

- a. Retrieve baton with awareness
- b. Slide baton under armpit
- c. Use leverage
- d. Weapon retention
- e. To handcuffing

10. ORBITAL BONE SMASH

- a. Control subject's back
- b. Use radial bone
- c. Stay balanced
- d. Communicate
- e. To handcuffing

11. FIGURE FOUR LEG CONTROL

- a. Contact officer must be present on upper torso
- b. Shin must fit into subject's back of knee
- c. Stay balanced
- d. Communicate
- e. Reduce when possible

12. BATON ANKLE SMASH CONTROL

- a. Contact officer must be present on upper torso
- b. Place baton on ankle
- c. Stay balanced
- d. Communicate
- e. Reduce when possible

I. PERSON SEARCHES

III(c)(f)(h)(i)

1. CURSORY SEARCH

- a. Verbal commands
- b. Approach
- c. Control subject
- d. Stay balanced
- e. Upper body search
- f. Technique for searching the opposite sex
- g. Movement for the completion of the search

2. RESISTANCE DURING THE CURSORY SEARCH

- a. Legality discussion
- b. Case law (Terry vs. Ohio)
- c. Transition to rear wrist lock handcuffing
- d. Verbal commands
- e. Subject complies
- f. Subject resisting further/ take down
- g. Prone control
- h. To handcuffing

3. TWIST LOCK CURSORY SEARCH

- a. Cursory Search from Twist Lock from Position of Advantage
- b. Risks of lower body search using Twist Lock
- c. To handcuffing

4. STANDING SEARCH

- a. Verbal commands
- b. Approach
- c. Controlling hands and balance
- d. Standing systematic search

5. KNEELING SEARCH

- a. Verbal commands
- b. Approach
- c. Control subject
- d. Stay balanced
- e. Upper body search
- f. Technique for searching the opposite sex
- g. Movement for the completion of the search
- h. Option: To handcuff

6. PRONE SEARCH

- a. Verbal commands
- b. Approach
- c. Control subject
- d. Hammer Lock
- e. Option; Step over shoulder
- f. Option; Go to the outside of arm
- g. Option; Double arm bar control
- h. Lower back search
- i. To handcuff
- j. Search legs and feet
- k. Turn over; search waistband and remaining upper torso
- l. Technique for searching the opposite sex
- m. Movement for the completion of the search

J. USE OF RESTRAINTS

III(d)(e)(h)(i)(j)

1. PROPER APPLICATION OF HANDCUFFS

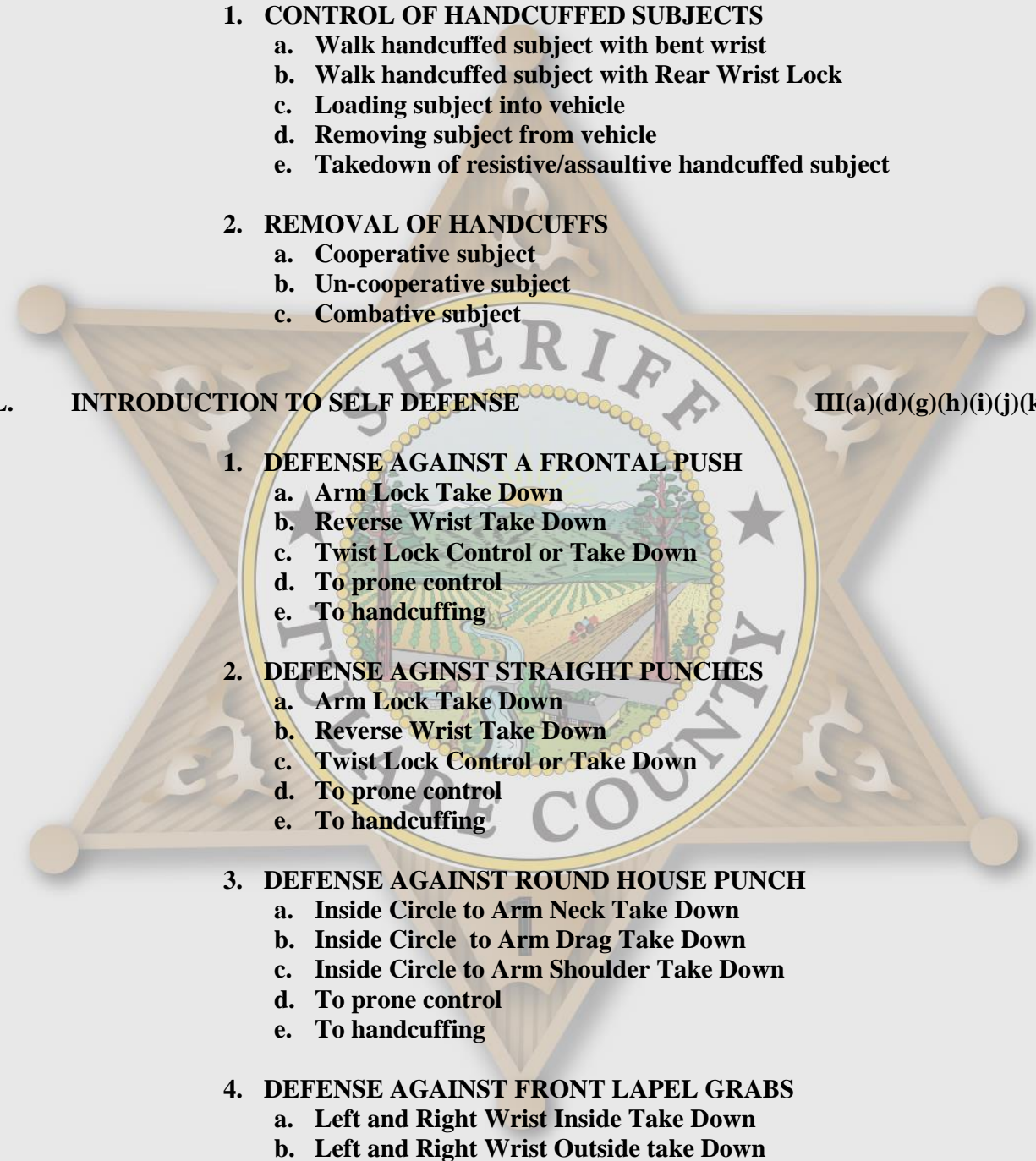
- a. Discuss Legality
- b. Case law (Gousse vs. Los Angeles)
- c. Establish a degree of control (Search first if possible)
- d. Carry handcuffs where they can be reached by either hand
- e. Clear wrist of any clothing
- f. Align the handcuffs properly (Oblong wrist)
- g. Do not slap or strike
- h. Apply the cuffs snugly but not too tight
- i. Handcuff behind the back when possible
- j. Always double lock the handcuffs when safe
- k. Do not worry about key hole positioning

2. **LOW PROFILE HANDCUFFING**
 - a. Verbal commands
 - b. Approach
 - c. Control subject
 - d. Stay balanced
 - e. Option: From twist lock
 - f. Option: From bent wrist lock
 - g. Option: From Cursory search position
 - h. Option: From Standing search position
 - i. Control of handcuffed subject
3. **KNEELING LOW PROFILE HANDCUFFING**
 - a. Verbal commands
 - b. Approach
 - c. Control subject
 - d. Stay balanced
 - e. Control of handcuffed subject
4. **REAR WRIST LOCK HANDCUFFING**
 - a. Verbal commands
 - b. Approach
 - c. Control subject's hands
 - d. Keep subject off balanced
 - e. From Bent Rear Wrist Lock
 - f. Control of handcuffed subject
5. **QUICK CUFFING**
 - a. Performed standing, kneeling, or prone
 - b. Verbal commands
 - c. Approach
 - d. Control subject
 - e. Stay balanced
 - f. From rear twist lock
 - g. Use non-gun hand
 - h. Control of handcuffed subject
6. **HAMMER LOCK HANDCUFFING**
 - a. Control Subject with Hammer Lock
 - b. Stay balanced with knee ride position
 - c. Handcuff facing the subject's feet
 - d. Keep gun-hand clear
 - e. Control of handcuffed subject
7. **TWISTING ARM HANDCUFFING**
 - a. From mount position
 - b. Control subject
 - c. Stay balanced
 - d. Turn subject over with leverage

- e. Control of handcuffed subject

K. CONTROLLING HANDCUFFED SUBJECT

III(d)(e)(f)(i)(j)

- 
- 1. CONTROL OF HANDCUFFED SUBJECTS**
 - a. Walk handcuffed subject with bent wrist
 - b. Walk handcuffed subject with Rear Wrist Lock
 - c. Loading subject into vehicle
 - d. Removing subject from vehicle
 - e. Takedown of resistive/assaultive handcuffed subject
 - 2. REMOVAL OF HANDCUFFS**
 - a. Cooperative subject
 - b. Un-cooperative subject
 - c. Combative subject

L. INTRODUCTION TO SELF DEFENSE

III(a)(d)(g)(h)(i)(j)(k)

- 1. DEFENSE AGAINST A FRONTAL PUSH**
 - a. Arm Lock Take Down
 - b. Reverse Wrist Take Down
 - c. Twist Lock Control or Take Down
 - d. To prone control
 - e. To handcuffing
- 2. DEFENSE AGAINST STRAIGHT PUNCHES**
 - a. Arm Lock Take Down
 - b. Reverse Wrist Take Down
 - c. Twist Lock Control or Take Down
 - d. To prone control
 - e. To handcuffing
- 3. DEFENSE AGAINST ROUND HOUSE PUNCH**
 - a. Inside Circle to Arm Neck Take Down
 - b. Inside Circle to Arm Drag Take Down
 - c. Inside Circle to Arm Shoulder Take Down
 - d. To prone control
 - e. To handcuffing
- 4. DEFENSE AGAINST FRONT LAPEL GRABS**
 - a. Left and Right Wrist Inside Take Down
 - b. Left and Right Wrist Outside take Down
 - c. To prone control
 - d. To handcuffing
- 5. DEFENSE AGAINST BEAR HUGS**
 - a. From rear to Twist Lock

- b. From front under arms; Head Turn Take Down
- c. From front under arms; Head Turn Trachea Push
- d. From clinch; Cover and push away
- e. To prone control
- f. To handcuffing

6. DEFENSE AGAINST SCHOOL BOY HEADLOCKS

- a. Neck and Knee Nerve Take Down
- b. Knee Turn-out Take Down
- c. Subject punching; Sit Out
- d. To prone control
- e. To handcuffing

7. DEFENSE AGAINST WRIST GRABS

- a. Same side grab Left wrist to Reverse Wrist Take Down
- b. Same side grab Right wrist to Reverse Wrist Take Down
- c. Opposite side grab left wrist to Arm Lock Take Down
- d. Opposite side grab right wrist to Arm Lock Take Down
- e. Both wrist grab from front to Reverse Wrist Take Down
- f. Both wrist grab from the rear to Twist Lock Take Down
- g. To prone control
- h. To handcuffing

8. DEFENSE AGAINST TACKLE

- a. Sprawl
- b. Mount awareness
- c. To prone control
- d. To handcuffing

9. DEFENSE AGAINST MOUNT

- a. Trap arm and leg
- b. Roll over and defend from additional strikes
- c. Escape

10. DEFENSE AGAINST PUNCHES WHILE USING GUARD

- a. Head and wrist control
- b. Utilize knees
- c. Utilize feet
- d. Escape

11. DEFENSE AGAINST SIDE HEAD LOCK ON GROUND

- a. Control striking arm
- b. Make space
- c. To prone control
- d. To handcuffing

12. GUARD GET UP

- a. Push away
- b. Make space

- c. Distract
- d. Escape to standing position

M. STUDENT EVALUATIONS AND TESTING

III(b)

- 1. PHYSICAL EXAM**
 - a. Footwork and Pivots
 - b. Searching and Handcuffing
 - c. Take Downs
 - d. Ground Control
 - e. Self-defense

Testing: Any student scoring below standard on any exercise, as established by the Instructor, will be remediated and tested until standard is achieved.

III(b)

