

The background of the page features a large, semi-transparent star logo of the Tulare County Sheriff's Office. The star is gold with a white center. Inside the center is a circular seal depicting a landscape with a sun, mountains, a river, and a house. The words "SHERIFF" and "TULARE COUNTY" are written around the seal. The number "1" is at the bottom point of the star.

The Tulare County Sheriff's Office
Defensive Tactics Update
Expanded Course Outline

**POST PERISHABLE SKILLS PROGRAM (PSP)
III – DEFENSIVE TACTICS UPDATE**

COURSE GOAL:

This course consists of hands-on/practical defensive tactics training relative to the challenges of modern day policing 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 compliant, resistive, or combative 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.

In addition, 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 provides updated legislative content of Penal Code Section 835a.

The training will be presented in an 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. 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:

Under the supervision of an instructor the student will:

- 1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.**
- 2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.**
- 3. 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. Demonstrate in the physical techniques of defensive tactics to include: Standing defense from a push, strike, frontal grabs, head locks, and tackles. Ground defensive techniques including: From the mount position, from the guard position, from the back control position, and the side head lock position.

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

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

1. PARTICIPANTS HAVE ACCESS TO THE SAFETY GUIDELINES
2. SAFETY PROCEDURES
 - a. Report any medical limitations by students
 - b. Report any injuries during class
 - c. Do not resist your partner unless instructed
 - d. 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

III(a)(b)(h)

1. COURSE OBJECTIVES

- a. Understand Defensive Tactics and its ideologies
- b. To identify objective of using force to overcome resistance
- c. Recognize available Force Options
- d. Explain the importance of ongoing physical training
- e. Identify the legal standards of Force Options
- f. Identify the factors required for legality

2. FORCE ASSESSMENT

- a. Observe
- b. Orient
- c. Decide
- d. Act

3. IDEOLOGY OF DEFENSIVE TACTICS- STANDING

- a. Stay mobile
- b. Transition
- c. Disengage and re-engage
- d. Angles- Dominant and good

4. IDEOLOGY OF DEFENSIVE TACTICS- GROUND

- a. Defend
- b. Escape
- c. Control
- d. Submit/ Arrest

5. INTERVENTION

- a. Professional
- b. Direct
- c. Delayed

6. 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. AB 392 discussion
- d. Federal court decisions
- e. Department Policies and Procedures
- f. SB 230 discussion

7. LIABILITY ISSUES

- a. Administrative Action
- b. Criminal liability
- c. Federal liability
- d. Civil liability

8. 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

III(a)(b)(h)

1. DEFINITION

- a. Process of strategies and techniques
- b. Recognize common misconceptions and benefits

2. Four core concepts

- a. Self-Control
- b. Strategic Communications
- c. Scene assessment and management
- d. Force options

3. Time, distance, cover and concealment assistance

- a. Tactical repositioning
- b. Discussion

E. PRINCIPLES AND CONCEPTS

III(a)(b)(h)

1. AWARENESS

- a. Defined
- b. Manage distance, manage damage

2. BALANCE

- a. Reasonable force options
- b. Limitations
- c. Confidence in abilities and skills
- d. Self knowledge

3. EXTERNAL CONTROL

- a. General Control
- b. Physical Control
- c. Leverage Based- Joint Locks
- d. Personal Body Weapons
- e. Take Downs

4. INTERNAL 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

- F. PRINCIPLES OF SEARCHES** **III(a)(b)(h)**
- 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
- G. PRINCIPLES OF RESTRAINT DEVICES** **III(a)(b)(h)**
- 1. HANDCUFFS**
 - a. Review purpose of handcuffs
 - b. Limitations of handcuffs
 - c. Position before submission
- H. PERSONAL WEAPONS** **III(a)(b)(h)**
- 1. SELF DEFENSE**
 - 2. DEFENDING OTHERS**
 - 3. EFFECTING ARREST**
 - 4. PREVENT ESCAPE**
 - 5. OVERCOME RESISTANCE**
- I. INTEGRATION OF FORCE OPTIONS** **III(a)(b)(h)(k)**
- 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 OF STANDING DEFENSIVE TACTICS

A. WARM- UP

III(c)(e)

1. WARM-UP EXERCISES

- a. Warm-up
 - Base get up
 - Elbow strikes
 - Knee strikes
 - Pummeling
- b. Stretching
 - Neck
 - Shoulders
 - Hips

B. POSITION EXERCISES-

III(e)

1. BASIC ELEMENTS OF STANCES

- a. Balance
- b. Stability
- c. Mobility

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

C. FOOTWORK & MOVEMENTS

III(e)

1. PRINCIPLES OF MOVEMENT

- a. Patterns of movement
- b. Body Dynamics
- c. "Off the X"

2. FORWARD AND BACKWARD MOVEMENT

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

3. **SIDEWAY MOVEMENT**
 - a. Slide-Step left and right
4. **ANGLES**
 - a. Left 10-7 (Clock)
 - b. Right 2-5 (Clock)
5. **FROM THE GROUND**
 - a. Defense from the ground
 - b. Base get up recovery

D. STANDING CONTROL HOLD TECHNIQUES

III(b)(d)(e)(i)

1. **INTRODUCTION- COVERING TACTICS**
 - a. Manage distance, manage damage
 - b. Body lock- 2 on 1 cross body
 - c. Jam and under hook- Hammer lock
 - d. Arm drag to position of advantage
 - e. Seeking dominant angle
 - f. Seeking take down
 - g. Disengaging- Weapon retention
2. **POSITION OF ADVANTAGE**
 - a. How to get there; Arm-drag
 - b. Arm-drag opposite arm
 - c. Other set up options can be discussed:
 - Applied when subject attempts to flee
 - Applied when subject attempts to assault officer
 - Applied to subject for escort
 - Applied from a seated position
 - Applied to subject in a vehicle for removal
3. **STANDING HAMMER LOCK**
 - a. Resistive/assaultive subject
 - b. Jamming subject
 - c. Other set up options can be discussed:
 - Personal body weapons
 - Take down entry
 - Applied for vehicle removal
 - Applied to subject back against the wall
4. **BODY LOCK**
 - a. Applied to standing subject
 - b. Brief application
 - c. 2 on 1 cross body
 - d. Other set up options can be discussed:
 - Personal body weapons

- Applied to subject back against the wall

E. TAKE DOWN TECHNIQUES

III(b)(d)(e)(i)

1. REAR SIT TAKE DOWN

- Subject attempts to pull away, flee, or fight
- Subject falls to the rear
- To handcuffing
- Physical resistance options:
 - 2 on 1 cross body
 - Figure four hammer lock

2. HAMMER LOCK TAKE DOWN

- Resistive/assaultive subject
- Jam subject
- To prone hold down
- To handcuffing
- Physical resistance options:
 - Leg sweep
 - Subject attempts take down
 - Subject rolls forward- Knee ride

3. DEFENSE AGAINST FRONT HEADLOCK WITH ARM TRAPPED

- Keep distance
- Hook Subject's leg
- Sit Out
- Side control
- Physical resistance options:
 - Knee ride
 - Stand up

4. DEFENSE AGAINST SIDE HEADLOCKS

- Rear sit take down
- Subject punching; Sit Out
- To prone control
- To handcuffing

F. STANDING WEAPON RETENTION

III(a)(b)(c)(e)(g)

1. HOLSTERED SAME SIDE GRAB

- Secure weapon
- Personal body weapon
- Hips back
- Control arm
- Arm-Drag
- Take down
- Stand off

2. HOLSTERED CROSS SIDE GRAB

- a. Secure weapon
- b. Personal body weapon
- c. Hips back
- d. Control arm
- e. Take down
- f. Stand off

3. HOLSTERED DOUBLE HAND GRAB

- a. Secure weapon
- b. Personal body weapon
- c. Hips back
- d. Control arms
- e. Take down
- f. Stand off

4. UNHOLSTERED RETENTION- VWRAP

- a. Bring weapon to center
- b. Underhook to secure weapon
- c. Twist aggressively
- d. Stand off

G. PERSON SEARCHES

III(a)(b)(d)(f)(g)(h)(i)

1. CURSORY SEARCH- LECTURE

- 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- LECTURE

- a. Legality discussion
- b. Verbal commands
- c. Subject complies
- d. Subject resisting further/ take down
- e. Prone control
- f. To handcuffing

3. STANDING SEARCH

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

- Upper body
- Back
- Back Waistband
- Legs

H. USE OF RESTRAINTS

III(a)(b)(d)(e)(g)(h)

- 1. QUICK CUFFING**
 - a. Performed standing, kneeling, or prone
 - b. Verbal commands
 - c. Approach
 - d. Control subject
 - e. Stay balanced
 - f. From cross hand control
 - g. Use non-gun hand (Pinky to thumb)
 - h. Control of handcuffed subject
- 2. REMOVAL OF HANDCUFFS**
 - a. Cooperative subject
 - b. Un-cooperative subject
 - c. Combative subject

III. GROUND CONTROL

III(b)(d)(e)(g)(i)

- 1. HAMMER LOCK CONTROL**
 - a. Applied to prone subject
 - b. Control subject's hips
 - c. Lock subject's shoulder to minimize movement
 - d. Stay balanced
 - e. To handcuffing
- 2. BENT WRIST LOCK**
 - a. Applied to prone subject
 - b. Other set up options can be discussed:
 - Applied to escort
 - Applied when there's physical resistance during handcuffing
- 3. FIGURE FOUR HAMMER LOCK CONTROL**
 - a. Resistive/assaultive subject
 - b. Control subject's arm
 - c. Lock subject's shoulder to minimize movement
 - d. Stay balanced
 - e. To handcuffing
- 4. ARM BAR CONTROL**
 - a. Control subject's arm
 - b. Utilize radio/ communication
 - c. Keep Pressure

d. To handcuffing

5. KNEE RIDE CONTROL

- a. Control subject's hips with your shin
- b. Post leg for stability
- c. Stay balanced
- d. Maintain weapon retention
- e. Options for turn over:
 - Hammer Lock (Far arm)
 - Twisting arm turnover
 - Figure Four Hammer Lock
 - Arm wrap

6. ARM RETRIEVAL

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

IV. PRACTICAL EXERCISES OF DEFENSIVE GROUND TACTICS

III(a)(b)(e)(g)(h)(k)

1. DEFENSE AGAINST SIDE HEAD LOCK ON GROUND

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

2. DEFENSE AGAINST CHOKE FROM MOUNT

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

3. DEFENSE AGAINST SUBJECT STRIKING FROM MOUNT

- a. Hip bump
- b. Hug upper torso
- c. Trap arm and leg
- d. Roll over and defend from additional strikes
- e. Escape

4. DEFENSE AGAINST PUNCHES WHILE USING GUARD

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

5. GUARD GET UP

- a. Push away or frame

- b. Make space
- c. Option: Use knee as shield
- d. Distract or kick base
- e. Escape to standing position

6. DEFENSE AGAINST BACK MOUNT

- a. Control hugging arm
- b. Make space
- c. Frame
- d. Escape

7. DEFENSE AGAINST BACK MOUNT CHOKE

- a. Control top arm
- b. Make space
- c. Frame
- d. Escape

V. STUDENT EVALUATIONS AND TESTING

III(b)(j)

1. PHYSICAL EXAM

- a. Footwork and movements
- b. Searching and Handcuffing
- c. Take Downs
- d. Ground Control
- e. Defensive Tactics

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