COURSE GOAL: To teach students the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

COURSE OBJECTIVES:

• Students will demonstrate knowledge of Use of Force law and policy.
• Students will demonstrate a minimum standard of arrest and control skills with every technique, including:
  o Body physics and dynamics
  o Balance, stances, and movement
  o Handcuffing
  o Searches
  o Takedowns
  o Ground control
  o Control holds

I. Introduction and Safety Protocols (30 minutes)
   A. Introductions
      1. Instructor introductions
         a. Name
         b. Expectations for the course
   B. Administrative
      1. POST Roster
      2. Hourly distribution
         a. Overview of modules
         b. Learning objectives
         c. Testing expectations
         d. Breaks and lunch
            1) Hourly water/bathroom breaks
   C. Safety protocols
      1. First aid resources
         a. First aid kits
         b. AED at facility presenting course
         c. Medical facilities locations listed in Safety Plan
      2. Notifications of an injury
         a. Notify an instructor immediately
         b. Rescue ambulance/Emergency medical services (EMS) if necessary
      3. Infectious disease (COVID) and other sanitation protocols
      4. Awareness during training
         a. Boundaries of the mats
         b. Other students
         c. Be aware of your own body and your personal limitations
         d. Always exercise self-control
5. Evacuation
   a. Exits
   b. Meeting location
6. Injury prevention
   a. Briefing of the proper mindset regarding cooperative, productive, and safe training
   b. Briefing of the importance and meaning of “tapping out”
   c. Practice slow
      1) Start slow and increase speed only when both students are comfortable with the technique
      2) Only go as fast as perfect technique allows

II. Use of Force Law and Policy (1 hour)
   A. PC 835a
   B. Graham vs. Connor
   C. Tennessee vs. Garner
   D. AB 392
   E. Fontana Police Department Policy Review

III. Stance, Movement, and Striking (1 hour)
   A. Stances (Neutral, FI, Fighting)
      1. Introduction
      2. Demonstrations
         a. Body physics and dynamics
         b. Types of stances
         c. Essential details
         d. Most common mistakes
      3. Drill orders
      4. Release reminders – Sets proper cooperative tone for the training
         a. Give feedback
         b. Ask questions
         c. Slow motion
         d. Help each other out
      5. Learning activity
         a. Students technical drilling
         b. Instructors assess and evaluate
            1) Conduct visual assessment of each student
            2) Make individual corrections when necessary
            3) Continually evaluate students and ask for student questions
   B. Patterns of Movement (all directions, break fall, technical get-up)
      1. Introduction
      2. Demonstrations
         a. Body physics and dynamics
b. Various movements  
c. Essential details  
d. Most common mistakes  

3. Drill orders  

4. Release reminders - Sets proper cooperative tone for the training  
   - Give feedback  
   - Ask questions  
   - Slow motion  
   - Help each other out  

5. Learning activity  
   - Students technical drilling  
   - Instructors assess and evaluate  
     1) Conduct visual assessment to determine proficiency of each student  
     2) Make individual corrections when necessary  
     3) Continually evaluate students and ask for student questions  

C. Striking (punch, palm heel, elbow, knee, kick)  
   1. Introduction  
   2. Demonstrations  
      - Body physics and dynamics  
      - Types of strikes  
      - Essential details  
      - Most common mistakes  
   3. Drill orders  
   4. Release reminders - Sets proper cooperative tone for the training  
      - Give feedback  
      - Ask questions  
      - Slow motion  
      - Help each other out  
   5. Learning activity  
      - Students technical drilling  
      - Instructors assess and evaluate  
        1) Conduct visual assessment of each student  
        2) Make individual corrections when necessary  
        3) Continually evaluate students and ask for student questions  

IV. Ground Fighting Positions and Escapes (1.5 hours)  
   A. Guard  
      1. Introduction  
      2. Demonstrations  
         - Body physics and dynamics  
         - Position and escape  
         - Essential details  
         - Most common mistakes  

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3. Drill orders
4. Release reminders - Sets proper cooperative tone for the training
   a. Give feedback
   b. Ask questions
   c. Slow motion
   d. Help each other out
5. Learning activity
   a. Students technical drilling
   b. Instructors assess and evaluate
      1) Conduct visual assessment of each student
      2) Make individual corrections when necessary
      3) Continually evaluate students and ask for student questions

B. Side Control
1. Introduction
2. Demonstrations
   a. Body physics and dynamics
   b. Position and Escape
   c. Essential detail
   d. Most common mistakes
3. Drill orders
4. Release reminders - Sets proper cooperative tone for the training
   a. Give feedback
   b. Ask questions
   c. Slow motion
   d. Help each other out
5. Learning activity
   a. Students technical drilling
   b. Instructors assess and evaluate
      1) Conduct visual assessment of each student
      2) Make individual corrections when necessary
      3) Continually evaluate students and ask for student questions

C. Top Control
1. Introduction
2. Demonstrations
   a. Body physics and dynamics
   b. Position and escape
   c. Essential details
   d. Most common mistakes
3. Drill orders
4. Release reminders - Sets proper cooperative tone for the training
   a. Give feedback
   b. Ask questions
   c. Slow motion
d. Help each other out

5. Learning activity
   a. Students technical drilling
   b. Instructors assess and evaluate
      1) Conduct visual assessment of each student
      2) Make individual corrections when necessary
      3) Continually evaluate students and ask for student questions

D. Back Control
   1. Introduction
   2. Demonstrations
      a. Body physics and dynamics
      b. Position and escape
      c. Essential details
      d. Most common mistakes
   3. Drill orders
   4. Release reminders - Sets proper cooperative tone for the training
      a. Give feedback
      b. Ask questions
      c. Slow motion
      d. Help each other out
   5. Learning activity
      a. Students technical drilling
      b. Instructors assess and evaluate
         1) Conduct visual assessment of each student
         2) Make individual corrections when necessary
         3) Continually evaluate students and ask for student questions

V. Lunch (1 hour)

VI. Takedowns and Takedown Defense (2 hours)
   A. Sprawl and Cross face
      1. Introduction
      2. Demonstrations
         a. Body physics and dynamics
         b. Techniques used separate and in combination
         c. Essential details
         d. Most common mistakes
      3. Drill orders
      4. Release reminders - Sets proper cooperative tone for the training
         a. Give feedback
         b. Ask questions
         c. Slow motion
         d. Help each other out
5. Learning activity
   a. Students technical drilling
   b. Instructors assess and evaluate
      1) Conduct visual assessment of each student
      2) Make individual corrections when necessary
      3) Continually evaluate students and ask for student questions

B. Wrist Control and Clinch
   1. Introduction
   2. Demonstrations
      a. Body physics and dynamics
      b. Techniques used separate and in combination
      c. Essential details
      d. Most common mistakes
   3. Drill orders
   4. Release reminders - Sets proper cooperative tone for the training
      a. Give feedback
      b. Ask questions
      c. Slow motion
      d. Help each other out
   5. Learning activity
      a. Students technical drilling
      b. Instructors assess and evaluate
         1) Conduct visual assessment of each student
         2) Make individual corrections when necessary
         3) Continually evaluate students and ask for student questions

C. Snap Down/Collar Tie
   1. Introduction
   2. Demonstrations
      a. Body physics and dynamics
      b. Takedown
      c. Essential details
      d. Most common mistakes
   3. Drill orders
   4. Release reminders - Sets proper cooperative tone for the training
      a. Give feedback
      b. Ask questions
      c. Slow motion
      d. Help each other out
   5. Learning activity
      a. Students technical drilling
      b. Instructors assess and evaluate
         1) Conduct visual assessment of each student
         2) Make individual corrections when necessary
Continually evaluate students and ask for student questions

D. Arm Drag
   1. Introduction
   2. Demonstrations
      a. Body physics and dynamics
      b. Takedown
      c. Essential details
      d. Most common mistakes
   3. Drill orders
   4. Release reminders - Sets proper cooperative tone for the training
      a. Give feedback
      b. Ask questions
      c. Slow motion
      d. Help each other out
   5. Learning activity
      a. Students technical drilling
      b. Instructors assess and evaluate
         1) Conduct visual assessment of each student
         2) Make individual corrections when necessary
         3) Continually evaluate students and ask for student questions

VII. Arm Locks (1 hour)
   A. Kimura/Key Lock
      1. Introduction
      2. Demonstrations
         a. Body physics and dynamics
         b. Arm lock
         c. Essential details
         d. Most common mistakes
      3. Drill orders
      4. Release reminders - Sets proper cooperative tone for the training
         a. Give feedback
         b. Ask questions
         c. Slow motion
         d. Help each other out
      5. Learning activity
         a. Students technical drilling
         b. Instructors assess and evaluate
            1) Conduct visual assessment of each student
            2) Make individual corrections when necessary
            3) Continually evaluate students and ask for student questions
   B. Straight Arm Lock
      1. Introduction
2. Demonstrations
   a. Body physics and dynamics
   b. Arm lock
   c. Essential details
   d. Most common mistakes
3. Drill orders
4. Release reminders - Sets proper cooperative tone for the training
   a. Give feedback
   b. Ask questions
   c. Slow motion
   d. Help each other out
5. Learning activity
   a. Students technical drilling
   b. Instructors assess and evaluate
      1) Conduct visual assessment of each student
      2) Make individual corrections when necessary
      3) Continually evaluate students and ask for student questions
C. Americana Lock
   1. Introduction
   2. Demonstrations
      a. Body physics and dynamics
      b. Arm lock
      c. Essential details
      d. Most common mistakes
3. Drill orders
4. Release reminders - Sets proper cooperative tone for the training
   a. Give feedback
   b. Ask questions
   c. Slow motion
   d. Help each other out
5. Learning activity
   a. Students technical drilling
   b. Instructors assess and evaluate
      1) Conduct visual assessment of each student
      2) Make individual corrections when necessary
      3) Continually evaluate students and ask for student questions

VIII. Searches and Handcuffing (1 hour)
A. Searches
   1. Introduction
   2. Demonstrations
      a. Body physics and dynamics
      b. Types of searches
c. Essential details
d. Most common mistakes

3. Drill orders
4. Release reminders - Sets proper cooperative tone for the training
   a. Give feedback
   b. Ask questions
   c. Slow motion
   d. Help each other out

5. Learning activity
   a. Students technical drilling
   b. Instructors assess and evaluate
      1) Conduct visual assessment of each student
      2) Make individual corrections when necessary
      3) Continually evaluate students and ask for student questions

B. Handcuffing (Standing, Seated, Prone)
   1. Introduction
   2. Demonstrations
      a. Body physics and dynamics
      b. Types of handcuffing
      c. Essential details
      d. Most common mistakes
   3. Drill orders
   4. Release reminders - Sets proper cooperative tone for the training
      a. Give feedback
      b. Ask questions
      c. Slow motion
      d. Help each other out
   5. Learning activity
      a. Students technical drilling
      b. Instructors assess and evaluate
         1) Conduct visual assessment of each student
         2) Make individual corrections when necessary
         3) Continually evaluate students and ask for student questions

IX. Proficiency Drill and Class Critique (1 hour)
   A. Individual Student Demonstration
      1. Student alone with instructors
      2. Instructors choose the techniques to be demonstrated
      3. Student must show proficiency of selected techniques
      4. Instructors evaluate proficiency and determine if remediation is needed
   B. Critiques
      1. After proficiency drill, provide class critique form
      2. Collect and review class critiques

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