

Arrest & Control Course Outline

- I. Introduction
 - A. Training-Inadequate training causes officers to either under react or over react to stress situations. More training makes officers less aggressive, reduces stress, promotes confidence.
 - B. Resistance - The suspect is either actively resisting or they are complying – No passive resisting.
 - C. Use of force general order - Reasonable force/available force options
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 - 1. First aid to suspect
 - D. Legal issues/case law

- II. Principles of arrest and control
 - A. Stance and balance
 - 1. Position of Interview / Position of advantage / Fighting Stance
 - Knees bent, Front foot forward, and rear leg back,
 - Hands up
 - 2. Mental balance-self-confidence/control emotions
 - 3. Physical balance-centered, able to move quickly
 - 4. Stability-strong foundation
 - 5. Foot work

 - B. Control of suspect
 - 1. Verbal commands
 - 2. Watch suspect and control hands
 - 3. Hands on

 - C. Body physics and dynamics
 - 1. Momentum
 - 2. Weight transfer/displacement
 - 3. Leverage
 - 4. Speed

- III. Warm-up/safety for practical exercises
 - A. Discussion of general safety guidelines

 - B. Discussion of training specific safety guidelines

- IV. Searches
 - A. Cursory Searches
 - 1. Approach to suspect
 - 2. Positioning
 - 3. Searching
 - 4. Handcuffing

- B. Standing modified search
 1. Directing/approach/contact with suspect
 2. Positioning/searching
 3. Position change
 4. Move into a rear wristlock
 5. Handcuffing

- C. High risk kneeling search and handcuffing
 1. Voice and command presence
 2. Control suspect's position
 3. Approach and contact with suspect
 4. Searching
 5. Control change
 6. Handcuffing

- D. High risk prone to handcuffing
 1. Voice and command presence
 2. Control suspect's position
 3. Approach/obtain rear wristlock
 4. Searching
 5. Handcuffing position and handcuffing

- V. Take down/control holds to handcuffing
 - A. Twist lock
 1. Suspect contact
 2. Stance/foot work
 3. Hand position and application
 4. Handcuffing

 - B. Twistlock to rear wristlock
 1. Suspect contact
 2. Stance/foot work
 3. Hand position and application
 4. Handcuffing

 - C. Twistlock to prone control
 1. Suspect contact
 2. Stance/foot work
 3. Hand position and application
 4. Handcuffing

 - D. Rear Wristlock

1. Suspect Contact
2. Stance/Footwork
3. Hand position and application
4. Handcuffing

E. Bar Arm Wristlock

1. Suspect Contact
2. Stance/Footwork
3. Hand position and application
4. Handcuffing

VI. Cool down/test/student evaluation