

Foster City Police Department Defensive Tactics Training



Defensive Tactics Training Academy

DT Staff

Course Goal

- To provide officer's with the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.
- 2 Part Training
 - Classroom Portion
 - DT
 - Arrest and Control Techniques
 - Hands on Training

Defensive Tactics

- A system of controlled defensive and offensive body movements used by police officers to respond to a subject's aggression or resistance. Techniques based on the combination of martial arts, wrestling, and boxing.
- For police to be successful, we are going to have utilize multiple disciplines to effectively get the task accomplished. There is not one technique which will counter all the resistance we encounter.

- Altercations were most likely to develop from the following field activities: disturbances of the peace (33.8%), traffic stops (18.5%), and narcotics/alcohol activity (14.8%).
- Over 90% of the subjects involved in altercations were male; only about 9.5% were female.

De-Escalation Techniques

- While there will not always be time to de-escalate a situation, it is important to remember that your ability to talk a subject down, or to overwhelm their attention with resources, can prevent a physical altercation from occurring. Some opportunities for this are as follows:
- 5150 evaluations/ 10-56A subjects
- People we want to avoid going hands-on with due to physical limitations

Use your Active Listening skills whenever possible

- The most common time we are going to see resistance is when we are taking somebody into custody.
- When a suspect is being taken into custody it should be done with the use of two officers (if possible). Each officer should be controlling the subject.

- Law Enforcement Officers go “hands on” in both all types of physical confrontations. Most confrontations are going to result in the fight going to the ground. We need to remain the ones in control and do not get put in a compromising position by the suspect.
- The ground should be an uncomfortable place to be. Approximately 90% (or more) of physical altercations “go to the ground.” With the popularity of UFC/MMA fighting, people are watching these sports and gearing their fighting style towards MMA (Primarily grappling).
- With recent events people are more likely to be non-compliant and resistive.

- Fighting on the ground.
 - Be prepared to encounter individuals who are skilled in ground fighting.
 - Have some techniques to keep yourself in the position of advantage & know how to defend yourself from being put in a position of disadvantage.
- Sometimes taking the fight to the ground, might be your best option since it can be the most effective way to control a subject (especially when there are multiple officers).



- The safest spot for us to be is on our feet. This is going to provide the best retention/security for our weapons and the quickest response to defending attacks. If we end up on the ground the suspect is going to have an advantage over us. While the suspect only has to worry about attacking us, we have to worry about fighting and keeping retention of our weapons.
- Give yourself enough space so you have time to react to subjects movements (reactionary gap).

Always Have a Plan B.....

- Be mindful that if a technique is not working, move on to something else.
- Utilize distraction strikes, expanding the reactionary gap.
- Always communicate with your partners (Have a plan), defined roles etc.

Statistics in Police Altercations

- Suspect taking the officer to the ground:
 - Pulling the officer to the ground (33%)
 - Pushing the officer to the ground (28%)
 - Tackling the officer to the ground (24%)
 - Kicking or punching the officer to the ground (15%)
- Once the officer was down:
 - The subject continued to assault the officer once the officer was down (64%)
 - The subject fled (31%)
 - The subject waited for the officer to get back up to continue the fight (5%)
- Of the ground fights, suspects generally continued with grappling and pinning techniques (77%), or used punches, kicks, and strikes (66%). However, in 21% of the cases, the subjects attempted to disarm the officer, with 5% being successful.

Resistance – Passive Vs Active

- Passive

Opposition to a government or to specific governmental laws by the use of noncooperation and other nonviolent methods, as economic boycotts and protest marches.

- Active

Active resistance is the movement of the whole body or some body parts, which is carried out totally through the individual's own efforts against a certain opposing force.

Case Law



Case Law

Tennessee v Garner

The Memphis Police Department was dispatched to answer a burglary call. One officer went behind the house and witnessed someone running across the yard. The fleeing suspect stopped at a fence. Using his flashlight, the officer could see the suspect's face and hands, and was reasonably sure that Garner was unarmed. The officer ordered the suspect to halt as the suspect began to climb the fence. Believing the suspect would flee if he made it over the fence, the officer shot him.

(Shot because fleeing felon)

Graham v Connor

Graham, a diabetic, asked his friend to drive him to a convenience store to purchase orange juice to counteract the onset of an insulin reaction. Upon entering the store and seeing the number of people ahead of him, Graham hurried out and asked Berry to drive him to a friend's house instead. Connor, a city police officer, became suspicious after seeing Graham hastily enter and leave the store, followed Berry's car, and made an investigative stop, ordering the pair to wait while he found out what had happened in the store. Respondent backup police officers arrived on the scene, handcuffed Graham, and ignored or rebuffed attempts to explain and treat Graham's condition. During the encounter, Graham sustained multiple injuries.

(Reasonableness)

Case Law

- Forrester v. City of San Diego
- Police confronted several antiabortion demonstrations. 5 Protesters converged upon medical buildings, blocked entrances, filled stairwells and corridors, and prevented employees and patients from entering. When police attempted to remove them, the demonstrators passively resisted by remaining seated, refusing to move, and refusing to bear weight. Before each arrest, the officers warned the demonstrators that they would be subject to pain compliance measures if they did not move, that such measures would hurt, and that they could reduce the pain by standing up, eliminating the tension on their wrists and arms. The officers then forcibly moved the arrestees by tightening police nunchaku, commonly known as "nunchuks," around their wrists until they stood up and walked. All arrestees complained of varying degrees of injury to their hands and arms, including bruises, a pinched nerve, and one broken wrist.
- *The Forrester court held that substantial evidence supported a jury verdict for the police and the city under the Graham reasonableness standard.*

Case Law

- Long Beach v. Long Beach POA
 - Two Long Beach PD officers were involved in an OIS in 2010.
 - Following the OIS, the Department created a policy narrowly outlining when officers were allowed to use their firearms and stating that officers' names would be released to the public following an OIS.
 - The LBPD POA sued, stating the release of names created a safety issue for officers. Upon appeal, the Court ruled in favor of the Department; the policy stood.
 - *Officer MUST conform to agency policy even if policy is more restrictive than state or federal law. Failure to follow policy may result in termination of employment and/or loss of qualified immunity.*

Case Law

- Lundberg v. County of Humboldt
- During three protests in the Fall of 1997, police officers swabbed pepper spray in the eyes of eight activists practicing passive resistance.
- *The action taken by the police was later judged to be excessive force and a violation of the Fourth Amendment.*

FCPD General Orders

FCPD Lexipol Policy December 2019

- Policy 300 – Use of Force

- Policy 306 – Restraints



Handcuffing

- Used for
 - Restrain a subject who presents a danger (officer safety)
 - Take a subject into custody (arrest)
- Considerations when handcuffing
 - Persons known to be pregnant should be restrained in the least restrictive manner that still provides officer safety
 - Juveniles under 14 years of age should not be restrained unless suspected of a dangerous felony or reasonable suspicion the juvenile may resist, attempt escape, or present a danger
 - Does the person have an apparent disability
 - Is the suspect unable to be cuffed due to injuries

Handcuffing

- Always check for proper tightness
 - If someone complains cuffs are too tight, do not take off the initial set. Apply a second pair of cuffs, then remove the pair that is too tight
- Always double lock
 - Double locking ensures the handcuffs do not overtighten and also makes it more difficult for suspects to escape the handcuffs
- If you put someone in handcuffs it shall be documented.

Five Levels of Force

1. Verbal Commands – Tell them what you want them to do
2. Contact Controls - Grasping or pulling on a subject to gain compliance.
3. Compliance Techniques - Come-alongs, wrist and twist locks, other such pain compliance holds, and take-downs.
4. Intermediate Levels of Force - Use of a police canine, chemical agents, batons, saps, billy clubs, asps, Taser, and other impact weapons.
5. Deadly Force - Deadly force includes the use of firearms or other tactics likely to cause death or serious bodily injury.

Techniques to Combat Resistance

- Distractionary Strikes
- Use of Pressure Points
- Pain Compliance Techniques



*All of these make the suspect focus and think about the pain being generated vs resisting



Mental Checklist

1. Hands
2. Cover
3. Weapons/Bulges
4. Associates, subject and officers (available resources)
5. Escape routes subjects – tactical retreat
6. Footing/Balance – Ability to stay on our feet

Medical Attention

Following a use of force incident, do they need medical attention:

- Subject requests medical attention
- Subject has a visible injury
- Subject shows signs of any injury
- Officer feels subject should be given medical attention
- Subject was rendered unconscious

Minimize Officer Disablers

- Lifetime fitness and nutrition
 - Make healthy eating choices
 - Higher % of cruciferous vegetables over processed carbs.
 - (cut out the junk food)
 - Exercise regularly
 - 20 min of HIIT at least once/week
 - Intense resistance training at least 2 times per week
 - Reduce stress
 - Vacations
 - Hobbies
 - Yoga



Safety First

- No weapons allowed
- No horseplay
- Any pre-existing injuries? (Let an Instructor Know)
- All techniques must first be practiced slowly
- Students should be aware of the “Tap out” rule
- Immediately notify instructors of ANY injury

