

CHINO POLICE DEPARTMENT
Arrest & Control
Course Outline

- I. Introduction
 - a. Check-in
 - b. Safety Orientation
 - c. Students will individually identify any pre-existing injuries or limitations of students to determine if the student is able participate without further injury.
 - d. Rules of the mat
 - e. Fully stocked first aid kit will be available for use.
 - f. *Student Evaluation / Testing: Students will be evaluated throughout the technique performance / exercises. Students will remediate as needed.*

- II. Use of Force application and Case Law
 - a. Chino Police Department Use of Force Policy
 - b. PC 835(a)
 - c. Case Law
 - i. Graham v. Connor
 - ii. Deorle v. Rutherford
 - d. Report Writing

- III. Warm-up
 - a. Instructor to demonstrate the following warm up exercises

- IV. Searching
 - a. Cursory
 - b. Incident to Arrest

- V. Handcuffing
 - a. Handcuffing nomenclature
 - b. Preparatory application
 - c. Arrest Positions
 - 1. Standing
 - 2. Kneeling
 - 3. Prone

- VI. Baton – Straight stick / Expandable baton
 - a. Strike areas
 - b. No strike areas
 - c. All techniques will be applied in conjunction with verbal commands from the student, telling the subject to get down and or stop resisting.

- d. Baton nomenclature
 - e. Removing the baton from the holster
 - f. Baton grips
 - g. Position of carry (ready position)
 - h. Striking techniques, one hand, two hand
 - i. Baton retention
 - j. Drills
 - k. Qualification
- VII. Instructors will show how to control a subject through position, verbal and physical contact
- a. All techniques will be applied in conjunction with verbal commands from the student, telling the subject to get down and or stop resisting.
 - b. Wrist Twist
 - c. Rear Wrist Lock
 - d. Arm bar/ arm bar take down
 - e. Z-bend
 - f. Figure 4 / Figure 4 takedowns
- VIII. Personal Weapons Techniques
- a. All techniques will be applied in conjunction with verbal commands from the student, telling the subject to get down and or stop resisting.
 - 1. Closed Fist Strike
 - 2. Palm Strike
 - 3. Bottom Fist Strike
 - i. Elbow / forearm strike
 - 4. Knee strike
 - 5. Front Push Kick
- IX. Getting up in "Base"
- X. Defending an attack while on the ground
- a. The instructor will demonstrate the ground defense while on his/her back
- XI. Practical Application/Scenario
- XII. Course Conclusion
- a. Debrief
 - b. Ensuring no injuries have occurred
 - c. Answering questions