

CHINO POLICE DEPARTMENT
Weaponless Defense/Arrest & Control -2 hours
Course Outline
AOT July 2022

- I. Introduction
 - a. Check-in
 - b. Safety Orientation
 - i. Everyone is responsible for safety.
 - ii. If you see an unsafe activity / situation shout "Stop Action"
 - c. Identify and document any pre-existing injuries or limitations of students to determine if the student is fit enough to participate without further injury.
 - d. Rules of the mat, Code word: **RED**
 - e. *Student Evaluation/ Testing: Students will be evaluated throughout the technique performance/ exercises. Students will remediate as needed.*
- II. Course Description
 - a. Through lecture, demonstration, practical application, and testing this course will provide the officer with techniques in arrest and control techniques to safely control subjects, coupled with defensive tactics and weaponless defense techniques.
- III. Course Objectives – the student will be able to:
 - a. Understand and know the legal and policy parameters as it pertains to Use of Force and Arrest and Control of suspects.
 - b. Properly warm-up prior to physical activity to minimize injury.
 - c. Recognize options as to the degree of physical control on the subject and how the degree of control will be dictated at the time of contact.
 - d. Use certain pain compliance techniques that lend themselves to the effective control of the physically resisting person, and the person who is passively resisting verbal commands.
 - e. Recognize those parts of his/her anatomy that can be used as weapons in situations of self-defense as a part of an integrated defensive tactics system.
- IV. Warm-up
- V. Break-fall
- VI. Hip Escape
- VII. Sprawl
- VIII. Bridge
- IX. Getting up in BASE
- X. Team Tactics/ Takedown
- XI. Sidemount lesson and Drill
- XII. Closed-Guard lesson and Drill