

CHINO POLICE DEPARTMENT

Weaponless Defense/Arrest & Control Course Outline

- 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: **HALT**
 - 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 techniques that lend themselves to the effective control of the physically resisting person.

- IV. Warm-up
 - a. Slow to moderate jog around the training room
 - b. Inward and outward side steps slow to moderate speed (around training room)
 - c. While jogging, every other step bend down and touch the ground
 - d. Stretch the neck downward and to both sides
 - e. Separate feet and stretch downward to each side
 - f. Roll backward onto your upper back area to stretch your spine and lower back

- g. Officer will do 10 pushups to warm-up the arms, chest, and shoulders.
- h. Officer will do 10 jump squats to warm up the legs and abdominals.

V. Half "Z" Guard

- a. The officer will be on their back, but canted to one side (aka on the hip) and the suspect will be above them
- b. Officer will have the leg closest to the ground wrapped around the suspect's opposite leg
- c. Officer's other leg will be in a "seatbelt" position across the suspect's chest to prevent the suspect from closing the distance
- d. Officer will block both of the suspect's biceps, while using the leg across the chest as a barrier



VI. Transition to "Dog Fight" Position

- a. Officer will place the arm that is furthest from the ground to around the lower back of the suspect
- b. Officer's same side ear will attach to the suspect's chest



- c. Officer will drag their leg out from under the suspect
- d. Officer will trap the leg of the suspect using the leg that was originally in the seatbelt position



- VII. Dog Fight Position to Knee Tap or Ninja Roll
- a. With the based-out arm, officer will reach towards the opposite knee of the suspect. Officer will simultaneously pull the knee while pushing forward with their body, forcing the subject to their back/hip. Officer will get into top mount from there



- b. If the suspect widens their knee base and the officer can't reach the knee, the officer will use the based-out arm and reach for the shoe laces of the same target foot. The officer will then continue the momentum into a roll, landing in the same position as if the knee tap were successful



VIII. Side Mount to Back Control

- a. While in a side mount position, officer will pull down the knee of the suspect's opposing side
- b. Officer will then "triangle" the suspect's leg and roll over the suspect's hip
- c. This movement automatically places the officer in a back control position
- d. **Practical application needed due to minimal demonstration videos online**