

**Course Outline**

**COURSE:** JLE 134                      **DIVISION:** 50                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** SELF DEF FOR INSTR

**LONG TITLE:** Self Defense/Arrest Techniques for Instructors

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
1 TO 5	2	Lecture:	0 TO 8	0 TO 16
		Lab:	0 TO 72	0 TO 144
		Other:	0	0
		Total:	0 TO 80	0 TO 160

**COURSE DESCRIPTION:**

Physical self-defense and arrest tactics, including baton-designed defense, and directed toward officer safety. This is a pass/no pass course. Units earned in this course do not count toward the associate degree and/or certain certificate requirements. **ADVISORY:** JLE 100

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. The student will learn the principles and concepts related to the police use of force.
2. The student will understand various searching and handcuffing techniques and be able to apply those techniques.

3. The student will analyze the techniques used in arrest situations and evaluate which techniques are to be used in a particular situation.
4. The student will understand the use of carotid control hold.
5. The student will learn how to properly apply the carotid hold.
6. The student will understand the concepts of gun retention and the methods used to teach it.
7. The student will gain the understanding and experience in order to successfully teach arrest control techniques and baton tactics.
8. The student will receive complete lesson plans that are divided into units and areas of instruction to include student performance objectives, motivation, key points and feedback of activities and evaluation.

### **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Inactive Course: 09/26/2011

DAY 1 8 Course registration

Introduction: instructor(s), participants, program, system, orientation, handouts

Course safety procedures, use of force, liability

Principles of weaponless defense

Continue with principles of weaponless defense

Introduction to searching, introduction to handcuffing, use of plastic restraints

Approaching the suspect, positioning, movement

Carotid control hold

Baton tactics

DAY 2 8 Warm up

Stance, footwork movement

Backfall and recovery, forward roll, back roll, floor defense

Twist lock, directional control, resistance during

twist lock application: elbow slap to rear wrist lock

Cursory search: position, systematic search, move away, searching female suspects, weak side approach, low profile twist lock handcuffing, standing lower body search, walk handcuffed subject w/bent wrist lock, removing handcuffs

Continue with cursory search, strong side approach cursory search with twist lock control (high profile cursory)

Instructor's attitude, departmental support, developing the program, making the program work

Instructor responsibilities, class preparation, teaching the class: teaching techniques and methods of instruction

DAY 3 8 Warm-up, Review: stance, footwork and movement, twist lock, twist lock to rear wrist lock, resistance during twist lock application (over shoulder, pull/push, elbow slap to rear wrist lock Standing modified search and rear wrist lock handcuffing Standing modified search and rear wrist lock handcuffing, lower body search, walk handcuffed subject into and out of patrol car, removing handcuffs Kneeling search Kneeling search and twist lock handcuffing, kneeling lower body search, stand subject and walk with bent wrist lock Instructor liability, evaluation and testing departmental record keeping Team work: duties of cover officer and contact officer, peace officer killing report, integrating police training, principles of gun retention, principles of gun retention, principles of weapon take away Prone handcuffing (step over) Continue with prone handcuffing, prone search, option to step around shoulder for prone handcuffing, walk handcuffed subject with rear wrist lock

DAY 4 8 Warm-up, Review: Footwork, twist lock, twist lock to rear wristlock, resistance during twist lock application, Teach: chin lock distraction to rear wrist lock, rear wrist lock to bent wrist lock, bent wrist lock to twist lock Carotid control hold, chancery, option to handcuff from rear wrist lock prior to rendering subject unconscious Hair pull take down to carotid control hold, rear leg sweep take down to carotid control hold Handcuffing following application of the carotid control hold Warm-up, gun retention: left hand grasp from the front, twist lock take down to the front and rear Gun retention: right hand grasp from the front Gun retention: right hand grasp from the rear Gun retention: left hand grasp from the rear Gun retention: two hand grasp from the front and rear

DAY 5 8 Warm-up, handgun retention: weapon out of the holster Continue: gun retention with weapon out of the

holster and shotgun retention

Baton tactics: two count striking hand, two count modified

Baton tactics: low defense against punch, kick and over head attack, three count from the ring  
Warm-up, baton tactics: three count from the ring, five count thrust, block a punch with the strong hand and thrust from the ring

Review: cursory search and low profile twist lock handcuffing, Review: standing modified search and rear wrist lock handcuffing, include lower body search, walk with bent wrist lock, handcuffed subject in and out of patrol car, remove handcuffs

Review: kneeling search and twist lock handcuffing, Review: prone handcuffing and search (step over and step around), Include: walk with rear wrist lock, introduce quick hand pick-up for prone handcuffing

Review: Carotid control hold, chancery, option to handcuff from rear wrist lock, hair pull take down, rear leg sweep take down, handcuffing following application of the carotid control hold

DAY 6 8 Warm-up, Review: gun retention, grasp from the front with left hand, include twist lock take downs to front and rear, Teach: twist lock take d

#### COURSE OBJECTIVES:

1. The student will identify:
  - a. contents of section 835a of the California Penal Code
  - b. levels of force
  - c. types of liability for use of excessive force
2. The student will identify:
  - a. three premises that form the basis of this system
  - b. concepts of control
  - c. four forms of compensating behavior
3. The student will identify principles of searching, including:
  - a. search prior to handcuffing
  - b. determining search technique to use
  - c. criteria for searching females
  - d. common errors made during searches
  - e. systematic search
  - f. duties of the cover officer
4. The student will identify principles of handcuffing including:
  - a. limitations regarding use of restraint devices on certain types of prisoners
  - b. purpose, correct use and limitations of use of restraint devices on prisoners
  - c. handcuff nomenclature

5. The student will identify six major hazards when approaching a suspect.
6. The student will identify four elements of the interview position.
7. The student will demonstrate a proper interview position with a partner.
8. The student will demonstrate a twist lock control hold.
9. The student will demonstrate moving from the twist lock to the rear wrist lock.
10. The student will demonstrate a twist lock take down to the front.
11. The student will demonstrate a twist lock take down to the rear.
12. The student will demonstrate a cursory search technique including :
  - a. approach (two sides)
  - b. systematic search of upper body
  - c. moving away from subject following search
13. The student will demonstrate the low profile twist lock handcuffing technique following the cursory search.
14. The student will demonstrate a search of the lower body of a handcuffed suspect, from the waist down, in the standing position.
15. The student will demonstrate the correct technique for removing handcuffs from a cooperative suspect in the detention facility .
16. The student will demonstrate a cursory search with twist lock control including:
  - a. approach (two sides)
  - b. systematic search of upper body
  - c. proper twist lock control hold
  - d. moving away from subject following search
17. The student will demonstrate a standing modified search technique.
18. The student will demonstrate handcuffing from the rear wrist lock.
19. The student will demonstrate a kneeling search and handcuffing technique including.
  - a. approach
  - b. systematic search of upper body
  - c. low profile twist lock handcuffing
  - d. lower body search in kneeling position
20. The student will demonstrate a prone handcuffing and search technique including:
  - a. approach
  - b. prone handcuffing
  - c. prone search
21. The student will demonstrate the technique for stepping around suspect's arm, from the standing position to kneeling position for the prone handcuffing technique.
22. The student will identify:
  - a. purpose of the carotid control hold and when its use may be justified

- b. procedures to follow when the carotid control hold is used
  - c. effects of the carotid control hold on the body
  - d. hazards of the use of the carotid control hold
  - e. first aid if the carotid control hold is used
  - f. effects of a bar arm (trachea) choke and why its use is recommended
23. The student will demonstrate a carotid control hold.
24. The student will demonstrate the chancery variation of the carotid control hold.
25. The student will demonstrate establishing a rear wrist lock from the carotid control hold and optional handcuffing before rendering suspect unconscious.
26. The student will demonstrate transition to the prone position, application of handcuffs and check of vital signs following application of the carotid control hold.
27. The student will demonstrate the hair pull take down to the carotid control hold.
28. The student will demonstrate a rear leg sweep take down to the carotid control.
29. The student will demonstrate the recognized technique for handgun retention.
30. The student will identify:
- a. when use of the baton may be justified
  - b. vital body points and bone edges that constitute police baton targets
  - c. body parts that are susceptible to lethal baton blows
31. The student will identify:
- a. common types of side-handle batons used by peace officers
  - b. baton nomenclature
  - c. baton principles
  - d. baton grips, positions and techniques
32. The student will identify:
- a. when plastic restraints might be used
  - b. limitations of the use of plastic restraints
  - c. safety precautions when using plastic restraints
33. The student will demonstrate the correct technique for:
- a. placing a handcuffed prisoner into a patrol car
  - b. taking a handcuffed prisoner out of a patrol car
34. The student will demonstrate a chin lock distraction and move to a rear wrist lock.

**METHODS OF INSTRUCTION:**

Lecture, demonstration/application.

**METHODS OF EVALUATION:**

**REPRESENTATIVE TEXTBOOKS:**

^uArrest Control Techniques and Baton Tactics^s, by Rod Sanford,

Pacific Institute of Defensive Tactics, Watsonville, CA.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200070

UC TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: I

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: JLE

CSU Crosswalk Course Number: 134

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: Y

Occupational Course: B

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000297529

Sports/Physical Education Course: N

Taxonomy of Program: 210500