

### Course Outline

**COURSE:** JLE 135                      **DIVISION:** 50                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Spring 2021                      **CURRICULUM APPROVAL DATE:** 11/10/2020

**SHORT TITLE:** DEFENSIVE TACTICS INSTRUCTOR

**LONG TITLE:** Defensive Tactics Instructor

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
1 TO 2	18	Lecture:	.5 TO 1	9 TO 18
		Lab:	1.77 TO 3.57	31.86 TO 64.26
		Other:	0	0
		Total:	2.27 TO 4.57	40.86 TO 82.26

#### **COURSE DESCRIPTION:**

This is a 40 - 80 variable unit course that meets the training requirements of The Commission on Peace Officers Standards and Training (P.O.S.T.). It covers Control Techniques, Weapon Retention, Legal Issues, plus topics designed to provide training for currently employed law enforcement officials to become instructors in defensive tactics. This course may be replaced for new content, ongoing training or updating. This course is a pass/no pass course. Prerequisite: JLE 100 or equivalent

#### **PREREQUISITES:**

JLE 100

#### **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:**

By the end of this course, a student should:

1. Demonstrate proper safety procedures in use of force, defensive tactics, arrest and control techniques and verbal communication.
2. Demonstrate proper procedures for handcuffing, search techniques, control holds, takedowns and de-escalation techniques dealing with resistance from a suspect.
3. Review department's Use of Force policies, and state and federal laws for Use of Force.
4. Review proper teaching techniques and methodology to improve skills in developing lesson plans, course outlines, evaluation procedures and record keeping system. Administer a quiz you have developed regarding these skills.

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

Curriculum Approval Date: 11/10/2020

### **LECTURE CONTENT:**

- I. Introduction/Registration (.5 hour)
  - A. Registration
  - B. Introduction of instructors
  - C. Outline of course
    1. Course objectives
    2. Completion requirements
  - D. Distribution of course binder and other material
- II. Introduction to Arrest Control Tactics (1-2 hours)
  - A. Roles, responsibilities, and liabilities of the defensive tactics instructor
    1. Defensive tactics instructor development and preparation
    2. Training rationale
  - B. Facility Management
    1. Equipment and supply management
    2. Budgeting and purchasing
    3. Inspection and repair of equipment and facility
  - C. Expectation of student conduct
    1. Student conduct/respect/ego
    2. Work as a team
    3. Know your limitations
    4. Training speeds
    5. Notify instructor of pre-existing injuries
    6. Notification of injuries
    7. Properly warm up/stretching/cool down
  - D. Safety (1082(13))
    1. General safety protocols
    2. Protective equipment
    3. First aid
  - E. Physical fitness
    1. Physical disablers
    2. Prevention of disablers
    3. Self-evaluation of fitness level

4. General health
5. Weight control
- F. Injury Prevention (1082(4))
  1. Ask students about pre-existing injuries, and make appropriate accommodations
  2. Emphasize the importance of proper warm up, stretching, and cool down
  3. Recognize personal limitations and those of your partner
  4. Be mindful of fatigue
  5. Hydrate appropriately, beginning the day before
  6. Ensure students have appropriate safety gear and know how to use properly
  7. Ensure students have appropriate clothing
- III. Legal issues (1082(11)) (1-2 hours)
  - A. Moral and legal aspects
    1. Civil rights
    2. Civil action and case law
  - B. Deadly force
    1. Legal aspects
    2. Moral aspects
  - C. Civil liability
    1. State
    2. Federal
  - D. Vicarious liability
    1. Direct liability
    2. Indirect liability
- IV. Officer Survival Concepts (1-2 hours)
  - A. Factors relating to officer involved shootings
    1. Inadequate mental preparation
    2. Failure to communicate
    3. Loss of control of situation and/or suspect
    4. Improper use of defensive equipment and techniques
    5. Tactical errors
    6. Lack of contingency planning
    7. Poor physical conditioning
    8. Overconfidence
    9. Insufficient will to live
  - B. Survival techniques
    1. Analyze situation
    2. Recognize limitations and await assistance
    3. Use assistance effectively
    4. Use proper communication to coordinate operation
    5. Use proper defensive tactics
    6. Pre-plan contingency options
    7. Exhibit personal discipline and self-confidence
    8. Always use current knowledge of training and equipment
- V. Warm up and stretching (.5 hour)
  - A. Warm ups - Circuit training exercises to warm up muscles
  - B. Stretching - exercises to include all major muscle groups
- VI. Falls and rolls – Body Physics & Dynamics (1082(1)) (2-4 hours)
  - A. Falls and rolls

1. Forward roll
2. Back roll
3. Front fall
4. Back fall
5. Side fall
6. Up down drill
- VII. Stances, movement and positioning (2-4 hours)
  - A. Positions and Stances
    1. Position of interview (POI)
    2. Position of advantage (POA)
    3. Proper positioning relation to reaction time
  - B. Movements
    1. Forward shuffle
    2. Rear shuffle
    3. Shuffle left
    4. Shuffle right
    5. Step off line quarter turn (side step pivot)
    6. Quick step back
    7. Triangulation step left
    8. Triangulation step right
  - C. Rules of contacting a subject
    1. Distance
    2. Balance
    3. Awareness
  - D. Movement drills
    1. Shuffle up to partner and back
    2. Enter into position of advantage by using various movements
    3. One partner attacks other partner. Partner steps off centerline and pivots out of the way.
    4. Two attackers
    5. Tapping partner on top of the head
- VIII. Personal body weapons (PBWs) – Weaponless Defense (1082(8)) (2-4 hours)
  - A. Body movement
    1. Forward
    2. Backward
    3. Sideways
  - B. Parry techniques
    1. Jab
    2. Cross
    3. Roundhouse
    4. Uppercut
  - C. Jamming techniques
    1. Punches
    2. Kicks
    3. Weapons
  - D. Considerations when using personal body weapons (PBW)
    1. To neutralize an attack and to gain control
    2. To be used at the appropriate level of force
    3. Target and non-target areas

E. Personal body weapons (both hands and/or feet)

1. Palm heels (heel of palms)
2. Hammer fist
3. Elbow (diagonal)
4. Knees (low)
5. Thigh kick (low round kick)
6. Shin Kick

F. Training drills

1. Each technique will be performed in the air
2. Each technique will be performed on a striking bag

IX. Impact weapons (straight stick) (1-2 hours)

Review of nomenclature

1. Straight stick

A. Targeting areas

1. Arms
2. Legs
3. Body
4. Areas to Avoid: Head, Spine, Groin, Heart, Kidneys, etc.

B. Drawing of the baton

1. Straight stick

C. Ready positions

1. One hand
2. Two hands
3. Port arms

D. Strikes (while giving commands)

1. Forward & reverse strikes (one and two handed)
2. Jab strikes
3. Diagonal strikes
4. Rake strike

I. Warm up and stretching (.5 hour)

II. Review (.5 hour)

A. Stances, movement, positioning and PBW

B. Rolls and falls

III. Ground defense-detached (1-3 hours)

A. Back fall to defensive position

1. Proper back fall technique
2. Proper defensive position

B. Getting off the ground

1. Create space as needed
2. Getting up forward
3. Getting up backwards

C. Kicking techniques from ground

1. Front kick
2. Side Kick
3. Target areas on Suspect

D. Fighting from one knee on ground

1. Fighting up to one knee

2. Fighting while on one knee
- E. Training drills from the ground with striking bag.
  1. Students will participate in drills working the above listed skills
- IV. Physical Control Techniques and Takedowns (introduction) (1082(2)) (2 hours)
  - A. Physical control techniques from POA
    1. Twist-lock (top, bottom and both hands)
    2. Arm bar
    3. Elbow push over to arm bar to prone control
    4. Rear wrist lock
    5. Inverted rear wrist lock
    6. Side wrist lock
    7. Elongated rear wrist lock
    8. Palm up twist lock
  - B. Physical control flow drills – Students will participate in exercises involving the above listed physical control techniques
  - C. Arm bar takedown
- V. Adult learning concepts/Teacher development (1082(10)) (2-4 hours)
  - A. Adult learning concepts
    1. Adults tend to be: Autonomous & self-directed; Goal Oriented; Relevancy Oriented; Practical & Problem solvers; Rely on accumulation of life experiences & knowledge; In need of being shown respect
  - B. Learning styles
    1. Audio
    2. Visual
    3. Kinesthetic
  - C. Course development
    1. Academy
    2. In-service
  - D. How to write an Expanded Course Outline (ECO)
    1. Hourly Distribution
    2. Expanded outline
    3. Safety Policy
    4. Outline exercise to be completed by students
  - E. Written description of techniques
    1. Students will develop & write a lesson plan describing one of the arrest control techniques learned earlier in the course
  - F. Course completion and required documentation
    1. Academy
    2. In-service
    3. Injuries
  - G. Performance Evaluation Techniques (to be covered with each technique taught) (1082(12))
    1. Do's & Don'ts
    2. Academy vs In-service
    3. Documentation & Notification
- VI. Impact weapons (straight stick) (1-2 hours)
  - A. Review Day 1
  - B. Blocks & parries
    1. High blocks

- 2. Low blocks
- C. Weapon retention
  - 1. Circle in
  - 2. Circle out
  - 3. Figure 8
- D. Weapon holstering

### Day Three

- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and PBWs
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Baton (straight stick)
- III. Takedown prevention (1-2 hour)
- IV. Physical Control Techniques and Takedowns (introduction and review) (1-3 hours)
  - A. Physical control techniques (review)
    - 1. Twist-lock (top, bottom and both hands)
    - 2. Rear wrist lock
    - 3. Inverted rear wrist lock
    - 4. Side wrist lock
    - 5. Elongated rear wrist lock
    - 6. Rear wrist lock
    - 7. Palm up twist lock
  - B. Physical control flow drills – Students will participate in exercises involving the above listed physical control techniques
  - C. Takedowns (introduction)
    - 1. Arm bar takedown
    - 2. Twist-lock takedown to the rear
    - 3. Elbow push over to prone control
    - 4. Figure four takedown
    - 5. Twist-lock takedown to the rear
    - 6. Single leg sweep to the rear
- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and (PBWs)
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Takedown prevention
  - E. Physical control and takedowns
  - F. Baton (straight stick)
- III. Ground defense-attached (1-2 hour)
  - A. Escape
    - 1. Suspect on officer's chest choking
    - 2. Suspect on officer's chest punching
    - 3. Suspect on officer's back choking
    - 4. Officer on side-press escape

- 5. Head lock on ground
- IV. Handcuffing (Introduction) (2-4 hours)
  - A. Purpose of handcuffs
    - 1. Only serves as a temporary restraint
    - 2. Does not guarantee safety
  - B. Handcuffing procedures
    - 1. Legal issues
    - 2. Policy issues
  - C. Handcuff nomenclature
    - 1. Single bar
    - 2. Double bar
    - 3. Chain or hinge
    - 4. Pawl or teeth
    - 5. Double lock feature
  - D. Removal of handcuffs
    - 1. Suspect positioning
    - 2. Officer positioning
    - 3. Safety concerns
  - E. Handcuffing techniques
    - 1. Standing (compliant) - Top hand twist lock control
    - 2. Standing (non-compliant) - Inverted rear wrist lock control
    - 3. Kneeling - Top hand twist lock control
    - 4. Felony prone
  - F. Handcuffing multiple suspects (Prisoner Restraint) (1082(5))
    - 1. Equipment issues
    - 2. Safety concerns
  - G. Team handcuffing (Prisoner Restraint) (1082(5))
    - 1. Standing top hand control
    - 2. Standing inverted rear wrist lock and top hand control
- V. Searching (Introduction) (1082(6)) (1-2 hours)
  - A. Type of Search
    - 1. Visual
    - 2. Cursory
    - 3. Arrest
    - 4. High risk
  - B. Elements of an effective search
  - C. Searching techniques
    - 1. Top hand twist lock search
    - 2. Finger interlaced behind back
    - 3. In-custody search (standing and prone)
  - D. Searching exercises
- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and (PBWs)
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Ground defense-attached



- E. Takedown prevention
- F. Physical control and takedowns
- G. Handcuffing
- H. Searching

I. Baton (straight stick) (1-2 hour)

III. Weapon retention and hand gun takeaways (1082(9)) (2-4 hours)

A. Factors related to loss of officer's weapon

1. Many officers are killed with their own weapon.
2. Maintaining improper distance and positioning from subject(s)
3. Improper maintenance and/or design of holster
4. Lack of awareness of surroundings
5. Lack of familiarization of equipment
6. Lack of officer safety training
7. Lack of weapon retention training

B. Weapon retention techniques

1. Holstered grab from the front
2. Holstered gun grabs from the rear
3. Dual possession (gun coming out of officer's holster)

C. Handgun takeaway

1. Suspect in possession of handgun facing officer
2. Suspect in possession of handgun to the rear of officer
3. Take away drills – Students will participate in repetition exercises of the above-mentioned techniques

IV. Impact Weapons (Expandable) (1-3 hours)

A. Review of nomenclature

B. Targeting areas

1. Arms
2. Legs
3. Body
4. Areas to Avoid

C. Drawing of the baton

1. Expandable

D. Ready positions

1. One hand
2. Two hands
3. Port arms

E. Strikes (while giving commands)

1. Forward & reverse strikes (one and two handed)
2. Jab strikes
3. Diagonal strikes
4. Rake strikes

I. Warm up and stretching (.5 hour)

II. Review of Day 5 (.5 hour)

A. Stances, movement, positioning and (PBWs)

B. Falls and rolls

C. Ground defense-detached

- D. Ground defense-attached
- E. Takedown prevention
- F. Physical control and takedowns
- G. Handcuffing
- H. Searching
- I. Weapon retention and hand gun takeaways
- J. Baton (straight stick & expandable)
- III. Impact Weapons (expandable) (1-2 hours)

- A. Blocks & parries
  - 1. High blocks
  - 2. Low blocks
- B. Weapon retention
  - 1. Circle in
  - 2. Circle out
  - 3. Figure 8
- C. Weapon holstering/collapsing

- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and (PBWs)
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Ground defense-attached
  - E. Takedown prevention
  - F. Physical control and takedowns
  - G. Handcuffing
  - H. Searching
  - I. Weapon retention and hand gun takeaways
  - J. Impact Weapons (straight stick & expandable)
- III. Use of force lecture (1082(7)) (1-3 hours)

- A. Force Defined
- B. Consensual Contacts
  - 1. Definition: Contact between an Officer and citizen which is strictly voluntary
  - 2. Legal requirement to contact: None
  - 3. Individuals Role: Is free to disregard the officer and go on his way
  - 4. Force options available: None

- C. Detentions
  - 1. Definition: "is an exertion of authority that is something less than a full-blown arrest, but more substantia; that a simple 'contact' or 'consensual encounter.'"
    - 2. Legal Requirement to Detain: Reasonable Suspicion
    - 3. Individuals Role: Duty to stop & no right to resist
    - 4. Force options available: Whatever is reasonable to affect the detention
    - 5. Detentions for Officer Safety reasons so long as: The officer's duties require proximity to the subject; The officer can articulate a threat; and the intrusion created by the detention is outweighed by the threat

- D. Arrests

1. Definition: "...is taking a person into custody, in a case and in the manner authorized by law...by a peace officer or a private citizen"

(834PC)

2. Legal requirement to arrest: Probable Cause - A set of facts or circumstances leading a reasonable and prudent person to believe

the accused has committed a crime

3. Suspect's role: Must submit to authority; Has a duty to refrain from using force or any weapon to resist (834aPC); & Is subject to that

amount of force as reasonable for their arrest(835aPC)

#### E. State Statutes

1. PC 149 – Assault under color of authority:

2. PC 197 – Justifiable Homicide (Private Persons)

3. PC 198 – Sufficiency of Fear

4. PC 834a – suspect has a duty to refrain from using force when being arrested

5. PC 835 – When an arrest is made

6. PC 835a – A peace officer may use objectively reasonable force to affect an arrest, prevent escape, and overcome resistance

#### F. Graham v. Conner (US Sup. 1989) - created a national standard for all police use of force

1. Moved all uses of force under the 4th Amendment (was 14th )

2. "The right to make an arrest of investigatory stop necessarily carries with it the right to use some degree of physical coercion or

threat thereof to affect it"

3. The reasonableness of force is determined by: The perspective of a reasonable officer; Based on the totality of the facts and

circumstances known to the officer at the time force was applied; Without regard to the underlying intent or motivation; Based on the

knowledge the officer acted properly under established law at the time

4. The reasonable officer standard: Would another officer with same or similar training and experience, facing the same or similar facts

& circumstances, act in the same manner or use similar judgement

5. Need not be the best decision, only a reasonable one

6. All determinations of unreasonable force must embody allowance for the fact that police officers are often forced to make split-second

judgments in circumstances that are tense, uncertain, and rapidly evolving about the amount of force that is necessary in a particular

situation

#### G. Deadly Force

1. Definition of Deadly Force: Deadly Force is force that creates a substantial risk of causing death or serious bodily injury (Smith v.

City of Hemet, 9th Cir. 2005) or force which the actor uses with the purpose of causing or which he knows to create a substantial risk of

causing death or serious bodily harm (Black's Law Dictionary, 5th edition, page 580)

2. Legal Standard for use of Deadly Force: A peace officer may use deadly force to protect himself or others when he has an objective

and reasonable belief that he/she is, or another person is, in imminent danger of death or serious bodily injury, given the totality

of the facts and circumstances know to the officer at the time force was applied

3. Definition of Serious Bodily Injury: PC 243(f)(4)

4. Tennessee v. Garner (US Sup. 1985) – Redefined when one can use Deadly force against a fleeing felon

5. Forrett v. Richardson (9th Cir., 1997)

#### H. Other Case Law

1. Scott v. Harris (US Sup. 2007) - Dealt with the issue of whether deputy's intentional contact with a suspect's vehicle was excessive and constituted deadly force
  2. Reed v. Hoy (9th Cir. 1989) - Officers have NO DUTY to retreat in the face of resistance or threatened resistance
  3. Scott v. Henrich (9th Cir. 1994) - Officers thus need not avail themselves of the least intrusive means of responding to an exigent situation; they need only act within that range of conduct we identify as reasonable."
  4. Bryan v. McPherson (9th Cir. 2009) – dealt with the use of an electronic weapon on a traffic stop - Officers need to articulate an immediate threat to officers or others, and officers have a duty to warn the suspect when feasible
  5. Long Beach POA v. City of Long Beach (CA Appeals, 2nd Dis. 1976) - Law Enforcement agencies CAN enact policies that are more restrictive than state law and members must follow agency policy
  6. Peterson v. Long Beach (CA Sup. 1979) - Dealt with legal consequences for failure to follow department policy
- I. Qualified Immunity – applies in civil matters
1. Q.I. is a grant that can be used by a trial judge to issue summary judgement (aka: dismissal of personal liability from the civil case), so long as the officer: Followed federal law, state law, department policy, and was acting reasonably

I. Review of Overall Program (1-2 hours)

- A. Warm up and stretching
- B. Stances, movement, positioning and (PBWs)
- C. Falls and rolls
- D. Ground defense-detached
- E. Ground defense-attached
- F. Takedown prevention
- G. Handcuffing and searching
- H. Weapon retention and hand gun takeaways

I. Impact Weapons (straight stick & expandable) (1-2 hour)

II. Students begin teach back portion of program (1082(14)) (1.5-4 hours)

A. Students will demonstrate proper instructional techniques for teaching Basic Academy level students, as well as in-service officers for

the following skills:

1. Stances, movement, positioning and (PBWs)
2. Falls and rolls

I. Students continue teach back portion of program (1.5-4 hours)

A. Students will demonstrate proper instructional techniques for teaching Basic Academy level students, as well as in-service officers for

the following skills:

1. Warm up and stretching
2. Ground defense-detached
3. Ground defense-attached
4. Takedown prevention
5. Handcuffing and searching
6. Weapon retention and hand gun takeaways
7. Impact Weapons (straight stick & expandable)

I. Testing & Evaluation (1 hour)

A. Written test

B. Physical skills testing

1. Students will demonstrate proper instructional techniques for teaching Basic Academy level students, as well as in-service

officers on the techniques requested by the instructor

C. Course evaluations and course completion documentation

LAB CONTENT:

Because of the integrated nature of the lab/lecture method of instruction, the content for both lecture and lab are infused in all subjects.

I. Introduction/Registration (.5 hour)

A. Registration

B. Introduction of instructors

C. Outline of course

1. Course objectives

2. Completion requirements

D. Distribution of course binder and other material

II. Introduction to Arrest Control Tactics (1-2 hours)

A. Roles, responsibilities, and liabilities of the defensive tactics instructor

1. Defensive tactics instructor development and preparation

2. Training rationale

B. Facility Management

1. Equipment and supply management

2. Budgeting and purchasing

3. Inspection and repair of equipment and facility

C. Expectation of student conduct

1. Student conduct/respect/ego

2. Work as a team

3. Know your limitations

4. Training speeds

5. Notify instructor of pre-existing injuries

6. Notification of injuries

7. Properly warm up/stretching/cool down

D. Safety (1082(13))

1. General safety protocols

2. Protective equipment

3. First aid

E. Physical fitness

1. Physical disablers

2. Prevention of disablers

3. Self-evaluation of fitness level

4. General health

5. Weight control

F. Injury Prevention (1082(4))

1. Ask students about pre-existing injuries, and make appropriate accommodations

2. Emphasize the importance of proper warm up, stretching, and cool down
  3. Recognize personal limitations and those of your partner
  4. Be mindful of fatigue
  5. Hydrate appropriately, beginning the day before
  6. Ensure students have appropriate safety gear and know how to use properly
  7. Ensure students have appropriate clothing
- III. Legal issues (1082(11)) (1-2 hours)
- A. Moral and legal aspects
    1. Civil rights
    2. Civil action and case law
  - B. Deadly force
    1. Legal aspects
    2. Moral aspects
  - C. Civil liability
    1. State
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  - D. Vicarious liability
    1. Direct liability
    2. Indirect liability
- IV. Officer Survival Concepts (1-2 hours)
- A. Factors relating to officer involved shootings
    1. Inadequate mental preparation
    2. Failure to communicate
    3. Loss of control of situation and/or suspect
    4. Improper use of defensive equipment and techniques
    5. Tactical errors
    6. Lack of contingency planning
    7. Poor physical conditioning
    8. Overconfidence
    9. Insufficient will to live
  - B. Survival techniques
    1. Analyze situation
    2. Recognize limitations and await assistance
    3. Use assistance effectively
    4. Use proper communication to coordinate operation
    5. Use proper defensive tactics
    6. Pre-plan contingency options
    7. Exhibit personal discipline and self-confidence
    8. Always use current knowledge of training and equipment
- V. Warm up and stretching (.5 hour)
- A. Warm ups - Circuit training exercises to warm up muscles
  - B. Stretching - exercises to include all major muscle groups
- VI. Falls and rolls – Body Physics & Dynamics (1082(1)) (2-4 hours)
- A. Falls and rolls
    1. Forward roll
    2. Back roll
    3. Front fall
    4. Back fall

5. Side fall
6. Up down drill
- VII. Stances, movement and positioning (2-4 hours)
  - A. Positions and Stances
    1. Position of interview (POI)
    2. Position of advantage (POA)
    3. Proper positioning relation to reaction time
  - B. Movements
    1. Forward shuffle
    2. Rear shuffle
    3. Shuffle left
    4. Shuffle right
    5. Step off line quarter turn (side step pivot)
    6. Quick step back
    7. Triangulation step left
    8. Triangulation step right
  - C. Rules of contacting a subject
    1. Distance
    2. Balance
    3. Awareness
  - D. Movement drills
    1. Shuffle up to partner and back
    2. Enter into position of advantage by using various movements
    3. One partner attacks other partner. Partner steps off centerline and pivots out of the way.
    4. Two attackers
    5. Tapping partner on top of the head
- VIII. Personal body weapons (PBWs) – Weaponless Defense (1082(8)) (2-4 hours)
  - A. Body movement
    1. Forward
    2. Backward
    3. Sideways
  - B. Parry techniques
    1. Jab
    2. Cross
    3. Roundhouse
    4. Uppercut
  - C. Jamming techniques
    1. Punches
    2. Kicks
    3. Weapons
  - D. Considerations when using personal body weapons (PBW)
    1. To neutralize an attack and to gain control
    2. To be used at the appropriate level of force
    3. Target and non-target areas
  - E. Personal body weapons (both hands and/or feet)
    1. Palm heels (heel of palms)
    2. Hammer fist
    3. Elbow (diagonal)

4. Knees (low)
5. Thigh kick (low round kick)
6. Shin Kick
- F. Training drills
  1. Each technique will be performed in the air
  2. Each technique will be performed on a striking bag
- IX. Impact weapons (straight stick) (1-2 hours)
 

Review of nomenclature

  1. Straight stick
    - A. Targeting areas
      1. Arms
      2. Legs
      3. Body
      4. Areas to Avoid: Head, Spine, Groin, Heart, Kidneys, etc.
    - B. Drawing of the baton
      1. Straight stick
    - C. Ready positions
      1. One hand
      2. Two hands
      3. Port arms
    - D. Strikes (while giving commands)
      1. Forward & reverse strikes (one and two handed)
      2. Jab strikes
      3. Diagonal strikes
      4. Rake strike
- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and PBW
  - B. Rolls and falls
- III. Ground defense-detached (1-3 hours)
  - A. Back fall to defensive position
    1. Proper back fall technique
    2. Proper defensive position
  - B. Getting off the ground
    1. Create space as needed
    2. Getting up forward
    3. Getting up backwards
  - C. Kicking techniques from ground
    1. Front kick
    2. Side Kick
    3. Target areas on Suspect
  - D. Fighting from one knee on ground
    1. Fighting up to one knee
    2. Fighting while on one knee
  - E. Training drills from the ground with striking bag.
    1. Students will participate in drills working the above listed skills
- IV. Physical Control Techniques and Takedowns (introduction) (1082(2)) (2 hours)



- A. Physical control techniques from POA
  - 1. Twist-lock (top, bottom and both hands)
  - 2. Arm bar
  - 3. Elbow push over to arm bar to prone control
  - 4. Rear wrist lock
  - 5. Inverted rear wrist lock
  - 6. Side wrist lock
  - 7. Elongated rear wrist lock
  - 8. Palm up twist lock
- B. Physical control flow drills – Students will participate in exercises involving the above listed physical control techniques
- C. Arm bar takedown
- V. Adult learning concepts/Teacher development (1082(10)) (2-4 hours)
  - A. Adult learning concepts
    - 1. Adults tend to be: Autonomous & self-directed; Goal Oriented; Relevancy Oriented; Practical & Problem solvers; Rely on accumulation of life experiences & knowledge; In need of being shown respect
  - B. Learning styles
    - 1. Audio
    - 2. Visual
    - 3. Kinesthetic
  - C. Course development
    - 1. Academy
    - 2. In-service
  - D. How to write an Expanded Course Outline (ECO)
    - 1. Hourly Distribution
    - 2. Expanded outline
    - 3. Safety Policy
    - 4. Outline exercise to be completed by students
  - E. Written description of techniques
    - 1. Students will develop & write a lesson plan describing one of the arrest control techniques learned earlier in the course
  - F. Course completion and required documentation
    - 1. Academy
    - 2. In-service
    - 3. Injuries
  - G. Performance Evaluation Techniques (to be covered with each technique taught) (1082(12))
    - 1. Do's & Don'ts
    - 2. Academy vs In-service
    - 3. Documentation & Notification
- VI. Impact weapons (straight stick) (1-2 hours)
  - A. Review Day 1
  - B. Blocks & parries
    - 1. High blocks
    - 2. Low blocks
  - C. Weapon retention
    - 1. Circle in
    - 2. Circle out

- 3. Figure 8
- D. Weapon holstering

### Day Three

- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and PBWs
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Baton (straight stick)
- III. Takedown prevention (1-2 hour)
- IV. Physical Control Techniques and Takedowns (introduction and review) (1-3 hours)
  - A. Physical control techniques (review)
    - 1. Twist-lock (top, bottom and both hands)
    - 2. Rear wrist lock
    - 3. Inverted rear wrist lock
    - 4. Side wrist lock
    - 5. Elongated rear wrist lock
    - 6. Rear wrist lock
    - 7. Palm up twist lock
  - B. Physical control flow drills – Students will participate in exercises involving the above listed physical control techniques
  - C. Takedowns (introduction)
    - 1. Arm bar takedown
    - 2. Twist-lock takedown to the rear
    - 3. Elbow push over to prone control
    - 4. Figure four takedown
    - 5. Twist-lock takedown to the rear
    - 6. Single leg sweep to the rear
- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and (PBWs)
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Takedown prevention
  - E. Physical control and takedowns
  - F. Baton (straight stick)
- III. Ground defense-attached (1-2 hour)
  - A. Escape
    - 1. Suspect on officer's chest choking
    - 2. Suspect on officer's chest punching
    - 3. Suspect on officer's back choking
    - 4. Officer on side-press escape
    - 5. Head lock on ground
- IV. Handcuffing (Introduction) (2-4 hours)
  - A. Purpose of handcuffs
    - 1. Only serves as a temporary restraint

- 2. Does not guarantee safety
- B. Handcuffing procedures
  - 1. Legal issues
  - 2. Policy issues
- C. Handcuff nomenclature
  - 1. Single bar
  - 2. Double bar
  - 3. Chain or hinge
  - 4. Pawl or teeth
  - 5. Double lock feature
- D. Removal of handcuffs
  - 1. Suspect positioning
  - 2. Officer positioning
  - 3. Safety concerns
- E. Handcuffing techniques
  - 1. Standing (compliant) - Top hand twist lock control
  - 2. Standing (non-compliant) - Inverted rear wrist lock control
  - 3. Kneeling - Top hand twist lock control
  - 4. Felony prone
- F. Handcuffing multiple suspects (Prisoner Restraint) (1082(5))
  - 1. Equipment issues
  - 2. Safety concerns
- G. Team handcuffing (Prisoner Restraint) (1082(5))
  - 1. Standing top hand control
  - 2. Standing inverted rear wrist lock and top hand control
- V. Searching (Introduction) (1082(6)) (1-2 hours)
  - A. Type of Search
    - 1. Visual
    - 2. Cursory
    - 3. Arrest
    - 4. High risk
  - B. Elements of an effective search
  - C. Searching techniques
    - 1. Top hand twist lock search
    - 2. Finger interlaced behind back
    - 3. In-custody search (standing and prone)
  - D. Searching exercises
- I. Warm up and stretching (.5 hour)
- II. Review (.5 hour)
  - A. Stances, movement, positioning and (PBWs)
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Ground defense-attached
  - E. Takedown prevention
  - F. Physical control and takedowns
  - G. Handcuffing
  - H. Searching

- I. Baton (straight stick) (1-2 hour)
- III. Weapon retention and hand gun takeaways (1082(9)) (2-4 hours)
  - A. Factors related to loss of officer's weapon
    - 1. Many officers are killed with their own weapon.
    - 2. Maintaining improper distance and positioning from subject(s)
    - 3. Improper maintenance and/or design of holster
    - 4. Lack of awareness of surroundings
    - 5. Lack of familiarization of equipment
    - 6. Lack of officer safety training
    - 7. Lack of weapon retention training
  - B. Weapon retention techniques
    - 1. Holstered grab from the front
    - 2. Holstered gun grabs from the rear
    - 3. Dual possession (gun coming out of officer's holster)
  - C. Handgun takeaway
    - 1. Suspect in possession of handgun facing officer
    - 2. Suspect in possession of handgun to the rear of officer
    - 3. Take away drills – Students will participate in repetition exercises of the above-mentioned techniques
- IV. Impact Weapons (Expandable) (1-3 hours)
  - A. Review of nomenclature
  - B. Targeting areas
    - 1. Arms
    - 2. Legs
    - 3. Body
    - 4. Areas to Avoid
  - C. Drawing of the baton
    - 1. Expandable
  - D. Ready positions
    - 1. One hand
    - 2. Two hands
    - 3. Port arms
  - E. Strikes (while giving commands)
    - 1. Forward & reverse strikes (one and two handed)
    - 2. Jab strikes
    - 3. Diagonal strikes
    - 4. Rake strikes
- I. Warm up and stretching (.5 hour)
- II. Review of Day 5 (.5 hour)
  - A. Stances, movement, positioning and (PBWs)
  - B. Falls and rolls
  - C. Ground defense-detached
  - D. Ground defense-attached
  - E. Takedown prevention
  - F. Physical control and takedowns
  - G. Handcuffing

## H. Searching

### I. Weapon retention and hand gun takeaways

### J. Baton (straight stick & expandable)

## III. Impact Weapons (expandable) (1-2 hours)

### A. Blocks & parries

#### 1. High blocks

#### 2. Low blocks

### B. Weapon retention

#### 1. Circle in

#### 2. Circle out

#### 3. Figure 8

### C. Weapon holstering/collapsing

## I. Warm up and stretching (.5 hour)

## II. Review (.5 hour)

### A. Stances, movement, positioning and (PBWs)

### B. Falls and rolls

### C. Ground defense-detached

### D. Ground defense-attached

### E. Takedown prevention

### F. Physical control and takedowns

### G. Handcuffing

## H. Searching

### I. Weapon retention and hand gun takeaways

### J. Impact Weapons (straight stick & expandable)

## III. Use of force lecture (1082(7)) (1-3 hours)

### A. Force Defined

### B. Consensual Contacts

#### 1. Definition: Contact between an Officer and citizen which is strictly voluntary

#### 2. Legal requirement to contact: None

#### 3. Individuals Role: Is free to disregard the officer and go on his way

#### 4. Force options available: None

### C. Detentions

#### 1. Definition: "is an exertion of authority that is something less than a full-blown arrest, but more substantial; that a simple 'contact' or

'consensual encounter.'"

#### 2. Legal Requirement to Detain: Reasonable Suspicion

#### 3. Individuals Role: Duty to stop & no right to resist

#### 4. Force options available: Whatever is reasonable to affect the detention

#### 5. Detentions for Officer Safety reasons so long as: The officer's duties require proximity to the subject; The officer can articulate a

threat; and the intrusion created by the detention is outweighed by the threat

### D. Arrests

#### 1. Definition: "...is taking a person into custody, in a case and in the manner authorized by law...by a peace officer or a private citizen"

(834PC)

#### 2. Legal requirement to arrest: Probable Cause - A set of facts or circumstances leading a reasonable and prudent person to believe

the accused has committed a crime

3. Suspect's role: Must submit to authority; Has a duty to refrain from using force or any weapon to resist (834aPC); & Is subject to that

amount of force as reasonable for their arrest(835aPC)

#### E. State Statutes

1. PC 149 – Assault under color of authority:

2. PC 197 – Justifiable Homicide (Private Persons)

3. PC 198 – Sufficiency of Fear

4. PC 834a – suspect has a duty to refrain from using force when being arrested

5. PC 835 – When an arrest is made

6. PC 835a – A peace officer may use objectively reasonable force to affect an arrest, prevent escape, and overcome resistance

#### F. Graham v. Conner (US Sup. 1989) - created a national standard for all police use of force

1. Moved all uses of force under the 4th Amendment (was 14th )

2. "The right to make an arrest of investigatory stop necessarily carries with it the right to use some degree of physical coercion or

threat thereof to affect it"

3. The reasonableness of force is determined by: The perspective of a reasonable officer; Based on the totality of the facts and

circumstances known to the officer at the time force was applied; Without regard to the underlying intent or motivation; Based on the

knowledge the officer acted properly under established law at the time

4. The reasonable officer standard: Would another officer with same or similar training and experience, facing the same or similar facts

& circumstances, act in the same manner or use similar judgement

5. Need not be the best decision, only a reasonable one

6. All determinations of unreasonable force must embody allowance for the fact that police officers are often forced to make split-second

judgments in circumstances that are tense, uncertain, and rapidly evolving about the amount of force that is necessary in a particular

situation

#### G. Deadly Force

1. Definition of Deadly Force: Deadly Force is force that creates a substantial risk of causing death or serious bodily injury (Smith v.

City of Hemet, 9th Cir. 2005) or force which the actor uses with the purpose of causing or which he knows to create a substantial risk of

causing death or serious bodily harm (Black's Law Dictionary, 5th edition, page 580)

2. Legal Standard for use of Deadly Force: A peace officer may use deadly force to protect himself or others when he has an objective

and reasonable belief that he/she is, or another person is, in imminent danger of death or serious bodily injury, given the totality

of the facts and circumstances know to the officer at the time force was applied

3. Definition of Serious Bodily Injury: PC 243(f)(4)

4. Tennessee v. Garner (US Sup. 1985) – Redefined when one can use Deadly force against a fleeing felon

5. Forrett v. Richardson (9th Cir., 1997)

#### H. Other Case Law

1. Scott v. Harris (US Sup. 2007) - Dealt with the issue of whether deputy's intentional contact with a suspect's vehicle was excessive

and constituted deadly force

2. Reed v. Hoy (9th Cir. 1989) - Officers have NO DUTY to retreat in the face of resistance or threatened resistance

3. Scott v. Henrich (9th Cir. 1994) - Officers thus need not avail themselves of the least intrusive means of responding to an exigent

situation; they need only act within that range of conduct we identify as reasonable.”

4. Bryan v. McPherson (9th Cir. 2009) – dealt with the use of an electronic weapon on a traffic stop - Officers need to articulate an

immediate threat to officers or others, and officers have a duty to warn the suspect when feasible

5. Long Beach POA v. City of Long Beach (CA Appeals, 2nd Dis. 1976) - Law Enforcement agencies CAN enact policies that are

more restrictive than state law and members must follow agency policy

6. Peterson v. Long Beach (CA Sup. 1979) - Dealt with legal consequences for failure to follow department policy

I. Qualified Immunity – applies in civil matters

1. Q.I. is a grant that can be used by a trial judge to issue summary judgement (aka: dismissal of personal liability from the civil case),

so long as the officer: Followed federal law, state law, department policy, and was acting reasonably

I. Review of Overall Program (1-2 hours)

A. Warm up and stretching

B. Stances, movement, positioning and (PBWs)

C. Falls and rolls

D. Ground defense-detached

E. Ground defense-attached

F. Takedown prevention

G. Handcuffing and searching

H. Weapon retention and hand gun takeaways

I. Impact Weapons (straight stick & expandable) (1-2 hour)

II. Students begin teach back portion of program (1082(14)) (1.5-4 hours)

A. Students will demonstrate proper instructional techniques for teaching Basic Academy level students, as well as in-service officers for

the following skills:

1. Stances, movement, positioning and (PBWs)

2. Falls and rolls

I. Students continue teach back portion of program (1.5-4 hours)

A. Students will demonstrate proper instructional techniques for teaching Basic Academy level students, as well as in-service officers for

the following skills:

1. Warm up and stretching

2. Ground defense-detached

3. Ground defense-attached

4. Takedown prevention

5. Handcuffing and searching

6. Weapon retention and hand gun takeaways

7. Impact Weapons (straight stick & expandable)

I. Testing & Evaluation (1 hour)

A. Written test

B. Physical skills testing

1. Students will demonstrate proper instructional techniques for teaching Basic Academy level students, as well as in-service

officers on the techniques requested by the instructor

C. Course evaluations and course completion documentation

**METHODS OF INSTRUCTION:**

Lecture, demonstration, role playing, practical exercises, group discussion, and problem solving.

**OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours: 18

Assignment Description:

Reading Instructor Handouts and practicing falls and rolls.

**METHODS OF EVALUATION:**

Objective examinations

Percent of total grade: 40.00 %

Skills exam

Skill demonstrations

Percent of total grade: 60.00 %

**REPRESENTATIVE TEXTBOOKS:**

Verified by: Doug Achterman. Instructor Handouts Lab Manual . 2020.

Reading Level of Text, Grade: 12



**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199270

UC TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: B

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000524688

Sports/Physical Education Course: N

Taxonomy of Program: 210500