

	<i>LETB UNIFORM STATEWIDE POLICY</i>	Agency Policy/General Order Number:
	Subject: Uniform Statewide Defensive Tactics Training Program	
	Effective: January 1, 2025	Revised: December 16, 2024

I. PURPOSE

In accordance with IC 5-2-1-1, the Law Enforcement Training Board (“LETB”) hereby establishes this Uniform Statewide Defensive Tactics Training Policy in order to ensure the public safety and general welfare of the people of the state of Indiana and to promote equity for all segments of society. This policy may not be added to, modified, or altered in any way by any Indiana law enforcement agency, office, or department.

II. POLICY

It is the policy of the LETB to value and preserve the sanctity of human life. To ensure the safety of law enforcement officers and others, it is essential that officers are trained in defensive tactics techniques to ensure the officer uses only objectively reasonable force to enforce the law, to effect a lawful arrest, and/or to prevent the escape of the person from custody.

The defensive tactics techniques documented in the Uniform Statewide Defensive Tactics Training Program have been approved by the LETB and shall be trained within a two (2) year training cycle. The statewide defensive tactics training program may not be added to, modified, or altered in any way by any Indiana law enforcement agency, office, or department.

III. UNIFORM STATEWIDE DEFENSIVE TACTICS TRAINING PROGRAM

The Uniform Statewide Defensive Tactics Training Program (“Training Program”) contains the approved defensive tactics techniques that will be trained within a two (2) year training cycle to ensure Indiana’s law enforcement officers are skilled in defensive tactics.

- A. The Training Program contains the following mandatory categories of techniques that will be trained and correctly performed according to the guidelines detailed in the Training Program:
 1. Positioning;
 2. Strikes;
 3. Kicks;

4. Blocks;
 5. Handcuffing;
 6. Takedowns;
 7. Offensive Ground Fighting;
 8. Defensive Ground Fighting;
 9. Subject Control/Displacement/Transition Techniques;
 10. Basic Self-Defense Escapes;
 11. Intermediate Weapons;
 12. Weapon Defense/Retention;
 13. Scenario-Based Training; and
 14. Vascular Neck Restraint.
- B. Defensive Tactics Instructors must train a minimum of one (1) approved technique listed in the Training Program in each of the mandatory categories listed above within a two (2) year training cycle.
 - C. All law enforcement officers subject to the mandatory in-service training requirement adopted by the LETB, must attend training course(s) that train a minimum of one (1) approved technique listed in the Training Program in each of the mandatory categories listed above, within a two (2) year training cycle, to fulfill the mandatory defensive tactics in-service training requirement.
 - D. Law enforcement officers who are issued intermediate weapons, to include: conducted energy weapon ("CEW"), chemical designed to temporarily incapacitate a person, and/or another device designed to temporarily incapacitate a person, shall be trained on those issued intermediate weapons, as specified by the manufacturer's training requirement. At this time, this policy and Training Program does not include less-lethal projectiles, and these weapons may be independently trained as directed by law enforcement agencies.
 - E. All law enforcement officers subject to the mandatory in-service training requirement adopted by the LETB, shall annually complete a minimum of four (4) hours of active hands-on participation in defensive tactics training to fulfill the requirement.
 - F. The LETB, through the Executive Director of the Indiana Law Enforcement Academy, may waive the active participation requirement of the mandatory defensive tactics in-service training for officers who are on limited duty status, as reflected in ACADIS. Waiver will only be available to officers whose limited duty status will continue for the remainder of the calendar

year. The waiver must be requested by the chief executive officer or training coordinator of the law enforcement agency, office, or department. The officer receiving a waiver must demonstrate all 14 categories in the year following a return to full duty.

- G. Law enforcement officers shall actively demonstrate a clear understanding of each technique for successful completion of the in-service requirement. Defensive Tactics Instructors shall certify that each officer demonstrated a clear understanding or provide remedial training until the officer correctly demonstrates the technique. An officer who fails to successfully complete the training by the end of the calendar year will lose law enforcement authority until the training is successfully completed.
- H. The mandatory category, Vascular Neck Restraint, is a control technique characterized by vascular body compression, applying pressure to the vascular structures of the neck, with no compression of the respiratory structures of the throat, such as the trachea or the windpipe. The Vascular Neck Restraint, when properly applied by a trained law enforcement officer, is not a chokehold as defined in IC 35-41-3-3.

IV. CERTIFIED INSTRUCTORS

- A. Psychomotor skill instructors certified in physical tactics, hereby known as defensive tactics, (hereinafter referred to as “psychomotor skill instructors”) must complete a LETB-approved instructor course or courses that provides instructor-level training under each of the categories of mandatory defensive tactics instruction and receive a certificate as a Defensive Tactics Instructor. This training shall be completed prior to providing any certified defensive tactics instruction under the listed categories.
- B. Defensive Tactics instructors may only train the approved technique(s) for which they hold current certification.
- C. Psychomotor skill instructors previously certified to instruct all the mandatory categories of defensive tactics instruction will be re-issued a certificate as a Defensive Tactics Instructor.
- D. Psychomotor skill instructors who are not certified to instruct all the mandatory categories of defensive tactics instruction by December 31, 2024, may not instruct until certification has been completed and a Defensive Tactics certification has been issued.
- E. Defensive tactics instructors shall document the approved technique or techniques, and the defensive tactics category or categories, trained for each defensive tactics course. This information will be documented on an Indiana Law Enforcement Academy’s Defensive Tactics In-Service Training form, and a copy maintained on file with the hiring or appointing law enforcement agency.
- F. Certified instructors are responsible for accurately documenting the defensive tactics training to maintain the instructor certificate.
- G. The re-issuance of instructor certificates will not affect the Term of Certification under 250 IAC 2-10-6.

Indiana Law Enforcement Academy



Defensive Tactics Instructor Course





Lesson Plan

Topic:		
Lesson No.:	Hours of Instruction:	Course Level:
Scope of Lesson Coverage:		
Specific Objectives: As a result of attending this block of instruction, the student will be able to:		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
Instructional Method:		
Training Environment:		
Alternate Training Environment:		
Training aids, training equipment required:		
Material for issue:		
Materials required: <input type="checkbox"/> Computer <input type="checkbox"/> Projector <input type="checkbox"/> Training Aids <input type="checkbox"/> Electrical Outlets for students (Check all that apply) <input type="checkbox"/> Handouts <input type="checkbox"/> Visual Presentation <input type="checkbox"/> Additional Instructors <input type="checkbox"/> Other:		
Instructor Qualifications:		



Lesson Plan

References:

Criterion Test/Method(s):

Prepared by:	Date prepared:
Supervisory Approval:	Date prepared:
Legal Review by:	Date reviewed:
Updated/Revised by:	Date of revision:
Updated/Revised by:	Date of revision:

Instructor Notes (handwritten):

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Cuffing

VNR

Gun Retention

Impact Weapons

Pressure Points

Scenario-Based Training



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

INTRODUCTION

SELF-INTRODUCTION

ATTENTION-GETTER!

LEARNING / PERFORMANCE OBJECTIVES:

AS A RESULT OF THIS INSTRUCTION, THE STUDENT WILL BE ABLE TO:

- 1.
- 2.
- 3.
- 4.
- 5.

LESSON TIE-IN

SAFETY WARNING / DISCLAIMER

Instructor Notes (handwritten):



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

BODY

PERFORMANCE OBJECTIVE #1: **SUPPORTING DETAILS**

PRACTICAL EXERCISE

Instructor Notes (handwritten):

Performance Objective #1
Supporting Details

I. Positioning

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Positioning.

1. **Reactionary Gap:** Minimum distance needed to recognize/react to a threat stimulus.
 - Average distance is approximately six (6) feet.
 - Average distance is approximately twenty-one (21) feet when dealing with subject armed with edged weapon.
2. **Relative Positioning**
 - Inside Position: Directly in front of subject
 - Level 1: 45° angle to front of subject
 - Level 2: Side of subject
 - Level 2.5: 45° angle to rear of subject
 - Level 3: Directly behind subject
3. **Interview Stance:** Officer's stance when speaking with subjects.
 - Officer positioned at 45° angle in relation to front of subject (Level 1 position), maintaining subject outside of officer's reactionary gap
 - Officer stands with natural stance, weight nearly equally distributed on balls of the feet, weak foot forward, gun-side bladed away if possible.
 - Officer maintains low-profile guard (palms up in front, above waist, approximately chest level)
4. **Ready/Fighting Stance:** Officer's stance when subject has shown pre-assault indicators or intent to fight with the officers.
 - Officer positioned at 45° angle in relation to front of subject (Level 1 position), maintaining subject outside of Officer's reactionary gap.
 - Officer stands with feet shoulder width apart, dominant foot a natural step to rear, knees slightly bent, and body weight on balls of feet.
 - Officer establishes high-profile guard (hands approximately shoulder height, palms facing down, thumbs tucked close to hand, elbows slightly bent and in tight).
5. **Forward Movement:** Directional movement in which the foot closest to the direction of travel moves first and feet do not cross while moving.
 - Push off rear foot.
 - Small step taken forward with front foot.
 - Rear foot will lightly slide across ground/regain its original position being shoulder-width apart in a bladed stance.
6. **Rearward Movement:** Directional movement in which the foot closest to the direction of travel moves first and feet do not cross while moving.

- Push off front foot.
 - Small step taken backward with rear foot.
 - Front foot will lightly slide across ground/regain its original position being shoulder-width apart in a bladed stance.
7. **Rightward Movement:** Directional movement in which the foot closest to the direction of travel moves first and feet do not cross while moving.
- Push off front foot.
 - Small step taken to the side (right) with rear foot.
 - Front foot will lightly slide across ground/regain its original position being shoulder-width apart in a bladed stance.
8. **Leftward Movement:** Directional movement in which the foot closest to the direction of travel moves first and feet do not cross while moving.
- Push off rear foot.
 - Small step taken to the side with front foot.
 - Rear foot will lightly slide across ground/regain its original position being shoulder-width apart in a bladed stance.
9. **Getting Off the “X”:** To move off an attacker’s line of travel/attack.
- Officer uses their lead leg to pivot 90° toward the other leg.
 - Rear leg slides around behind to maintain a combat-ready stance.
 - To go opposite direction, officer steps rear leg forward and establishes a new pivot point.
 - Officer rotates 90° toward the other leg.
 - When safe, officer switches back to gun-away fighting stance.
10. **Shrimping:** Movement by the officer when on the ground to create space, manage distance, and better position.
- Officer starts on back with hands up toward the face to protect officer’s face and head.
 - Slide one foot as close as possible to officer's buttocks. Officer is on the toes of that foot which should slightly elevate hips.
 - Officer bridges the center of body upward, turning to where officer’s weight is focused on the planted foot and opposite shoulder.
 - Officer turns hips so that buttocks is facing the same direction as the plant foot.
 - Using an explosive movement, officer pushes off plant foot.
 - Officer pushes out buttocks, in the same direction as the plant foot, moving to officer’s side and extending arms out.
 - Begin rolling back to the other side planting the opposite foot and repeat.
11. **Tactical Get Up/Standing in Base:** Tactical method of standing up from the ground while maintaining a defensive posture. While on the ground, the officer will shift their hip toward the ground.

- Bend opposite side leg and plant that side foot on the ground close to their buttocks.
- Bring the same side arm/elbow up to knee to protect face.
- Use opposite side arm to base slightly behind their hip.
- If needed, use leg to strike subject and to create distance.
- Retract “hip planted” leg back until officer can safely plant the foot on the ground.
- Once foot is planted, officer is in a “3 point” stance (protect face while doing so).
- Raise up into a balanced fighting stance.

14. Rearward Breakfall

- Utilized when pushed from front resulting in loss of rearward balance.
- Hands positioned at 45° angle away from/to side of body.
- Chin tucked into chest.
- Hips thrust forward/off ground as shoulder blades contact ground.
- Open hands slap ground to lessen force of impact/displace momentum from fall.

II. Clinch/ Grip Breaks

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Self-Defense Escapes.

1. Underhook

- Officer and subject are facing each other.
- Officer feeds one arm under subject’s armpit in an underhand fashion and grabs the back/top of subject’s same side shoulder, opposite shoulder, or back.
- Officer drives crown of head into the side of subject’s temple, side of face, side of neck, under the chin, opposite shoulder, or sternum (based on height of officer and subject and their relative positioning).
- Officer maintains an athletic stance and opposite hand comes to the subject’s opposite shoulder, bicep, or wrist for a tie.

14. Overhook

- Officer and subject are facing each other.
- Officer reaches one arm over subject’s same-side-arm in an overhand fashion and brings the palm of the overhooking hand close to officer’s chest/torso.
- Officer drives crown of head into the side of subject’s temple, side of face, side of neck, under the chin, opposite shoulder, or sternum (based on height of officer and subject and their relative positioning).
- Officer maintains an athletic stance and opposite hand comes to the subject’s opposite shoulder, bicep, or wrist for a tie.

17. Tie – Shoulder

- Officer has an underhook or an overhook on one of the subject's arms and brings the other hand to the subject's opposite shoulder, driving the shoulder back.

18. Tie – Bicep

- Officer has an underhook or an overhook on one of the subject's arms and brings the other hand to the subject's opposite arm, grasping the subject's bicep in a "c-clamp" grip, and straightening officer's arm to drive the subject's arm back.

19. Tie – Wrist

- Officer has an underhook or an overhook on one of the subject's arms and brings the other hand to the subject's opposite arm, grasping the subject's wrist, and straightening officer's arm to drive the subject's arm back.

20. Rear Clinch (Waistline Control)

- Officer gets to the subject's back and wraps officer's arm around the subject's waistline; clasping hands in front of the subject, or possibly holding the subject's arm to contain the subject.
- Officer places an ear on the subject's spine and lowers the body so that the officer's hips are back and somewhat out of reach. From here the officer may limit the subject's ability to deploy weapons from the waist, or the officer may drive the subject forward, work for a takedown, or disengage to the rear.

21. Center Clinch (Thai Clinch)

- Officer and subject are facing each other.
- Officer shoots both hands over the subject's clavicles and brings the hands to the back of the subject's head (palm to back of head and palm to head; Do not interlace fingers).
- Officer pulls the subject's forehead to the officer's pectoral region and brings officer's forearms close together to capture the subject's head.
- The officer may well utilize knee strikes and shin bang kicks from this position.

22. Duck Under – Head on Underhook Side

- Officer has an underhook and a tie, and officer's head is on the same side as the underhook.
- Squat down slightly by bending at the knees and using the underhooking arm or hand to push/throw the subject's shoulder upward.
- Officer then ducks under the subject's arm and immediately brings the officer's head up and places it on the back of the subject's shoulder to prevent subject from turning.
- Officer reaches across the subject's back and grabs either the subject's upper arm or far side hip and pulls himself around the subject's back to establish a Rear Clinch/Waistline control.

23. Duck Under – Head on Tie Side

- Officer has an underhook and a wrist tie, and officer's head is on the tie side.
- Officer uses the wrist tie grip to rotate the subject's thumb toward the ribs and drive the subject's elbow upward, creating space between under the subject's armpit.
- The officer squats by bending at the knees, ducking under the subject's arm, and immediately bringing the back of officer's head up to the back of the subject's shoulder to block the arm.
- The officer lets go of the wrist tie, reaches over and grabs the subject's far hip, and pulls himself around the subject's back to establish a Rear Clinch/Waistline Control.

24. Side Clinch (J-Hook)

- Officer and subject are facing each other.
- Officer uses their inside arm to establish a grip on the back of subject's neck. The forearm should be in contact with the side of the subject's neck. The outside arm can control the wrist, sleeve, elbow or establish an underhook. From this position, the officer can strike, work for a take down or disengage.

25. Arm Drag

- Officer has an underhook and a wrist tie on the subject, and the officer attempts a Duck Under but is unsuccessful due to the subject stiffening the arm.
- The officer maintains the wrist tie but releases the underhook and brings the underhooking arm over, grabbing the triceps area of the subject's arm that is in a wrist tie.
- The officer uses this grip on the triceps to pull the subject's arm across his centerline. The officer releases the wrist tie and reaches with this hand behind the subject's back and grabs the subject's opposite hip, which he then uses to pull himself around the subject's back and into the Rear Clinch/Waistline Control Position.

26. Hand Clasp/ Gable Grip:

- Officer grips the subject's hand, palm to palm, with thumbs alongside the hand and not used in the grasp.

III. STANDING ESCAPES

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Self-Defense Escapes.

1. **One Hand Grab (Thumb Release):** Technique used by an officer when subject grabs the officer's arm/wrist with one hand.
 - Officer releases subject's grip by aggressively rotating captured arm in a small circular motion upward away from the subject's thumb.
 - With subject's grip released, officer may follow-up with control technique or disengage and establish position of advantage.
2. **Two Hand Grab (Pull Up):** Technique used by an officer when subject grabs the officer's arm/wrist with two hands.
 - Officer reaches over top of subject's arm with free hand and grasps officer's captured hand.
 - Officer releases subject's grip by pulling hands up and backward.
 - With subject's grip released, officer may follow-up with control technique or disengage and establish position of advantage.
3. **Two Hand Grab (Thumb Release):** Technique used by an officer when subject grabs the officer's arm/wrist with two hands.
 - Officer reaches under subject's arm with free hand and grasps officer's captured hand.
 - Officer releases subject's grip by rotating captured hand upward in a small circular motion.
 - With subject's grip released, officer may follow up with a control technique or disengage and establish a position of advantage.
4. **Bear Hug Arms Free (Elbow):** Technique used by an officer when the subject grabs the officer from the rear and officer's arms are free.
 - Officer widens stance and lowers center of gravity and delivers distraction technique by aggressively thrusting head backwards toward subject.
 - Officer immediately strikes subject's shin with outside of officer's foot.
 - Officer rotates torso to repeatedly deliver elbow strikes to subject's upper torso/head until subject releases grip.
 - With subject's grip released, officer may follow up with a control technique or disengage and establish a position of advantage.



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

PERFORMANCE OBJECTIVE #2:

SUPPORTING DETAILS

PRACTICAL EXERCISE

Instructor Notes (handwritten):

I. Strikes

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Strikes.

1. How to make a fist

- Open hand with fingers extended and touching each other.
- Separate the thumb from the fingers.
- Bend the four fingers inward and touch the tips to the top of your palm.
- Press thumb over the index finger.
- Do not allow thumb to extend past the finger knuckles, keep wrist straight.

2. Power Development

- Step and plant.
- Hip rotation.
- Raise and lower the center of gravity.

3. **Jab:** Hand technique using the non-dominant hand to strike in a rapidly straightforward manner.

- Hand technique used to close distance or create distance.
- Straight and quick.
- Demonstrate chin placement and how to properly throw a jab.
- Chin tucked low behind support shoulder, strong hand high to guard, elbow down and elbow up.
- Incorporate foot movement to create or close distance.

4. **Cross:** A slight looping hand strike using a closed fist.

- Hard punch meant for power.
- Followed by a jab in a 1-2 sequence.
- Demonstrate “squashing the bug”, hand placement, chin location behind strong shoulder, elbow down and elbow up. *not a haymaker*
- Demonstrate telegraphing.

5. **Brachial Stuns/Forearm Strike:** A technique using either the palm, back of hand, inside or outside of forearm to create mental stunning by striking the subject’s brachial plexus origin.

- Designed primarily to stun and/or stop a subject's forward momentum.
- Primary target area is subject's brachial plexus origin (side of neck).
- Officer points weak side shoulder toward subject as body is bladed to a "strong side back" position.
- Officer turns elbow under officer's shoulder and should not flare to outside of arm.
- Officer rotates hips and elbow together to ensure maximum mass.
- As the strike is being delivered, officer shifts weight from rear foot to front foot as torso and hips are rotated into strike. Strike can be enhanced by stepping forward at point of impact.
- Officer may deliver brachial stun with back of hand, outside of forearm, palm heel of hand, or inside of forearm.
- When using back of hand, speed is a higher priority than power.

- When utilizing forearm (inside or outside) officer should allow weight of forearm to momentarily remain on contact to allow maximum energy transfer.
 - Officer should avoid using knife hand, hammer fist, or bony portion of forearm unless deadly force is justified.
 - When striking with palm heel, officer retracts striking hand with authority after strike has been delivered.
 - All joints should be locked on impact.
 - Officer maintains weak side hand in high guard position.
6. **Hook:** A hand strike with the fist using a more circular trajectory than the cross.
- Designed primarily to stop subject's forward momentum.
 - Primary target area is subject's torso.
 - Officer points weak side shoulder toward subject as body is bladed to a "strong side back" position.
 - Officer's fist is vertical, with elbow bent and parallel to ground.
 - Officer rotates hips and elbow together to ensure maximum mass.
 - As punch is being delivered, officer shifts weight from rear foot to front foot as torso and hips are rotated into punch.
 - Weight of the officer's arm is directed behind index and middle knuckles.
 - All joints should be locked on impact.
 - Officer maintains weak side hand in high guard position.
 - Officer retracts punching hand with authority after punch has been delivered.
7. **Palm Heel Strike/Shunt:** A hand strike delivered in a straightforward thrusting motion with impact being the heel of palm while maintaining the hand flexed backwards and fingers pointing out.
- Designed primarily to stop subject's forward momentum and/or gain distance.
 - Primary target area is subject's chest.
 - Officer achieves greater stability by assuming a wide stance and bending knees to lower officer's center-of-mass.
 - Officer turns elbows under officer's shoulders and should not flare to outside of arms.
 - Officer rotates hips and elbows together to ensure maximum mass.
 - Officer delivers strike in a stiff-arm motion with hand opened into a palm position.
 - Officer points thumb up and impact is made with heel of hand in an upward motion at an approximately 45° angle.
 - Officer may deliver strike using either one hand or two.
 - Officer retracts hands with authority after strike has been delivered.

15. **Elbows:** A technique using the elbow as its striking point. The strike can be delivered horizontally, vertically, and/or on an angle with forward or rearward applications of each.
- Designed primarily for motor dysfunction, stunning, and subject's balance displacement.
 - Primary target area is subject's torso and motor nerve points.
 - Officer may deliver elbow strike in several applications: horizontally, vertically, and angularly with forward and rearward applications to each.
 - Officer points weak side shoulder toward subject as officer's body is bladed to a "strong side back" position.
 - Officer rotates hips and elbow together to ensure maximum mass.
 - As the strike is being delivered, officer shifts weight from rear foot to front foot as torso and hips are rotated into strike.
 - Weight of officer's forearm pushes elbow to contact.
 - Officer turns head in direction of the strike.
 - Officer delivers strike with tightly tucked arm and weight of humerus bone.
 - All joints should be locked on impact.
 - Officer maintains weak side hand in high guard position.
 - For horizontal and angular elbow strike, officer's humerus bone should be perpendicular to subject's body at impact.
 - For an angular elbow strike, officer delivers elbow in an upward or downward manner at an approximately 45° angle.
 - For a vertical elbow strike, officer delivers elbow in an upward or downward manner with officer's forearm perpendicular to ground.
 - Officer delivers strikes to rear with elbow closely positioned to side of body.
 - Officer looks to rear over shoulder of striking elbow.

II. Kicks:

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Kicks.

15. **Front Thrust Kick:** A foot technique using the rear leg to thrust the bottom of the corresponding foot into the intended target.
- Designed primarily to stop subject's forward momentum.
 - Primary target is subject's pelvic area.
 - When preparing to deliver strike, officer's lead foot is turned slightly outward to enhance balance.
 - Officer delivers kick by transferring weight to lead foot while striking leg is raised with foot parallel to ground. Height of officer's knee determines height of kick. Hands maintain high guard position.
 - Officer thrusts striking leg and extends in most direct manner toward target area.
 - Officer makes contact with last four to six inches of leg extension. Officer extends striking foot forward upon contact with heel up, toes back, and ball of foot extended.
 - Officer retracts striking leg with authority after kick has been delivered.

1. **Snap Kick:** A lead foot technique using the ball or top area of the front foot to deliver a snapping type strike to the intended target.
 - Officer takes a fighting stance.
 - Officer elevates front foot and strikes the intended target.
2. **Angle/Shin Kick:** A foot technique using the rear leg to deliver a downward angling strike to the subject's common peroneal/femoral area. Impact should be made with the officer's shin.
 - Designed primarily to stop and control high-level resistance.
 - Primary target area is common peroneal or femoral nerve motor points.
 - When preparing to deliver strike, officer positions lead foot parallel to center line of subject's body and turned slightly outward. Officer bends knees and evenly distributes weight. Hands maintain high guard position.
 - Officer's striking leg travels at a natural and direct angle to target area. Knee of striking leg remains slightly bent throughout full motion of the kick and at impact.
 - Officer extends toes of striking leg and point toes down to tighten muscles of shin to enhance impact.
 - Officer rotates torso and pelvis together to ensure maximum mass. Point of contact should be made with front of officer's shin.
 - Officer allows weight of leg to momentarily remain on contact to allow maximum energy transfer.
 - Officer retracts striking leg with authority after strike has been delivered.
4. **Oblique/Shin/Ankle Kick:** A foot technique using the officer's bottom foot area to strike in a downward manner the intended target or a subject's shin.
 - Designed primarily as a distraction technique and to stop subject's forward momentum.
 - Primary target is subject's shin.
 - Officer delivers kick with a short, rapid delivery using toe of shoe or instep.
 - Officer retracts striking leg with authority after kick has been delivered.
5. **Knees:** Technique that uses the impact area of the top of the knee when delivering strikes. Technique can also be delivered from a clinch position.
 - Designed as a distraction technique and/or to stop and control subject's high-level resistance.
 - Primary target areas include common peroneal or femoral nerve motor points as well as subject's torso.
 - Officer delivers strike with bones of lower leg perpendicular to impact point of knee.
 - Contact is made using top of officer's knee with muscles of striking leg tightened to enhance impact.
 - Officer thrusts hip and knee jointly while pulling subject's body into strike to ensure maximum mass.
 - Officer allows weight of leg to momentarily remain on contact to maximize energy transfer.
 - Officer retracts striking leg with authority after strike has been delivered.

III. BLOCKS

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Blocks.

1. **Single Arm Parry:** Technique used to defend against strikes while moving to a position to deliver a counterstrike or control technique.
 - Officer defends inside position and does not overextend to block subject's appendage.
 - From direction of subject's strike, officer positions defending arm in "L-shaped" configuration and moves into path of oncoming strike.
 - Officer checks subject's strike with outside of officer's wrist just below knife hand.
 - Upon checking subject's strike, officer moves into position to deliver counterstrike or control technique.
2. **Single Arm Cover Up (Big Nose)/ Shield Block:** A technique using the arm to protect the face and head from strikes.
 - From direction of subject's strike, officer's hand is placed beside head, just above ear with elbow bent and pointing toward subject.
 - Officer cups hand behind neck with forearm and upper arm held firm against side of head covering officer's face and jaw.
 - Officer chin will be down and eyes looking straight toward subject.
3. **Double Arm Cover Up (Big Nose):** A technique using both arms to protect the face and head from strikes.
 - Officer places both hands beside head, just above ears with elbows bent and pointing toward subject.
 - Officer cups hands behind neck (fingers do not interlace) and overlap one another.
 - Officer holds forearms and upper arms firmly against side of head covering officer's face and jaw.
 - Officer holds elbows tightly together in front of face with chin down and eyes looking straight toward subject.
4. **Elbow Hide (High/Low):**
 - Inside elbow is raised toward subject and at a level even with the officer's line of sight.
 - Blocking forearm takes position next to the officer's torso.
 - Officer's opposite hand covers the officer's face.
5. **Leg Check**
 - Defensive counterattack to low line kicks.
 - As incoming kick is delivered, officer will raise their near side leg and "check" the strike.
 - Blocking surface is the shin of the officer's lower leg.

IV. Takedowns

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Takedowns.

13. Body Fold Takedown: Takedown method used by an officer when subject throws a strike, or suddenly turns to face officer during the escort position or handcuffing.

- Officer will cover and step in.
- Officer's lead foot will go to the outside of the subject's foot.
- Officer will be positioned on side of subject.
- Officer will wrap his/her arms around subject's midsection, placing ear near the subject's chest area (whatever foot the officer has forward, that is the same ear that will be on the subject's chest).
- Officer will simultaneously pull on the subject's lower back and push with his/her head on the subject's chest which will cause the subject's head to lean back over their heels, causing balance displacement.
- As the subject starts to fall back and go to the ground, the officer will take his/her hands out from under the subject so that when subject contacts the ground, the officer's hands will not get trapped under the subject's body.
- The officer will take a side control position to take control of the subject.

14. Knee Tap Takedown: Takedown method used by an officer to take a subject to the ground and transition into a position of control (setup is the same as the Body Fold Takedown).

- Once the officer is in position, he/she will tap the back of the knee at the natural bend, with the leg that is behind the subject's leg.
- As the subject starts to fall back and go to the ground, the officer will take his/her hands out from under the subject so the officer's hands will not get trapped under the subject's body as it contacts the ground.
- The officer will take a side control position to take control of the subject.

23. Single Leg: Takedown technique using balance displacement by forcing a subject to the ground when the officer has control of one of the subject's legs.

- Officer is in grappling range of subject and maintains a vertical spine while lowering the center of gravity, bending at the knees.
- Officer displaces subject's balance by grasping subject's ankle, trapping foot to ground, or grabs a leg with both arms with either a gable grip or a single hand hook grip and pulls the leg tightly to the officer's body.
- Officer, while maintaining head on outside of trapped leg, drives shoulder into subject's knee/lower leg, or trips, lifts, pushes, drags, or rotates the subject while maintaining tight control of the subject's leg, forcing subject to ground by shifting the subject's center of gravity and adding the officer's weight, causing balance displacement.
- With subject on ground, Officer may follow-up with control technique or disengage and reestablish position of advantage.

1. **Double Leg:** Takedown technique using balance displacement by forcing a subject to the ground when the officer has control of both legs of the subject.

- Officer lowers center of gravity by bending the knees until the officer can reach the back of the subject's knees without bending at the waist.
- Officer displaces subject's balance by simultaneously capturing both of subject's legs while placing officer's forehead on the subject's torso.
- Officer lifts the subject only enough to break friction between the feet and ground.
- Officer drives shoulder into subject's knees/lower legs, while driving officer's forehead into the subject's torso.
- Officer steps forward with front foot and then immediately steps forward with the rear foot to maintain balance, forcing subject to ground.
- With subject on ground, Officer may follow-up with control technique or disengage and reestablish position of advantage.

2. **Two Officer Takedown/ From the Front:** Takedown used by two officers to get a subject under control and into a handcuffing position.

- Officer 1 controls one arm, while Officer 2 controls the legs.
- As Officer 2 moves in, he/she will need to come in low and protect his/her head to avoid a knee strike to the head/face.
- Officer 2 wraps the legs of the subject.
- Officer 2 uses his/her body weight to push forward above the knee area, causing the subject to fall.
- Officer 1 maintains control of the arm, by holding the wrist and cupping the back of the elbow.
- At the same time, Officer 1 will begin to walk the subject's arm around the head of the subject. Officer 2 will underhook a leg and roll the subject over in the same direction. Verbal commands should be given.
- Once over the subject will be taken into a handcuffing position.

3. **Two Officer Takedown/ From the Back:** Takedown used by two officers to get a subject under control and into a handcuffing position.

- Officer 1 controls one arm, while Officer 2 controls the legs.
- As Officer 2 moves in, he/she will need to come in low and wrap the legs of the subject.
- Officer 1 maintains control of the arm, taking it down to the ground.
- Officer 2 maintains control of an ankle, positioning him/herself to apply an ankle lock.
- Officer 1 will take the arm and go into a bent armlock, into a handcuffing position.

33. All Fours Control Method/ Hands Visible: A control method/concept where two officers control a subject on all fours (hands and knees).

- Officer 1 tries to control one of the locked-out arms of the subject.
- Officer 2 will come from behind and grab the subject's ankles.
- Officer 2 will then pull straight back (not up), pulling the subject to the subject's stomach.
- Officer 1 will then pin the subject's arm to the ground.
- Officer 2 will control an ankle, positioning him/herself to apply an ankle lock.
- Officer 1 will then take the arm and go into a bent armlock, to a handcuffing position.

34. All Fours Control Method/ Hands Not Visible: A technique used by two officers when the subject goes from all fours to prone position, hands hidden under stomach area.

- Officer 1 tries to control one of the locked-out arms of the subject.
- Officer 2 comes from behind to grab the subject's ankles.
- Officer 2 pulls straight back (not up), pulling the subject to his/her stomach.
- If Officer 1 loses control of arm and subject's hands are now under the stomach (not visible). Officer 1 will then spin around, his/her chest on the subject's back in a sprawl position.
- Officer 1 will then take control of both wrists of the subject.
- Officer 2 will control an ankle, positioning him/herself to apply an ankle lock.
- Officer 1 will remain heavy on subject giving him verbal commands to take one hand out at a time.
- As the subject is attempting to bring hand out, Officer 1 will actually push back to cause the hand to come out slowly.
- Once the hand is visibly cleared for any weapons, Officer 1 will straighten the arm out and bring officer's knee/shin over the arm, pinning it to the ground.
- The same sequence is done for the other arm, then placed on the subject's back.
- Officer 2 will then move in, take control of the arm on the back. Officer 1 will then spin off the subject's back and take control of the other arm, placing it in a bent arm lock for handcuffing.



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

PERFORMANCE OBJECTIVE #3:

SUPPORTING DETAILS

PRACTICAL EXERCISE

Instructor Notes (handwritten):

I. **Offensive Ground Fighting**

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Offensive Ground Fighting.

1. **Mount:** Control position in which the subject is lying flat on their back and the officer is straddling the subject's upper body/torso with both knees on the ground.
 - Officer sits on subject's stomach and distributes body weight onto subject by placing chest on subject's chest. Officer's head is kept tight to subject's head. Officer places both knees on side of subject's torso. Officer places feet under subject's upper legs, with instep of feet against ground.
 - Officer maintains good base by keeping hips low, lowering center of gravity.
 - Officer posts out either arm to maintain balance and position, using caution to not extend arms across subject's upper body as officer may become susceptible to an arm bar and/or choke.
2. **Guard (Closed):** Control position in which the officer is on their back on the ground with the subject mounted on the officer.
 - Officer wraps both legs tightly around subject's torso and locks ankles, allowing officer to manipulate subject's movement.
 - With subject sitting back in officer's guard, officer keeps head off the ground while arms maintain high guard position.
 - With subject sitting high in officer's guard, officer pulls subject forward and presses head tightly against subject's head.
 - If the officer has feet closed while in the Guard position, it is a "Closed Guard," if the feet are not clasped, it is an "Opened Guard."
3. **Side Mount/ Side Control:** Control position in which the officer is controlling the subject's upper body from the side while the subject is lying on their back, designed to pin the subject and inhibit their movement.
 - Officer is lying perpendicular on top of subject, chest to chest.
 - Officer's knees and elbows are on the ground.
 - Officer will take knee closest to the bottom subject's hip and place it against the bottom subject's hip, blocking hip movement toward the officer.
 - Officer will take the elbow closest to the bottom subject's hip and place it against the hip, trapping the subject's hip between the officer's hip and knee.
 - Officer will place their other elbow and knee into the subject's armpits.

5. **Rear Mount:** Ground position in which subject is lying face down and officer is on top of the subject in a position of advantage.
 - Officer sits on subject's hips and distributes body weight onto subject by placing chest on subject's back.
 - Officer places both knees on side of subject's hips. If possible, officer places feet under subject's legs.
 - Officer maintains base by keeping hips low, lowering center of gravity.
 - Officer posts out either arm to maintain balance and position.
6. **Two On One Arm Control/ Kimura/Figure 4:**
 - One arm is wrapped around subject's arm and grabs officer's other wrist while officer's other hand is grabbing the subject's wrist (looks like a woven triangle).
7. **Subject is Prone, Hands Near Waist:** Officer maintains pressure as above.
 - Officer's inside knee wedges between the arm and torso and staples the arm to the ground with the shin pinning the forearm.
 - Officer spins on the knee, while keeping arm stapled.
 - Shin is now on the subject's upper arm.
 - If the hand is not now free, the officer can use the other knee to bend the subject's spine towards or away from the hidden hand to aid control.
8. **Arm Wrap from the Mount:** Control technique used by officer from the mount position while actively engaged with resisting subject pushing against officer's chest or trying to cover up.
 - The officer will take control of the subject's triceps on the arm of the subject's pushing hand.
 - The officer will push the triceps/arm across the body of the subject and move the body in the opposite direction. The officer will then move/slide their body over the subject's arm, so that the arm/shoulder of the subject is trapped by the officer's weight.
 - The officer will then take his/her hand that is closest to the trapped shoulder and go under the head of the subject.
 - The officer's free arm/hand will get an underhook on the subject's free arm.
 - The officer's arm/hand that is under the subject's head will grab the wrist of the trapped arm.
 - The officer will then pull on that arm, which will cause the subject to turn/rotate onto their side.
 - The officer will then go into a technical mount (the knee/leg behind the subject will slide up to the subject's shoulder area. The leg that is front will be posted and the heel of the officer will contact the subject's stomach/solar plex area.)
 - **It should be noted that the officer has options at this point. If assistance is coming, the officer can keep the subject in this position until another officer is on scene. The officer can also do a quick search of the subject's waist area to see if there are any weapons. The officer can also roll the subject over to apply handcuffs.**
 - The officer next rolls the subject over to their stomach to apply handcuffs.
 - The officer can stay in the back mount or can maneuver to a knee of the lower back and the other leg posted.
 - The officer will then switch hands, using the edge of his/her free hand, grabbing the wrist of the arm that is wrapped around the subject's head.
 - The officer will then take his/her free hand, go under the armpit of the arm that is on the head, grabbing the wrist.
 - The officer will then bring that arm/hand to the back of the subject for handcuffing.

15. Arm Wrap from Side Control: Control method used by an officer from the side control position while actively engaging with a resisting subject.

- The officer is in the side control position, with the subject on bottom.
- The officer will use the hand under the subject's head and pull up on the subject's triceps (nearest the officer).
- The officer will then perform a wrestler sit-out, by sliding their far leg under their body, and under the shoulder of the subject. The other leg will post.
- The arm that is holding the triceps will then go under that arm near the armpit. Note: The officer needs to keep his/her head low, making it hard for the subject to frame.
- The officer will then switch back to a side control position, using his/her body and arm to get the Arm Wrap position and roll the subject onto the side.
- The officer can wait for assistance or take the subject all the way to a handcuffing position.

16. Arm Wrap from the Closed Guard: Control method used by an officer from the closed guard position while actively engaged with a resisting subject.

- The officer keeps the subject in close in the closed guard position.
- If the subject starts to run the blade of the forearm across the officer's throat, the officer will push against the triceps of the subject, while he/she moves their body in the opposite direction.
- The officer takes control of the subject's wrist, which will start to put the subject into the Arm Wrap.
- The officer posts the same side foot that he/she is grabbing with, which enables the officer to cut an angle to get their other hand/arm under the subject's shin or thigh. The officer must keep the other foot/leg up near the subject's lat.
- The officer can now sweep the subject over getting them onto their side, into the Arm Wrap position.
- The officer can wait for assistance or take the subject all the way to a handcuffing position.

17. Arm Triangle from the Closed Guard: Control method used by an officer from the closed guard position while actively engaged with a resisting subject.

- The officer keeps the subject in close in the closed guard position.
- If the subject starts to run the blade of the forearm across the officer's throat, the officer will push against the triceps of the subject, while he/she moves their body in the opposite direction.
- The officer's inside arm will shoot up around the side of the subject's neck, palm facing up. The outside arm/hand will come around and connect palm down.
- The officer will make sure that he/she is on the side of the subject.
- The officer will then hook the subject's closest leg and control the far arm using the twist-lock.
- The officer will then work his/her way up to handcuff.

19. **Bent Arm Lock from Side Control:** Control method used by an officer from the side control position while actively engaged with a resisting subject on the bottom.
- If the subject attempts to frame, the officer will attempt the Figure Four.
 - The subject moves the arm to escape the control hold, bringing the arm down, pointed in the opposite direction (hand/fingers will be facing towards their feet.)
 - The officer will control the wrist of the subject with the hand closest to the subject's knees. The other hand will go under the subject's arm at the bend in elbow. The officer will grab his/her own wrist with a monkey paw grip.
 - The officer will then rotate around towards the head of the subject, straddling the subject with his/her legs, and keeping the arm at a 90° angle.
 - The officer can then roll the subject to the stomach to a handcuffing position.
20. **Bent Arm Lock from the Closed Guard:** Control method used by an officer from the closed guard position, which can also be used for gun retention when on the ground.
- Officer pulls subject forward and grasps subject's wrist, posting subject's arm to ground.
 - Officer then opens the guard, moves officer's back while doing a sit-up.
 - Officer reaches over the back of the subject's arm, grabbing his/her own wrist, securing a Figure Four Lock on the subject's arm, near the elbow.
 - Officer cuts the angle towards the bent arm going to 90°.
 - Officer must keep the same side leg up high on the subject's back.
 - Officer can then hold the subject there until assistance arrives.
21. **Bent Arm Lock from the Closed Guard to a Handcuffing Position:** Control method used by an officer from the closed guard position, which can also be used for gun retention when on the ground.
- Officer pulls subject forward and grasps subject's wrist, posting subject's arm to ground.
 - Officer then opens the guard, moves officer's back while doing a sit-up.
 - Officer reaches over the back of the subject's arm, grabbing his/her own wrist, securing a Figure Four Lock on the subject's arm, near the elbow.
 - Officer cuts the angle towards the bent arm going to 90°.
 - Officer must keep the same side leg up high on the subject's back.
 - To handcuff, the officer will prone the subject out by leveraging the subject's arm towards the head.
 - Officer maintains hold of the Figure Four while he/she slides the bottom leg out from under the subject.
 - The officer can now come up, maintaining control to handcuff the subject.
22. **Arm Bar from Closed Guard to Handcuffing:** Control method used by an officer from the closed guard position with a subject inside the closed guard of the officer.
- Officer reaches across, controlling one of the subject's arms by monkey-gripping the forearm. Officer's free hand will reach to the other side and control the shoulder.

- Officer posts foot (same side foot as the subject's controlled arm) in subject's hip or on ground.
- Officer then cuts the angle away from the trapped arm, going to 90°.
- The leg that is not posted should be bent, and moves up to the subject's lat.
- The arm that is on the shoulder will push the head of the subject away and the officer will bring the posted leg around.
- The officer applies arm bar, using the legs to push subject to the ground.
- The officer pinches knees/thighs together, not crossing his/her feet.
- The subject's thumb will be pointed up, and officer turns the subject's palm down.
- The officer handshakes with the subject's hand, executing the twist-lock.
- The officer will roll the subject to a prone position for handcuffing.

27. Turn Over (Arm Wrap): Technique used by officer from top mount position, or side control, while actively engaged with resisting subject who is pushing against officer's chest to control the subject's mobility and roll them over to a prone handcuffing position.

- Officer grabs one of subject's wrists and pushes arm over the subject's face and bends the arm far around the subject's head, effectively wrapping the subject's head with their own arm.
- Officer collapses on subject's chest while reaching under subject's head with free hand and grasping subject's captured wrist.
- Officer leverages subject into prone position by pulling captured wrist under subject's head while collapsing captured elbow.
- With subject in prone position, officer moves to rear mount and establishes position of advantage.

1. Bump Sweep: Technique used when the officer has the subject in their closed guard.

- Officer opens the guard, scoots the hips away from the subject while sitting up on a single hip supported by that side arm either by the elbow, or on the hand.
- Officer quickly reaches the other arm across the subject, over the opposite arm, and wraps it around from the front, around the outside and to the back, while grabbing the subject's triceps, elbow, forearm, or wrist.
- Officer drives hips into the subject's torso while rotating toward the trapped shoulder to put that arm under the body.
- The officer is then able to mount the subject.

1. Kick and Spin to Technical Stand Up/ Tactical Tracking: Technique to get space and stand up in a tactical manner when subject is advancing towards officer on the ground.

- Officer is on back delivering kicks at subject's shins and knees.
- Officer comes up to a hip and same side arm.
- Officer can rotate from hip to hip.
- Officer delivers kicks and performs a technical stand up to a fighting position.

34. **Kick Off to Technical Stand Up:** Technique to get space and stand up in a tactical manner when the subject is inside the officer's closed guard.

- Officer opens guard, shrimps to make space, and uses the knee in the subject's chest and hands as frames.
- Officer then posts far side elbow on the ground and comes up to the hand.
- Officer pushes away from the subject and moves back to create space.
- Officer performs a technical stand up to a fighting position.

35. **Tripod Sweep:** Technique used by an officer from the ground with a subject standing over the officer.

- Officer uses hands and legs to protect himself/herself.
- Officer targets the subject's leg closest to the officer.
- Officer grabs the subject's ankle and the same side leg will go into the subject's hip.
- The other leg will go between the subject's legs and hook behind the subject's knee.
- Once in position, the foot on the hip will push, causing the subject to fall to the ground.
- Officer will then move back to gain space and perform a technical stand up to a fighting position.

36. **Foot/ Ankle Lock:** Technique used to gain pain compliance. Foot locks should only be done with another officer is present who is controlling the subject's hands.

- Subject's foot is parallel to the ground, with bottom of the foot facing up.
- Officer wraps the ankle (palm down), the free hand will then clasp with the other hand (palm up).
- The top of the subject's foot will be in the crook of the officer's elbow.
- Once grip is established, the officer will pull the foot/ankle tight into the body and apply outward or inward pressure, depending on which direction the toes are pointed.

37. **Foot Lock Ankle Twist (Two Officer Push/ Pull):** Pain compliance technique used by two officers to gain control of a subject lying in a prone position with both hands under torso.

- Officer captures subject's leg, bending leg at knee with foot perpendicular to ground.
- Officer places inside hand on outside of subject's captured foot with officers outside hand grabbing heel of captured foot.
- Officer gains pain compliance by maintaining subject's captured knee on the ground while rotating captured foot towards inside position of subject while pulling back on subject's heel.
- Officer maintains pain compliance until subject becomes compliant and a control technique is applied.

39. **Foot Lock Ankle Twist (Leg Immobilization Push/ Pull):** Pain compliance technique used by one or more officers to gain control of a subject lying in a prone position.
- Officer captures subject's leg, bending leg at knee with foot perpendicular to ground.
 - Officer places inside hand on outside of subject's captured foot with officer's outside hand grabbing heel of captured foot.
 - Officer steps with inside leg over subject's captured leg.
 - Officer kneels placing lower leg perpendicular across back of subject's upper leg.
 - Officer rotates captured foot towards inside position of subject and places foot against officer's torso, freeing both of officer's hands.
 - Officer maintains pressure of subject's captured foot and gains pain compliance by leaning across subject's back.
 - Officer maintains pain compliance and instructs subject to place opposite side hand from captured leg behind back where officer initiates handcuffing.
40. **Toe Hold (Figure 4):**
- Ankle secured with a Figure 4 grip wrapped around the joint.
 - Foot is rotated around the shin bone axis to gain compliance (pronation).

II. Defensive Ground Fighting and Ground Escapes

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics categories, Defensive Ground Fighting and Self-Defense Escapes.

1. **Escape from Mounted Position (Striking/ Wide Base):** This is a technique used when the subject is mounted on the officer and attempting to strike/punch the officer.
- The subject is sitting/straddling the officer, attempting to strike/punch him/her.
 - As the subject rears back to strike the officer, the officer will grab any clothing that he/she can grab, pulling and bumping their hips forward so that the subject lands in an all-four position. If the subject is not wearing a coat or shirt, then the officer will have to do a crunch, wrap his/her arms around the subject and pull/bump the subject forward to create the four-legged table.
 - When the subject falls forward, they will most likely land in a wide base with their arms.
 - The officer's arms will be in the inside position.
 - The officer will take an arm and swim from inside to outside wrapping an arm of the subject.
 - The officer can grab their vest or uniform shirt to help secure the hold.
 - The officer will then hook/block the same side leg and bump/bridge over that shoulder, forcing the subject to the back.

6. **Escape from Mounted Position (Striking/ Narrow Base):** This is a technique used when the subject is mounted on the officer and attempting to strike/punch the officer.

- The subject is sitting/straddling the officer, attempting to strike/punch him/her.
- As the subject rears back to strike the officer, the officer will grab any clothing that he/she can grab, pulling and bumping their hips forward so that the subject lands in an all-four position. If the subject is not wearing a coat or shirt, then the officer will have to do a crunch, wrap his/her arms around the subject and pull/bump them forward to create the four-legged table.
- If the subject falls forward and they land in a narrow base, the officer will be unable to wrap his/her arm around one of the subject's arms, the officer's arms will be in the inside position, and one of the officer's hands will then go the outside, while the other hand stays inside.
- The officer places hands palm to palm (monkey palm grip) and collapse the subject's arm at the natural bend in the arm.
- At this time, the hand that is in the inside position will control the subject's wrist and the outside arm will control the subject's triceps (back of the arm).
- The officer will then hook/block the same side leg and bump/bridge over that shoulder, forcing the subject to the back.

7. **Escape from Mounted Position (Up):** A technique used when a subject is mounted on the officer.

- Officer protects from punches by reaching up and gripping with a "monkey paw" grip, the subject's biceps.
- Officer will buck the hips into the air forcing the top subject off balance.
- Following the bucking, the officer reaches up and grabs the subject (top person) around the abdomen and pulls down, which causes the subject to catch himself with locked out arms.
- Officer then swims a hand straight up and around one of the subject's braced arms, and then back to the officer's chest which collapses the subject's arm, trapping it.
- In training, the top person must roll the trapped hand up to the bottom person's shoulder to avoid injuring the wrist when they are rolled over.
- Once the officer has the subject's arm trapped, the officer brings the foot on the same side as the trapped arm up to the officer's buttocks, trapping the subject's leg on the same side.
- The officer then bucks the hips, driving through the feet at an angled direction of the shoulder on the side of the trapped limbs.
- This momentum should allow the officer to "roll" into the top position.

8. **Escaping or Passing the Guard:** Technique to escape or pass the subject's closed guard while engaged in a ground fight.

- A closed guard is when person #1 is on their back, person #2 is kneeling and between the legs of person #1. Person #1 (subject) has their legs wrapped around person #2 (officer), at the waist with their ankles crossed.
- The officer may attempt to use strikes, such as hammer fist, punches and elbows to loosen or open the subject's closed guard. Once this is achieved the officer can disengage and get back to his/her feet.
- Or to open the closed guard, the officer will lean forward/down, until their head is against the stomach of the subject and place hands on the corresponding hip side of the subject, with fingers pointing to the ground and thumbs toward the subject's head.
- Officer keeps elbows tucked close to the body and on the inside of the subject's thighs.
- Officer drives the knee, typically opposite the side they are facing, into the subject's tailbone, and then the officer angles the knee stance, forcing the other knee back and to the side, rotating the officer's hip 30° in the direction of the back moving knee.
- With both knees set, the officer "explodes" their posture upwards, pushing off their hands.
- With elbows still inside the subject's thighs, the officer uses the elbow on the same side as the knee that was moved to the rear, driving the subject's thigh to the ground, pinning it with the forearm.
- The officer replaces the forearm with the closest shin, continuing to pin the thigh, by placing the knee to the ground on one side of the thigh and the foot on the other side, "stapling" the thigh to the ground with weight.
- The officer then uses the freed arm to push across the jawline of the subject, forcing the head away.
- The officer then straightens the opposite leg, swinging it across the stapled foot.
- After the leg is crossed, the officer can release the staple and move to the side control over the subject.

9. **Escape from Subject's Guard on Bottom (Knee Pass):** A technique used when the officer is on back with subject in the closed guard and the officer needs to get off the back.

- Officer either reaches up and grabs the subject's arm/sleeve, or if the subject bends down close, the officer can grab the arm/sleeve.
- After officer obtains control of at least one of the subject's arms in some manner, The officer pulls the subject to the officer, breaking the posture of the subject.
- As the posture breaks down, the officer will open their guard (release the feet) as they turn/shrimp from the back to one hip, which often is the same side as the controlled arm.
- Once on a hip, officer places the back of the knee that is closest to the ground against closest knee of the subject.
- Officer then places opposite shin across the chest of the subject, running diagonally across the chest with the foot near the hip and the knee near the neck on the opposite side.

- The officer continues to pull the subject toward the officer to get the subject's hip at or above the officer's hip, pulling the weight above the center of gravity ("loading them up").
- Officer will then "scissor" their legs, sweeping the subject over onto their back, and if the officer holds on, pulls the officer on top of the subject.
- Officer can then obtain a top mounted position on or disengage.

13. Escape from Subject's Closed Guard on Top (Femoral): Technique used by an officer to escape a subject's closed guard.

- Officer moves upper torso into upright posture and establishes base by widening knees and bringing hips in close to subject. Officer's hands maintain high guard position.
- Officer distracts subject by delivering knee strikes.
- Officer escapes by driving elbows downward into the inside of subject's legs (Femoral Nerve Point).
- Officer brings lower leg across the subject's leg.
- Officer moves into position of advantage.

14. Escape from Side Control Position (Forearm Escape)

- Officer is on their back in subject's side mount.
- Officer will build a frame by placing their forearm closest to the subject's hip against that hip bone.
- Officer will then place other forearm against subject's neck.
- Officer will then push against the hip and pull/push against the neck as the officer performs a shrimp-type of move.
- Once the officer's knee is cleared, the officer will place their knee/shin across the midline of the subject.
- Officer will then push off the subject to "square up" with the subject and put the subject into their guard.

15. Escape from Side Control Position (Preventative/ Officer has Frames): Technique used when the subject is in the side control position on the officer, and the officer needs to make space to escape from the side control of the subject.

- Officer is on back and subject attempts to get side control.
- As the subject is attempting to get side control, the officer puts frames in place, before the subject can get underhooks.
- The officer will then use the outside arm that was under the jaw/neck, and will go under the subject's underhook, enabling the officer to get an underhook.
- The officer will then scissor the legs, allowing the officer to come up on all fours and then the officer can disengage or take appropriate action.

16. Escape from Side Control Position (Underhook Escape): Technique used when the subject has a side control position on the officer.

- Subject is in the side control position, on top of the officer.
- Officer draws feet close to the body with knees bent and bridges the body.

- The officer will then attempt to get on his/her side as the officer comes back to the ground. At the same time, the officer will take the elbow closest to the subject and slide it close to the subject's hip, making a wedge/frame.
- The officer will bridge again and attempt to get the far side arm under the jaw/neck of the subject, again making a frame, driving upward against the subject to make space.
- The officer will then bridge again if needed, and the outside arm that was under the jaw/neck will go under the subject's underhook, enabling the officer to get an underhook.
- The officer will then scissor their legs, enabling the officer to come up to all fours.
- The officer can then disengage or take appropriate action.

1. **Bent Arm Lock from the Guard Position on Bottom (Kimura):** Control technique used by an officer when a subject is inside the officer's guard.

- Officer pulls subject forward and grasp subject's wrist, posting subject's arm to ground.
- Officer opens legs and sits up while reaching over back of subject's captured arm and establishes figure 4 lock by grabbing his own wrist.
- Officer rotates torso and slides hips from under subject while elevating subject's captured wrist and placing subject's arm in an "L-shaped" configuration.
- Officer moves subject to prone position by placing free leg over subject's torso while leveraging captured arm towards subject's head.
- With subject in prone position, officer moves to rear mount position and establishes compression wrist lock by repositioning strong hand on subject's wrist and moving support hand to control subject's elbow.

1. **Shrimp and Bridge Drill:** Drill used to teach officer to maneuver the body to a better position to counter or defend against an attack.

- **Bridge:**

- Officer begins on back with knees bent, feet tucked as tight to body (buttocks) as possible.
- Officer looks toward the direction that they are going to bridge and raises up on that shoulder, elevating hips off the ground.
- Officer comes up on one shoulder while both feet stay planted.
- Conduct drill on both sides.

- **Shrimp:**

- Officer begins on back with knees bent, feet tucked as tight to body (buttocks) as possible.
- This can be done with knees bent or with one leg extended (preferred method).
- Officer slightly lifts hips off the ground as they push off with the legs and also push down with the arms.
- This motion puts the officer on the side, in the configuration of a shrimp.
- If the officer has one leg straight, the officer will push toward the knee that is bent.

20. **Sprawl:** Technique used to defend against an attack on the officer's hips, as in a takedown attempt.

- From a fighting stance, officer will scoot their feet/legs backwards dropping to their hips to the ground.
- Officer's feet/legs will be in a wide base when this is done.
- If this is a solo drill, the officer will drop all the way down to their forearms and then pop up quickly to a fighting stance.
- Against a subject, the officer will C-clamp the back of the subject's neck, and with the other hand, the officer will underhook or overhook the subject's arm.
- The officer will drive the subject towards the ground, keeping their chest over the subject's head and back.
- The officer can then spin to the subject's back or disengage.

21. **Technical Standup:** Technique used to stand up from the ground while maintaining a posture that allows the officer greater mobility while on the ground.

- While the officer is lying on the back, the officer will sit up, coming up to an elbow while posting/bending the opposite knee. The hand that is not on the ground will come up in defensive position.
- The officer will move from his/her elbow to the hand. Whatever hand is posted on the ground, the opposite foot will be posted, and the knee will be pointed upward. Officer should be seated on the side of the posted hand.
- The leg that is not bent will be forward and on the ground.
- In this position, Officer should be able to lift the hip and leg that is forward off the ground.
- The leg that is extending then slides under the officer's body, posting on their knee.
- The officer can then draw a weapon from a kneeling position or come all the way up to a standing position, to a fighting stance.
- Work this drill on both sides.

22. **Back Escape (Home Alone Technique):** Technique used when the subject is on the officer's back attempting to choke the officer.

- Subject is on the officer's back and has both feet (hooks) inside the officer's inner thighs.
- The officer will immediately protect the (head/neck) area by placing his/her hands next to neck, which creates a barrier between the officer's neck and subject's arm.
- The officer will tuck his/her head with the chin down and slide the body down away from the subject.
- The officer will then kick their leg down, releasing the hook on that side. The released leg will then be brought back up so that the subject cannot reinsert the hook. It should be noted that the officer will kick the same leg, as the arm that is wrapped around the officer's neck.
- The officer will then roll away from the wrapped arm, securing the subject's leg, striking to disengage and take appropriate action. When rolling, the officer's inside elbow must stay inside, between the subject's thigh and officer's rib area. If the officer's elbow goes to the outside of the subject's thigh, the subject will maintain back control.

23. Back Escape (Climbing the Rope): Technique used when the subject is on the officer's back attempting to choke the officer.

- Subject is on the officer's back and has both feet (hooks) inside the officer's inner thighs.
- The officer will immediately protect the (head/neck) area by placing his/her hands next to neck, which creates a barrier between the officer's neck and subject's arm.
- As the subject's arm comes around the officer's neck to attempt a choke, the officer will utilize the 2 on 1 principle, grabbing the subject's wrist with both hands.
- The officer will then pass the subject's arm up and over his/her head.
- The officer will then climb the arm (rope) as high as possible, this will make it hard for the subject to pull the arm out.
- Once the arm is secure, the officer will slide down and kick the leg off, on the opposite side of the subject's arm (rope). That leg will then be brought back up so that the subject cannot reinsert the hook.
- The officer will then take a large step to the outside (same side that the subject's arm is secured on), maintaining control of the arm.
- The officer can disengage and take appropriate action.

24. Seated Rear Choke (Legs Crossed): Technique used by an officer to escape from a subject choking the officer from a seated, rear position with subject's legs around officer and crossed.

- Officer grabs subject's top foot with both hands and places elbow on subject's upper shin.
- Officer uses pain compliance to release subject's grip by driving officer's elbow downward into subject's shin while leveraging the subject's foot toward officer's inside position.
- With subject's grip released, officer may follow up with a control technique or disengage and establish position of advantage.



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

PERFORMANCE OBJECTIVE #4:

SUPPORTING DETAILS

PRACTICAL EXERCISE

Instructor Notes (handwritten):

Performance Objectives #4 Supporting Details

I. Pressure Points:

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Pressure Points.

1. Nerve Pressure/Motor Points

a. Mandibular Angle

- Behind ear
- Pressure: 45° angle in/forward toward tip of nose
- Method of application: touch pressure

b. Infra Orbital

- Under nose
- Pressure: 45° angle toward top center of head
- Method of application: touch pressure

c. Hypoglossal

- Under jaw
- Pressure: toward top/center of head
- Method of application: touch pressure

d. Brachial Plexus Origin

- Side of neck
- Pressure: straight into side of neck
- Method of application: touch pressure/striking

e. Brachial Plexus Clavicle Notch

- Collarbone
- Pressure: 45° angle downward toward center of body
- Method of application: touch pressure

f. Jugular Notch

- Hollow of throat
- Pressure: 45° angle downward toward center of body
- Method of application: touch pressure

g. Brachial Plexus Tie-In

- Point of shoulder
- Pressure: into shoulder
- Method of application: striking (minimum of 3 strikes)

h. Supra Scapular

- Shoulder blades
- Pressure: directed downward
- Method of application: striking

i. Radial Nerve

- Top of forearm
- Pressure: toward center of arm
- Method of application: striking

j. Median Nerve

- Inside of forearm
- Pressure: toward center of wrist
- Method of application: striking

a. Common Peroneal Nerve

- Outside of thigh
- Pressure: into thigh
- Method of application: striking

b. Femoral Nerve

- Inside of thigh
- Pressure: into thigh
- Method of application: striking

c. Tibial Nerve

- Top of calf
- Pressure: downward angle into
- Method of application: striking

d. Superficial Peroneal

- Top of foot, base of shin
- Pressure: straight inward
- Method of application: striking

II. Handcuffing

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Handcuffing.

Twist-Lock Method: Handcuffing technique utilized by an officer on a potentially uncooperative suspect in a standing position.

- Officer will give verbal commands to subject having them step forward with either foot (depending on side of approach).
- Subject will be told to place hands straight behind him, thumbs up.
- Subject will remain standing in an upright position.
- Officer will approach subject from either a 2 ½ or 3 position, while in a fighting stance (handcuffs are not out, officer's hands are free)
- Officer will control the hand and wrist simultaneously, one hand will grab the back of the subject's hand, while the other hand controls the elbow.
- Twisting the wrist will cause the shoulder to slightly dip down.
- Officer will then apply the top handcuff (knuckle to knuckle principle) to the smallest part of the wrist, and the other will handcuff be hanging off the back of the subject's hand.
- Officer will then position the free handcuff in a manner (single bar down), with his free hand. The twist lock will still be applied with the other hand.
- Once in position, the Officer will shake the free hand of the subject and apply the second handcuff.

Twist Lock Method (Kneeling): Handcuffing technique utilized by an officer on a potentially uncooperative suspect in a kneeling position.

- Officer will give commands to subject cross feet, sit on feet, arms out to side palms out.
- Officer will approach from the 2 ½ position.
- Officer will use the Twist Lock to control limb (see Twist Lock Method)

- When the officer is ready to apply the second handcuff, he will take control of the pinky and ring finger of the handcuffed hand. This will be done by using the fingers of his/her hand controlling the Twist Lock.
- The officer will then feed the subject's pinky/ring finger to the finger holding the chain/hinge of the handcuff.
- When this is done, the officer will handshake the free hand and apply the second handcuff.

Prone (Bent Arm Method Option#1): Handcuffing technique utilized by an officer when applying handcuffs to a subject prone on the ground. Officer approaches with empty hands.

- Subject is prone, officer will give verbal commands.
- Arms will be extended away from body, palms up, raised approximately six inches, feet spread, toes out/heels down, head turned away from direction of officer's approach.
- Officer will then move in and capture the wrist (hooking under) and the elbow on top, pushing the arm to the ground.
- The elbow closet to the subject, all the way to the ground, folding the subject's arm over the officer's arm. Securing a bent arm lock.
- Officer will maintain control of the subject's arm as they move into handcuff.
- One knee will be placed on the subject's back (knee will point towards the kidney), while the other knee stays on the ground.
- Officer will apply pressure/counter pressure by applying a wristlock. This is achieved by locking in the subject's tri-cep against the officer's inner thigh.
- Handcuffs will then come out and the officer will place the single bar against the subject's wrist making sure that he/she is handcuffing off the back of the subject's hand.
- The officer will then place the subject's hand (thumb down) towards the spine area.
- The officer will then transfer the chain/hinge to his/her other hand.
- With the officer now having a free hand, he/she will position the handcuffs so that the single bar is facing the subject's feet.
- Officer will then tell the subject to bring his other hand to him/her, which the officer will handshake that hand and apply the second handcuff.

Option #2

- Same set up as above.
- Officer will establish the bent arm lock.
- Instead of rotating around to the subject's back, the officer will slide up trapping the tri-cep with the inner thigh of the outside leg.
- The inside leg will then ride up onto the lower back of the subject.
- The handcuffing technique will be the same.

L.O.C. (Leg Oriented Cuffing): Handcuffing method utilized by two officers when applying handcuffs to a subject prone on the ground. Officers work together as a team.

- Subject is prone.
- Both officers will come together to avoid any type of crossfire.
- One officer will be the contact officer, the other will be the cover officer.
- Once together, the contact officer will secure his/her weapon, so hands are free.
- The cover officer will have his/her weapon out, taking physical control of the cover officer (by either grabbing his/her belt, shirt, or outside vest carrier).

- They will move in together with the cover officer's weapon pointed at the subject.
- Once the officers are close to the subject, the contact officer will grab subject's foot to see if there is any reaction from the subject. The cover officer will have his/her gun pointed center mass at the subject.
- At any time, the cover officer can pull the contact officer away from the subject.
- If there is no reaction from the subject, the contact officer can step in to perform LOC with either leg.
- When performing LOC, the contact officer will maintain control of the foot as he/she steps their leg around the subject's leg (calf to calf).
- The contact officer's leg will then slide down the subject's leg (calf to calf), until his/her knee touches the ground.
- The trapped foot of the subject will then be moved over towards the center of the contact officer's solar-plex area.
- The cover officer can then apply pressure by leaning forward with his/her torso and sliding the knee that is on the ground, back, away from the subject.
- The cover officer can remain in a standing position still maintaining control of the contact officer or he/she can place a knee/shin over the free leg of the subject.
- The officer can then secure his/her weapon and assist in handcuffing.



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

PERFORMANCE OBJECTIVE #5:

SUPPORTING DETAILS

PRACTICAL EXERCISE

Instructor Notes (handwritten):

Performance Objectives #5
Supporting Details

I. Vascular Neck Restraint: The Vascular Neck Restraint is a control technique against a subject who is resisting. A law enforcement officer who is applying this technique in the field against a resisting subject must first be proficiently trained to apply the technique effectively and in a safe manner.

The training under this mandatory category must include a description of how the technique is applied to ensure tactical understanding, as well as the medical risks inherent with persons who present with a clearly compromised medical condition. The instructor must explain the difference between the vascular neck restraint, which is a vascular body compression that does not restrict the airway or breathing of the subject, and a chokehold as defined by I.C. 35-41-3-3(a)(1).

In addition to a thorough explanation of the technique, the defensive tactics instructor(s) will actively demonstrate the technique.

The law enforcement agency participating in the defensive tactics training will determine if the trainees must demonstrate active hands-on proficiency during the training to meet this mandatory training category. If the agency authorizes the use of the technique, the law enforcement officer shall demonstrate active, hands-on proficiency in this technique during training.

The following is a minimum guideline for instruction in the vascular neck restraint technique:

- The technique is a restraint hold in which pressure is applied to the vascular structures of the neck, the common carotids, without applying pressure over the trachea or windpipe. This technique does not cut off all blood supply to the brain of a healthy person, as the vertebral arteries continue to supply blood to the brain. Loss of consciousness may occur to ensure sufficient blood supply is directed to the brain stem to continue vital functions of the body, such as breathing and heart beating.
- Vascular Neck Restraint is not a chokehold, which is defined in I.C. 35-41-3-3 as applying pressure to the throat or neck of another in a manner intended to obstruct the airway. A chokehold is deadly force. The Vascular Neck Restraint does not compress the airway or the trachea of the individual when applied as properly trained.
- An officer who is applying the technique correctly as trained, should see a rapid reaction, and may cause the subject to be rendered unconscious. Studies on the technique show the average time to unconsciousness is approximately 7.5 seconds. This time frame will vary. Based on the average response times in training settings, an officer should consider transitioning to another technique if the individual is not rendered unconscious within approximately 14 seconds.

- The purpose and objective of the technique is to gain compliance from a resisting subject. An officer must continuously give verbal commands to the subject to stop resisting. The technique allows for an officer to maintain the restraint, while loosening or tightening the compression, as necessary to gain or maintain control. The officer must constantly monitor the subject for level of resistance and consciousness and adjust accordingly. When an individual complies and ceases resisting, the officer should loosen the compression, but may continue to maintain the position until the subject is under control.
- If a subject is rendered unconscious, the officer shall control the individual, to include support of the head, as the officer safely controls the individual to the ground. Once placed safely on the ground, the officer follows up with a control technique, such as handcuffing. The officer shall use caution to not place unnecessary pressure on the subject.
- Once the subject is secured, the officer shall move the subject to a recovery position. If the subject was rendered unconscious, the officer shall seek medical attention.
- It is important to remember that there are various types of vascular neck restraints, which are applied in different manners, however, each technique uses only a vascular compression, and is not designed or intended to restrict the airway.
- This technique should be taught with close supervision.

Only the following approved techniques may be used in Defensive Tactics Training:

1. **Unilateral:** Control technique using leverage and balance displacement to take a resisting subject from standing to a position of control.
 - Control technique established by vascular body compression.
 - Officer delivers distraction technique and moves to a position next to subject while capturing subject's arm above elbow.
 - Officer uses inside hand to aggressively elevate subject's captured arm above head while pulling subject's head downward with outside hand.
 - Officer captures subject's shoulder by placing inside shoulder under subject's elevated arm. Officer brings inside arm across subject's chest with inside of Officer's lower forearm placed on side of subject's neck (Brachial Plexus Origin). Elbow of inside arm is centered on subject's sternum and maintained against subject's body.
 - Officer brings outside hand up (palm up) and clasps with inside hand (palm down). Elbow of outside arm centered along subject's spine and maintained against subject's body. Officer applies counter-pressure by placing side of head against the back of subject's head. Officer has established a mechanical neck lock with no compression (*Level 1*) ***Mechanical neck lock must be maintained throughout the entire technique.***
 - Officer widens stance and lowers center of gravity. Officer applies mechanical compressions until conscious compliance (*Level 2*) by constricting side of subject's neck without putting pressure on subject's trachea. Officer rotates

inside forearm and compresses downward at approximately a 45° angle while maintaining counter-pressure with inside shoulder and head.

- Officer displaces subject balance by pushing down on subject's sternum with inside elbow while stepping to subject's rear with outside foot.
- Officer takes subject to ground by dropping to inside knee resulting in subject being placed in a seated position. Officer places outside leg against subject's back and if necessary, rotates subject's torso forward while compressing elbows to pressurize subject's chest cavity (Valsalva maneuver).
- In the event Officer needs to gain control of subject by applying mechanical compressions until subject is unconscious (*Level 3*), Officer lowers subject to ground from seated position by cradling subject's head with inside hand while rotating subject into prone position.
- Officer moves into prone handcuffing position, using caution to not put unnecessary pressure on subject which may result in additional stress to respiratory system.
- Officer rotates secured subject back into seated position and monitors subject's airway, breathing, and circulation.

2. **Arm Collar/ Bilateral Neck Restraint:** Control technique used by an officer to control the subject from the subject's back.

- Officer is on the subject's back, with the officer's feet (hooks) inside the subject's thighs.
- Officer brings an arm around the subject's neck, making sure that the subject's trachea is lined up with the crook of the elbow, in order not to compress the trachea.
- The officer's bicep is pressing against one of the carotid arteries, and the forearm is pressing against the other carotid artery.
- The officer can apply pressure by clasping the palms together and squeezing the bicep and forearm towards each other or by grabbing their own bicep of the free arm. The free hand then slides behind the head. Pressure is then applied by squeezing the bicep/forearm and pinching the elbows together.
- Verbal commands should be continuously given by the officer throughout application of the technique to the resisting subject to gain compliance.

3. **Arm Collar:** This technique is a similar application of vascular restriction as the Bilateral Neck Restraint.

- Officer is positioned behind the subject, both facing the same direction.
- The officer places one arm around the neck and under the chin of the subject so that the officer's elbow is pointing forward and there is a hollow space between the subject's throat and the inside of the officer's elbow, which allows air to travel through the subject's windpipe without obstruction.
- The officer's upper arm (bicep) and lower arm (forearm) compress the subject's neck on both sides so that blood flow is restricted through the subject's arteries located on both sides of the neck.
- Compression can be accomplished by grasping the hands together behind the subject's trapezius muscle and applying pressure, or by the officer "hiding"

the hand that reaches around the subject's neck in the crook of the officer's other elbow. The hand of this crooking elbow can be placed behind the subject's head and drive the subject's head deeper into the crook of the officer's first arm that is around the subject's neck.

- In both methods the officer can increase the pressure by driving the subject's head forward and by squeezing the restraining arm into the chest of the subject while taking a deep breath and expanding the officer's chest.
- Instructors must evaluate proper application by observing:
 - Officer's elbow positioned in a manner to ensure airway is not restricted.
 - Officer shall demonstrate methods of tightening.
 - Remind officer to continue verbal de-escalation to gain compliance from the subject.
 - Demonstrate loosening when compliance is gained.

4. **Arm Triangle:** This technique is a similar application of vascular restriction as the Unilateral Neck Restraint.

- The officer and subject begin facing each other.
- The officer steps to one side, still facing the subject, and places the subject's near side arm up onto their shoulder such that the officer's shoulder is in direct contact with the subject's armpit, either right shoulder to right armpit or left shoulder to left armpit.
- The officer's head is now behind the subject's shoulder. The officer will restrain the subject's head and neck by wrapping their arm around the front of the subject and around the opposite side of the neck so that their bicep is across the far side of the subject's neck.
- The officer pins the subject's near arm by squeezing ear to ear with the subject, now they are looking in opposite directions. The officer will secure the wrapping arm with a gable grip of their free hand or the crook of that elbow.
- The officer will maintain a gap in front of the subject's throat that allows air to pass through the windpipe.
- The subject can be curled forward to increase the pressure and application of this restraint.
- Instructors must evaluate proper application by observing:
 - Officer traps subject's head and one arm with officer's arm.
 - Officer's trapping arm is the opposite side of subject's arm.
 - Officer shall demonstrate methods of tightening.
 - Remind officer to continue verbal de-escalation to gain compliance from the subject.
 - Demonstrate loosening when compliance is gained.

5. **Using Clothing/Other Objects:** This technique focuses on vascular compression using fabric worn by the subject or an officer, which serves as an anchor for the officer to grip while compressing the sides of the neck with their arms or pulling the fabric to compress the side of the neck on its own. In addition to fabric, this compression may be accomplished using a separate object, such as a baton or sturdy piece of fabric not attached to the resistive subject. This technique is accomplished using three grip methods: baseball bat grip, cross-collar grip, and lapel grip.
- The baseball bat grip teaches the “thumb in” and “fingers in” concept. The officer and subject start facing each other. The officer learns the technique from the bottom side control position. The officer grips the back of the subject’s collar with both hands, one hand grips with the thumb inside the clothing, and the other hand’s fingers go inside the clothing on opposite sides of the subject’s neck, so that the officer arms are not crossed. The grips will be very close to one another behind the subject’s neck with the hands touching. The “thumb in” grip should be utilized on the side where the officer’s hips are free to move. Once the grips are established the officer will rotate the hips away from the subject while allowing their own arms to cross which begins to compress the sides of the subject’s neck. The officer may also begin to turn their shoulders away from the subject as well.
 - The cross-collar grip teaches the concept of wrist movement to finish a neck restraint. The officer is on the back with the subject in their guard. The officer crosses their arms while using a “fingers in” grip on the subject’s collar behind the subject’s neck. The hands should be as close together behind the neck as practical. The officer then pulls the subject in, pulling their elbows tight to the sides of their body, and then bends their wrists so that the radial (thumb) side of both forearms more tightly compresses both sides of the subject’s neck.
 - The lapel grip teaches that the compression of the side of the neck can be accomplished with fabric and one arm. The officer starts seated behind the subject with both legs hooked around the seated subject’s legs. The officer reaches one arm around the subject’s neck as in the arm collar but uses a “thumb in” grip on the far collar. The officer falls to that arm side and maintains the leg hooks and the “thumb in” grip. The officer then begins to tighten the restraint by rotating their elbow around behind the subject’s neck while sitting up to that side hip. The officer continues to pull their elbow back, away from the subject and tightens the compression on both sides of the neck.
 - In a similar manner officers may have the need to utilize other objects to accomplish a vascular neck restraint. The above-described grips can be applied by grabbing other objects around the neck of the subject. The grips merely serve as an anchor point for the hands so that leverage can be applied to achieve efficient and adequate compression. Examples, the baseball bat grip can grip a baton behind the neck of the subject, or a belt could be used to achieve the cross-collar grips.

- **Instructors must evaluate proper application by observing:**
 - Officer uses appropriate “thumb in” or “fingers in” grip.
 - Officer grips the collar/lapel with the correct placement with respect to location around the neck.
 - Officer monitors restriction of the flow of blood through the carotid arteries while allowing air to still flow through the subject’s windpipe.
 - Officer shall demonstrate methods of tightening.
 - Remind officer to continue verbal de-escalation to gain compliance from the subject.
 - Demonstrate loosening when compliance is gained.

II. Intermediate Weapons

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Intermediate Weapons.

A. Impact Weapon/Baton

1. **Protecting/ Defending the Zone (5 Angles):** Baton method used to protect the zone of attacks coming at the officer.
 - Angles 1 and 2 are swung down at an angle, making an “X” with the baton.
 - Angles 3 and 4 are swung in a horizontal fashion across the officer’s body.
 - Angle 5 is a two-handed thrust, where the officer holds the baton palm down on the front hand and grips the handle of the baton with the rear hand as if making a fist.
 - Officer is in a fighting stance, baton in the strong hand (most likely rear hand), loaded (resting) on officer’s shoulder. The other hand is up in a guard position.
 - Officer pivots on balls of feet, turning the torso to generate power, when the officer swings the baton (Angles 1-4).
 - Angle 5, the officer grips the baton with both hands, thrusting the baton forward. The rear elbow will connect to the rib cage, as the feet step and slide.
 - **Moving back to create distance:** As officer swings the baton at an Angle 1 (and Angle 2 if needed), officer steps back with rear foot and slides front foot back, maintaining a fighting stance. Officer must attempt to keep same distance between feet when moving.

III. Weapon Defense/ Retention

The following techniques are approved by the LETB to be trained under the mandatory defensive tactics category, Weapon Defense/ Retention. Techniques for edged weapon defense are included under this category.

A. Disarming

1. Handgun Disarm from the Front: Technique used to disarm subject.

- Officer, with hands up to shoulder level and palms forward, determines distance from subject and exact location of weapon.
- Officer steps towards outside of subject, while simultaneously parrying weapon towards subject's inside.
- Officer's rear hand/arm will go over the top side of the weapon controlling the wrist, while the inside hand will go over the top and control the weapon.
- At the same time, officer's outside elbow will go over the subject's arm, putting the officer close to the subject.
- Officer will then pull weapon into chest for increased control leverage while lowering center of gravity.
- Officer executes disarm by pivoting torso towards inside of subject while rotating weapon in subject's hand.
- Officer will then gain 180° distance.

1. Handgun Disarm from the Rear: Technique used to disarm subject.

- Officer, with hands up to shoulder level and palms forward, attempts to determine distance from subject and exact location of weapon.
- Officer will change levels as he/she rotates on an axis towards the outside of the subject, simultaneously coming up at an angle, hard and fast.
- Officer's forearm will strike the subject at the upward angle at the head/face area, driving subject's head backwards over their heels.
- Officer will take the subject all the way back into the ground, coming up on top to gain control of the weapon.

• **Handgun Disarm from the Side:** Technique used to disarm subject.

- Officer, with hands up to shoulder level and palms forward, determines distance from subject and exact location of weapon.
- Officer will pivot to the outside to get body offline, sweeping with his/her inside hand.
- Officer's rear hand/arm will go over the top side of the weapon controlling the wrist, while the inside hand will go over the top and control the weapon.
- At the same time the officer's outside elbow will go over the subject's arm, putting the officer close to the subject.
- Officer will then pull weapon into chest for increased control leverage while lowering center of gravity.
- Officer executes disarm by pivoting torso towards inside of subject while rotating weapon 180° in subject's hand.
- Officer will then gain distance.

B. Retention

1. **Weapon Retention from Front/ Drawn Weapon/ Muzzle Down:** Technique used to retain officer's drawn weapon as subject attempts to disarm by grabbing weapon from the front.
 - Officer retains weapon by dropping center of gravity while pulling weapon in chest. Officer then comes up between subject's hands/arms, striking the subject in the eyes, under the chin, face any area.
 - Officer then brings arm back towards his/her body, placing the barrel of the weapon in the crook of the elbow, grabbing his/her body armor, uniform shirt, etc.
 - Officer can then knee strike, headbutt, etc. before rotating strongly toward officer's strong side.
2. **Lateral Forearm Strike/ Drawn Weapon/ Muzzle Down**
 - Officer retains weapon by aggressively pulling weapon into torso while simultaneously striking subject's wrist(s) or forearm(s) with officer's forearm until subject releases grip from weapon.
 - Officer, upon retaining control of weapon, gains distance and establishes a position of advantage while clearing any possible weapon malfunctions.
3. **Lateral Forearm Strike/ Drawn Weapon/ Muzzle Up**
 - Officer retains weapon by aggressively pulling weapon into chest while simultaneously striking subject's hand(s) and knuckles with blade of officer's wrist until subject releases grip on weapon.
 - Officer, upon retaining control of weapon, gains distance and establishes a position of advantage while clearing any possible weapon malfunctions.
4. **Lateral Forearm Leverage/ Drawn Weapon/ Muzzle Up**
 - Officer retains weapon by dropping center of gravity while pulling weapon into chest and placing blade of forearm across back of subject's hand(s).
 - Officer aggressively pushes forearm downward leveraging weapon from subject's grip.
 - Officer, upon retaining control of weapon, gains distance and establishes a position of advantage while clearing any possible weapon malfunctions.
5. **Push-Pull/ Drawn Weapon/ Muzzle Up:** Technique used when an officer has the weapon drawn and is holding the firearm in a shooting grip and the subject grabs the weapon.
 - Officer draws the weapon toward the officer's body, closing the distance to the firearm.
 - Officer uses power development "step and plant" to violently propel the officer's body into the subject and pushes into the subject with their weapon to achieve a full extension.
 - Then the officer stops the forward movement and immediately reverses momentum, violently pulling the weapon back to the officer's body, ripping the firearm from the subject's grip.

4. **Reach-Over:** Technique that may be used when an officer is holding the weapon in a two-handed shooting grip and the subject has firm control of the firearm.
 - Officer releases one hand from the firearm and reaches over the weapon and through the subject's arms.
 - Officer uses that arm to trap and pin the firearm, still being gripped by the other hand, and the subject's hands into the officer's body.
 - Officer violently lowers the center of gravity and rotates the body, employing strikes to regain control of the weapon.
5. **Lateral Forearm Strike/ Forward/ Holstered Weapon**
 - Officer secures weapon in holster by wrapping both hands over subject's hands and weapon while widening stance and lowering center of gravity.
 - Officer rotates away from subject while simultaneously striking subject's wrist(s) or forearm(s) with officer's forearm until subject releases grip from weapon.
 - Officer, upon retaining control of weapon, gains distance and establishes a position of advantage.
6. **Weapon Retention from Front/ Holstered Weapon:** Technique used to retain officer's holstered weapon as subject attempts to obtain weapon by grabbing weapon from holster from front.
 - Officer secures weapon in holster by wrapping both hands over subject's hands and weapon while widening stance and lowering center of gravity.
 - Officer rotates away from subject while simultaneously striking subject's eyes with fingers of free hand until subject releases grip from weapon.
 - Officer, upon retaining control of weapon, gains distance and establishes a position of advantage.
7. **Weapon Retention from Rear/ Holstered Weapon:** Technique used to retain officer's holstered weapon as subject attempts to obtain weapon by grabbing weapon from holster from rear.
 - Officer secures weapon in holster by wrapping both hands over subject's hands and weapon while widening stance and lowering center of gravity.
 - Officer rotates body away from subject, releasing grip from weapon.
 - Officer, upon retaining control of weapon, gains distance and establishes a position of advantage.
8. **Lateral Forearm Strike/ Rear/ Holstered Weapon**
 - Officer secures weapon in holster by wrapping both hands (as well as forearm/elbow pin) over subject's hands and weapon while widening stance and lowering center of gravity.
 - Officer rotates away from subject while simultaneously striking subject's wrist(s) or forearm(s) with officer's forearm until subject releases grip from weapon.
 - Officer should deliver counterstrikes until subject releases grip on weapon.
 - Officer, upon retaining control of weapon, gains distance and establishes a position of advantage.

9. Forward Wrap/ Holstered Weapon

- Officer widens stance and drops center of gravity while officer reaches with strong arm under subject's arm(s) and grabs duty belt, trapping subject's arm(s) between officer's arm and torso.
- Officer places support arm under subject's arm(s) and secures subject's elbow.
- Officer delivers counterstrikes until subject releases grip on weapon. Upon retaining control of weapon, officer gains distance and establishes a position of advantage.

10. Holster Lift: Technique used when a subject grabs an officer's holstered weapon.

- Officer secures weapon in holster by wrapping both hands (as well as forearm /elbow pin) over subject's hands and weapon while widening stance and lowering center of gravity.
- Officer grabs bottom of holster and lifts "burying" the top side of the holster against officer's body
- Officer rotates away from subject while simultaneously striking subject's wrist(s) or forearm(s) with officer's forearm until subject releases grip from weapon.
- Officer should deliver counterstrikes until subject releases grip on weapon.
- Officer, upon retaining control of weapon, gains distance and establishes a position of advantage.

11. Ground Drop/ Holstered Weapon: Technique used when a subject grabs an officer's weapon.

- Officer secures gun in holster while trapping the subject's hands/wrists to the holster.
- Officer drops to the ground while turning into subject while "burying" gun into the ground.
- Officer continues to drive gun into ground while continuing to rotate gun away from subject.
- Officer should deliver counterstrikes until subject releases grip on weapon.
- Officer, upon retaining control of weapon, gains distance and establishes a position of advantage.

16. Cross Grab from the Guard/ Holstered Weapon: Technique used when a subject, who is in the officer's closed guard, attempts a cross-side grab of the officer's weapon.

- Officer will lock onto the subject's wrist so that the weapon cannot be removed from the holster.
- Officer pulls subject forward and grasps subject's cross-arm wrist with officer's cross-arm hand.
- Officer brings subject's wrist/arm across body and posts the wrist to the ground.
- The officer with the other hand will use a palm-up grip just above the subject's elbow.
- Officer will open the guard to escape their hips and drive the subject's arm to the ground.
- Officer will maintain control of the arm while keeping the subject in the prone position.
- With subject in prone position, officer moves to rear mount position and establishes compression wrist lock by repositioning strong hand on subject's wrist and moving support hand to control subject's elbow, or to a "stove pipe" handcuffing position.

17. Standing Handgun Retention:

- Officer's elbow wraps over the subject's hand/wrist and is pinned firmly to officer's body.
- Officer leans in, driving head into the subject's jaw while lowering center of gravity with a level change.
- Officer's support side hand can be used to tie up the subject's other hand, to strike, or to access another tool.
- While maintaining the elbow pin, officer aggressively turns into the subject's arm from the outside of the elbow.



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

PERFORMANCE OBJECTIVE #6:

SUPPORTING DETAILS

PRACTICAL EXERCISE

Instructor Notes (handwritten):



Lesson Plan

*Lesson Outline: **Use a semi-manuscript format. See attached Guidelines for Completing Lesson Outline.*

REVIEW / SUMMARY

SUMMARY STATEMENT

RE-STATE LEARNING / PERFORMANCE OBJECTIVES

- 1.
- 2.
- 3.
- 4.
- 5.

ANY QUESTIONS?

RISK MITIGATION MEASURES:

Instructor Notes (handwritten):