

RIVERSIDE POLICE DEPARTMENT

POST COURSE #21015

Defensive Tactics Update Course Outline

COURSE GOAL: To update law enforcement officers with defensive tactics training.

I. Introduction:

- A. Welcoming remarks
 - 1. Students will sign the roster
 - 2. Housekeeping issues such as restrooms, phones, parking, location for scenarios, etc.
 - 3. Safety discussion
 - 4. Warm Up/Stretching (a)

II. Use of Force

- A. Review Lexipol Use of Force Policy /Case Law (J)
 - 1. Reasonableness Standard (Graham V. Conner)
 - 2. Discussion of Force Options/De-Escalation
- B. Use of Force Reporting
 - 1. Reportable Uses of Force
 - 2. Use of Force Cards
 - 3. Example Reports
 - 4. Review of Details Needed to Complete Use of Force Report

III. Defensive Tactics (Instructor Demonstrated / Student Performed)

- A. Position of Advantage (h)
 - 1. Uses of the Position of Advantage
 - 2. FI stance, Gun side back, Entering the position (i)
 - 3. Engaging Subject, C Grip Position of Advantage
 - a. Mapping the shoulder
 - b. Correct Position of Hands & Feet
 - 4. Practical Application
 - Student will demonstrate the Position of Advantage (i)(f)
- B. Control Holds (d)
 - 1. Rear Wrist Lock / Rear Wrist Lock into Finger Flex
 - a. Finger Flex/Cuffing (d)(e)
 - 2. Twist Lock
 - a. Takedown/Cuffing
 - 3. Arm Bar
 - a. Takedown/Cuffing
 - 4. Arm Shoulder Lock
 - a. Takedown/Cuffing

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5. Practical Application (d)(e)(f)
Student will perform the demonstrated control hold 1-4

- C. Handcuffing / Searching- Policy Review (e)
 1. Low Risk (Standing):
 2. Medium Risk (Kneeling)
 3. High Risk (Prone)
 4. Searching From All Cuffing Positions (c)(f)

- D. Baton (Impact Weapon) (l)
 1. Zone Strikes
 - a. Zones 1-4
Strike with the last 2 inches of the baton
Strike from fighting stance
Block with offhand when delivering one hand strikes
Figure 8 one handed swing
Strike / Re-assess
Zone 1 – Shoulder down to the tip of fingers
Zone 2 – Waist down to the top of the feet
Zone 3 – Same target areas with a downward figure 8 strike
Zone 4 – Same target areas with an upward figure 8 strike
Power Strike – Same target areas with a two handed grip on the baton
 2. Blocks/Avoidance
 - a. Basic Blocks
 - b. Passing
 3. Danger Areas on the Body
 - a. Where to Aim – Aim where the skin is closest to the bone
 - b. Where Not to Aim – Head, neck, heart, spine and kidneys

- E. Pugilistics (l)
 1. Fighting Stance
 - a. Hand/Feet/Head Position
 - b. Movement
 2. Punches
 - a. Common Fist Jab/Cross/Hook/Uppercut
 - b. Palm Heel Strike
 - c. Combinations
 3. Elbows
 - a. Horizontal Elbow to the Front
 - b. Elbow to the Rear
 4. Knees
 - a. Proper Positioning of Hands and Arms
 - b. Single knee Front and Rear
 - c. Change Step

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- d. Multiple
- 5. Kicks
 - a. Front Kick: Front and Rear Leg
 - b. Round Kick: Front and Rear Leg
 - c. Change Step for Both Legs
- F. Ground Fighting (h)
 - 1. Suspect has Back Mount
 - a. Create Space/Roll Over
 - 2. Suspect has Mount
 - a. Mount Escape
 - 3. Suspect has Guard
 - a. Guard Escape to Mount/Guard Escape to Standing
 - 4. Officer has Guard
 - a. Control of Suspect's Arms/Upper Body
 - b. Simple Sweep
 - c. Creating Space and Getting Back to Feet
 - 5. Figure Four Weapon Retention
 - a. Cap Weapon
 - b. Creating Space
 - c. Strike
 - d. Obtain Figure Four
 - e. Complete Technique/Cuffing (e)(f)
 - 6. Lateral Head Displacement
 - a. Initial Position of Arms/Hands
 - b. Post Hand on Opposite Side of Suspect's Head
 - c. Gain Compliance/Cuffing
 - d. Transition into Head-Pin push Method
 - 7. Sprawls
 - a. Use as Immediate Defense
 - b. Disengage to Different Weapon System
- G. Weapon Retention (m)
 - 1. Suspect One/Two Hand Grab from the Front
 - a. Cap Weapon
 - b. Get Base
 - c. Strike
 - d. Counter Joint Movement to Suspect's Elbow
 - e. Clear Weapon/Direct Suspect
 - f. Visually Check Surroundings
 - 2. Suspect Grab from the Rear
 - a. Cap Weapon
 - b. Check Behind and Get Base
 - c. Strike
 - d. Counter Joint Movement to Suspect's Elbow

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- e. Clear Weapon/Direct Suspect
- f. Visually Check Surroundings
- H. Two Officer Takedown/TARP/Multiple Officer Control/Handcuffing (d)
 - 1. Leg Control/Upper Body Control
 - a. Role of Officers
 - 2. Hobble vs. TARP
 - 3. Multiple Officer Roles and Responsibilities (d)
 - a. 1-Back Mount (Head Pin)
 - 2-Legs (Figure 4)
 - 3- Arm (Kimura Technique)
 - 4- Arm (Kimura Technique)

IV. Will to Survive/Fight for Life Drill

- A. This drill is used to allow students to show proficiency in all aspects of the class and to give them an idea of the difficulty of fighting for an extended period of time. Failure to show demonstrate training material will result in re-mediation training for the student.

V. Course Conclusion

- A. Debrief and Wrap Up
 - 1. Questions
 - 2. Physical Status Check (Possible Injuries vs. Soreness)
 - 3. Clean Up