

SANTA ANA POLICE DEPARTMENT
Controlling Force Instructional Class Course Outline
CCN 2490-22511
10 hours
Revised 12/15/20

PURPOSE:

The purpose of this training is to provide the law enforcement officers with the knowledge, skills and ability to effectively defend themselves and place a combative subject into custody.

I. WARM UP AND REDMAN DRILL

- A.** Instructor led warm up/stretching
 - 1. Neck
 - 2. Arms/Shoulders
 - 3. Core
 - 4. Hips/Hip flexors
 - 5. Legs/Ankles
- B.** Redman Drill with pre-exhaust prior to participation
 - 1. Short run or quick sprint
 - 2. Burpees
 - 3. Sit-ups
 - 4. Mountain climbers
 - 5. Instructor/Student engagement

II. LEGAL/POLICY CONSIDERATIONS

- A.** To be discussed during Instructor led warm/up and stretching
 - 1. 835(a) PC
 - 2. SB 230
 - 3. AB 392
 - 4. Graham v. Connor
 - 5. Tennessee v. Garner
 - 6. Agency policy
 - 7. Handcuffing
 - 8. First Aid

BREAK

III. POSTIONING BREAKDOWN

- A.** Guard (top and bottom)
 - 1. Open
 - 2. Closed
- B.** Side control (top and bottom)
 - 1. Low
 - 2. High
- C.** Mount (top and bottom)
 - 1. Low
 - 2. High
- D.** Back Mount

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1. Hooks In
2. Hooks Out
3. One Hook In
4. What not to do – cross ankles

IV. HANDCUFFING

1. Prone handcuffing position will be utilized throughout this course

V. FROM THE FEET

- A. Stance and footwork**
1. 60/40
 2. Moving off line of attack
 - a. Quarter turn
 3. Do not cross feet

VI. TAKE DOWN DEFENSE

Start with Sprawl drill to teach proper technique.

- A. Single Leg Sprawl to disengage – Proper spin drill**
1. Arm block
 2. Head Snap
 3. Lead leg hip back
 4. Downward pressure
 5. Opposite hip sprawl
 6. Disengage
- B. Single Leg Sprawl to Saturday Night Ride (Spin behind)**
1. Arm block
 2. Head snap
 3. Lead leg hip back
 4. Downward pressure
 5. Opposite hip sprawl
 6. Tricep grab / underhook
 7. Circle to back
- C. Can't Sprawl or Back to Wall**
7. Overhook bicep
 8. Apply pressure to back of head with other hand
 - a. Fulcrum to make room
 9. Push head to ground, utilizing hips to drive downward
 10. Outside step and sprawl at angle away from leg being attacked.

B. TAKEDOWNS

Touch and Go Drill – Wrist, Tricep, Cheat Step, Pull

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1. Front – Arm drag to front trip
 - a. Grips
 - b. Pull forward
 - c. Trip with same side foot as grip
 - d. Use momentum to force to ground
 - e. Once on the ground, transition
2. Rear – Arm drag to rear hip displacement
 - a. Grips
 - b. Pull forward and transition to back
 - c. Grasp around subject's waist near belly button
 - a. Show alternate grip around waist – arm around forearm
 - d. Palm to palm grip
 - e. Forearm of palm up hand on hip joint
 - f. Apply downward pressure to remove subject's base
 - g. With same side foot, C-step backwards while driving the subject down
 - h. Once on the ground, transition
3. Rear – Arm drag to rear suspect bases out.
 - i. Grips
 - j. Pull forward and transition to back
 - k. Grasp around waist
 - l. Suspect bases out and fights grip
 - m. Push suspect forward
 - n. Simultaneously let go of grips and under hook armpits
 - o. Pull down, suspect lands on rear

LUNCH

C. FROM THE GOUND

A. Low Side Control

1. Hip control
2. Block with knee
3. Control head/neck with opposite hand
4. Maintain pressure

B. High Side Control

1. Hip control
2. Knee closest to head, scoop subject's arm up onto your thigh
3. Work hand under head to far side
4. Shoulder pressure as same side knee used to scoop arm

C. Lesnar Grip

1. From a high side control
2. With arm closest to head go over arm and under head
3. Grip at opposite armpit and apply sprawl pressure

D. Lesnar Handcuff (2 variations)

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1. Hand Extended
2. Hand Tucked against body
 - a. Lateral Head Displacement may need to be used to get arm if it is trapped
- E. Knee on Belly
 1. From high side control, shin across belly of subject
 2. Try to keep shin in line with hip
 3. Hook ankle on hip
 - a. No space between ankle and hip
 4. Other leg sprawled away from subject's body
 - a. Sprawl body weight into suspect
 5. Apply downward pressure
 - a. Steamroll
 6. Hook same side hand of sprawled leg behind subject's head
- F. 4 Point Drill
 1. Low Side Control to
 2. High Side Control to
 3. Lesnar
 4. Mount

BREAK

FINAL TRAINING EXERCISE

Redman Drill with pre-exhaust prior

1. Short run or quick sprint
2. Burpees
3. Sit-ups
4. Mountain climbers
5. Instructor/Student engagement

DEBRIEF/EVALUATIONS