

ARREST AND CONTROL–PSP (4 HOUR)

The course will provide the trainee with the minimum topics Arrest and Control (Defensive Tactics) required in the POST Perishable Skills Training Program (PSP). The trainee will develop the necessary control tactics, knowledge and skills to survive and win a realistic force encounter.

Hourly Distribution

30 minutes	Introduction, Orientation, Review of Safety Plan
60 minutes	Use of Force Considerations (body weight, pain compliance etc)
70 minutes	Body Control and Dynamics
30 minutes	Scenarios
50 minutes	Core Skills review (carotid, gun retention, searching)

Minimum Topics:

- a) Basic arrest and control situations, judgement, and decision making exercises
- b) Class exercises/student evaluation/testing
- c) Safety policy/orientation
- d) Body awareness (balance), body control (posture), and movement
- e) Force options (pain compliance, personal body weapons, control holds etc) and analysis
- f) Proper technique (leverage and timing)
- g) Force on Force Scenarios
- h) Policy/legal issues
- i) Use of force considerations
- j) Moral obligations

- I. INTRODUCTION / ORIENTATION / SAFETY POLICY I (c)
 - A. Introduction / Welcome
 - 1. Registration / sign-in, Orientation to training location
 - 2. AED, First-Aid, Safety Plan
 - B. REVIEW OF ARREST AND CONTROL SAFETY GUIDLEINES I (c)
 - 1. No 'horse play' or rough housing
 - 2. Take care of yourself and your partner
 - 3. Only practice the technique being taught
 - 4. Know your bodies limits and respect them

- II. USE OF FORCE / LETHAL FORCE I (b, h, i, j)
 - A. Department Policy I (h)
 - 1. Reasonable cause to believe;
 - 2. Imminent threat;
 - 3. Death or GBI;
 - 4. Specifics limits to baton, Taser, carotid; I (e)
 - 5. Use of Force Considerations (including first aid)
 - B. Supporting Case Law I (h, i)
 - 1. Graham v. Connor
 - a) *Reasonable Force / Reasonable Officer Standard*
 - 2. Tennessee v. Garner
 - a) *Deadly Force / Fleeing Felon*
 - C. Moral / Ethical Considerations I (j,h)
 - 1. "Reasonable and Necessary" vs Excessive
 - 2. Sources of Civil Litigation

- III. FUNDAMENTALS OF Movement I (d, f)
 - A. Standing movement
 - 1. Movement (the first foot to move is the one in the direction you intend to move)
 - a) *Moving to the front*
 - b) *Moving to the rear*
 - c) *Moving to the Left*
 - d) *Moving to the right*
 - e) *Pivots*
 - 2. Tactical Get up (Standing up from the ground)

3. Shrimping (Creating space while down)
4. Bridging (upsetting balance while mounted)
5. Falling
6. C- Grip Position of Advantage

B. PERSONAL BODY WEAPONS / GRAPPLING I (a,b,e, f)

1. Punches
2. Kicks
- 3; elbows
- 4; twist lock
- 5; Knees
- 6; reversal from guard
- 7; escape from bottom

IV. SCENARIOS I (b,d,e,f,g,h)

- 1) Intervention
- 2) Non-combative resistor
- 3) Baton
- 4) Vehicle Extraction
- 5) Take down

V. CORE SKILLS I (b, f)

- 1) Figure four gun retention
- 2) Carotid restraint
- 3) searching