

DEFENSIVE TACTICS / ARREST AND CONTROL

Introduction

Defensive Tactics and Weaponless Defense is a simple yet effective means by which officers can conduct their duties in a safe manner, specifically in the areas of physical confrontation and arrest tactics. Because of the limited training time afforded in the area of defensive tactics, it is important that all techniques and tactics be simple and effective.

The various arrest techniques and tactics taught in this course were selected to specifically fit the security specialists' environment. Vulnerability of the officer's handgun or vulnerability of the officer himself, at anytime during execution is considered a weakness. Because we are dealing with a physical skill, technique must be "forgiving" in situations where the attempted application has been successful.

The techniques and procedures presented also take into account differences in physical strength, size and coordination present in various officers.

PERSONAL WEAPONS AND BLOCKING TECHNIQUES

PERSONAL WEAPONS

The objective of this section is to develop an awareness of specific body parts that can be used as personal weapons in **self-defense** and **resisting arrest situations**. This section is aimed at developing the officer's proficiencies in using personal weapons and with the execution of arrest techniques. Officers of different size, sex, and abilities can use the principles and procedures for self-defense and arrest techniques.

We have an arsenal of personal weapons to choose from when faced with a physical confrontation. Each confrontation must be measured independently from another and only the minimum force necessary to survive should be applied. It is very difficult to dictate when and how a specific personal weapon should be used. Every situation is different and our abilities and strengths vary from officer to officer. The objective of this section is to instill an awareness of our own personal weapons and their potential application.

Personal Weapons

HEAD

- Back
- Front

HAND

- Four Knuckle Punch
- Palm
- Backhand Fist

ARM

- Forearm
- Elbow

LEG

- Knee

FOOT (with Service Shoe/Boot)

- Toe
- Heel

PALM STRIKE

The objective of this section is to provide awareness and develop a skill to perform a palm strike. This technique is designed for self-defense against physical assault and for physical resistance above the level of a simple control hold. It is important to develop this skill and to incorporate it into CONTROL techniques.

Consideration should be given to the following areas:

- Balanced position
- Relaxing the muscle in the upper body to enhance effectiveness
- Recover quickly to balanced position
- Hands in the high guard position for self-protection
- Coordinate a straight line with your body, for accumulative speed and power
- Strikes are to be directed to acceptable target areas

Execution of Technique:

- Curl fingers into palm while bending the wrist back
- Pull your thumb in as it is held against the index finger
- Point of contact is the heel of the hand
- Strike delivered from the shoulder with the extension of the arm
- In conjunction with the strike, the shoulders and hips are rotated with the execution of the strike

Application:

- Self defense against physical assault
- To overcome resistance above and beyond the use of a simple control hold technique
- To protect or defend others against threat of physical assault

ELBOW STRIKE

The objective of this section is to provide awareness and to develop a skill to perform an elbow strike. This technique is designed for self-defense against physical assaults and for physical resistance above the level of a simple control hold. It is important to develop this skill and to incorporate it into other CONTROL techniques.

Consideration should be given to the following areas:

- Balanced position
- Relaxing the muscles in your upper body to enhance the effectiveness
- Recover quickly to balanced position
- Hands kept in high guard position for self-protection
- Coordinate a straight line with your body for accumulative speed and power
- Strikes are to be directed to acceptable target areas

Execution of Technique:

- The strike is a backward motion of the entire arm
- A fist is made with your hand while performing the strike. Your other hand may grab the striking arm as added support during the strike
- Point of contact is the back of the elbow below your triceps
- Strike delivered from the body
- In conjunction with the strike, the shoulders and hips rotate with the execution of the strike
- The strike is most effective when in close proximity to the suspect

Application:

- Self defense against physical assault
- To overcome physical resistance above and beyond the use of a simple control hold
- To protect or defend others against physical assault

KNEE STRIKE

The objective of this section is to provide awareness and to develop a skill to perform a knee strike. This technique is designed for self-defense against physical assaults and for physical resistance above the level of a simple control hold. It is important to develop this skill and to incorporate it into other CONTROL techniques.

Consideration should be given to the following areas:

- Balanced position
- Relaxing the muscles in the upper and lower body will enhance the effectiveness
- Recover quickly to balanced position
- Hands kept in high guard position
- Coordinate a straight line with your body for accumulative speed and power
- Strikes are to be directed to acceptable target areas

Execution of Technique:

- The focus area of the knee strike is directly above the knee cap
- The knee strike is most effective when in close proximity with the suspect
- The rear leg is used as the striking knee/leg
- Begin by twisting your shoulder and hips as you lift the striking knee up
- Use this momentum to move your knee forward and up into an acceptable target area of the suspect
- As the knee strikes, tighten the muscles of the supporting leg and throw your hip forward
- Upon completion of the strike, relax and recover to a defensive position
- During the course of making the strike with the knee, pivot slightly on the ball of the opposite foot or supporting leg, thus allowing extension of the hips.

Application:

- Self defense against physical assault
- To overcome physical resistance above and beyond the use of a simple control hold
- To protect or defend others against physical assault

FRONT KICK

The objective of this section is to provide awareness and to develop a skill to perform a front kick. This technique is designed for self-defense against physical assaults and for physical resistance above the level of a simple control hold. It is important to develop this skill and to incorporate it into other CONTROL techniques.

Consideration should be given to the following areas:

- Balanced position
- Relaxing the muscles in you upper and lower body to enhance effectiveness
- Recover quickly to balanced position
- Hands in high guard position for self protection
- Coordinate a straight line with your body for accumulative speed and power
- Strikes are to be directed to acceptable target areas

Execution of Technique:

- The execution of this kick can be performed from the field interrogation position or a self-defense position
- It is executed with the rear leg
- Twist upper body in the opposite direction of your rear leg
- Use this momentum to move your rear knee forward and lift it to approximately waist level
- As the leg extends, tighten the muscles of the supporting leg
- At full extension, the muscles of the stomach and the supporting leg are fully tensed
- Upon completion of the kick, release the tension and return to ready position
- Be careful not to hyper extend the knee by completing a full lockout

Application:

- Self defense against physical assault
- To overcome physical resistance above and beyond the use of a simple control technique
- To protect or defend others against physical assault

BLOCKING PUNCHES

- Use the elbow to protect the kidneys and the ribs
- Use the forearm to protect the abdomen
- Use the shoulders to protect the jaw
- Use the fist to protect the neck and face
- Use the open hand to knock away blows directed to the chin and neck

POSITION OF INTERROGATION

POSITION OF INTERROGATION AND ADVANTAGE

The objective of this section is to provide an officer with a stance for public contact, self-defense, employment of arrest techniques, baton, and handgun control. The nature of the contact can vary from an interview with a possible suspect to obtaining information from a citizen. Whatever the case, you should always maximize your safety and reduce the possibility of an unsuspected attack.

General Considerations:

- Basis for Physical Movement and Protection
 - Stability
 - Mobility
 - Protection of Vulnerable Areas
- Appearance
- Awareness

Types of Stances:

- Field Interrogation
- Self-Defense / Arrest

Field Interrogation Stance:

- Foot position
- Knees slightly bent
- Weight equally distributed over both legs slightly forward on the balls of your feet, until movement is made
- Turn your body at the hips to position vulnerable areas away from the suspect, baton side forward, handgun side to the rear
- Lead/off hand may be used for high guard position
 - Citation book
 - Flashlight
 - Receipt of ID
 - Self-defense
 - Strikes
- Rear/strong hand may be used for high guard position
 - Writing
 - Holding/Grabbing
 - Self-defense
 - Strikes
 - Baton
 - Handgun
- Back straight and body weight centered over hips

Self-Defense / Arrest Stance:

- Foot position – approximately shoulder width apart
- Knees slightly bent
- Weight equally distributed over both legs and slightly forward on the balls of the feet, until movement is made
- Turn your body at the hips to position the vulnerable areas of your body away from the suspect – baton side forward, handgun side in the rear
- Lead and rear hand in high guard position to be used for:
 - Holding/Grabbing
 - Self-defense
 - Baton
 - Handcuffing
 - Searching
 - Arrest techniques
 - Handgun
- Back straight and body weight centered over your hips

Closing the Gap:

- The objective of this section is to provide movement for closing the gap with suspect. The movements should be well balanced and provide protection to avoid attacks and employ arrest techniques.
- Types of foot movement:
 - Lunge
 - Shuffle
 - Side stepping
- Lunge step
 - Move the leg closest to the direction of movement first and then push off with the trailing leg
 - Move both your legs an equal distance
- Side stepping
 - Move the leg closest to the direction of movement (left or right) first and push off with the trailing leg and combine with pivoting motion to blade yourself to the suspect
 - Other foot movements may be used to gain distance or close the gap
- Shuffle step
 - Forward movement is done drawing your rear leg up to your lead leg and stepping out with your lead leg to regain a balanced position

Position of Advantage:

- The position of advantage is obtained by closing the gap as mentioned in the previous section
- Once you have closed the gap move to the rear and slightly to the side of the suspect. This is referred to as his/her rear quarter
- Take a hold of the suspect's arm placing your outside hand on their wrist and your inside hand on their elbow, thumb up
- It is recommended that you position yourself with your gun side away from the suspect; however, the situation or condition may not allow you to perform as you would prefer and that is why you should work both strong and off handed sides

HANDCUFFING

HANDCUFFING TECHNIQUES

The objective of this section is to provide officers with handcuffing techniques that are simple, effective and ensure the officer's safety. This section provides one cuffing technique for low, moderate, and high risk situations. The fundamentals are integrated with each other, which increases effectiveness. The advantage is obvious during training because the movements are simple and effective.

The physical arrest and handcuffing of a suspect is potentially very dangerous because of the high degree of exposure to the officer. During close encounters with a suspect(s) many officers have lost their weapon and their life. This is why it is extremely important to be proficient at handcuffing techniques as they are applied.

There are a number of handcuffing techniques to choose from when cuffing a suspect. The application and simplicity of each technique varies with difficulty. The following techniques are simple, effective and provide protection for the officer.

Handcuffing and Searching:

- Low Risk
 - Compliance
 - Standing position
 - Hands behind suspect's back, palms out
 - One-hand simultaneous cuffing
 - Unique Situations:
 - Amputee
 - Cast on arm
 - Injured or deformed hand and/or arm
 - Extremely large or small wrist
 - Mass arrest – flex cuffs
 - Hobble restraints
 - Search After Cuffing:
 - By quadrants
 - Same sex verses the opposite sex
 - Escalation to High Risk (immediate threat to the officer)
 - Noncompliance (combative)
 - Take-down to prone position
 - Handcuffing from prone position
 - One-hand simultaneous cuffing
 - Search after cuffing
 - Search by quadrants
 - Searching of the same sex verses the opposite sex

- High Risk
 - Compliance
 - Kneeling position
 - Prone position
 - Hands behind suspect's back
 - One-hand simultaneous cuffing
 - Search after cuffing
 - By quadrants
 - Kneeling position search
 - Prone position search
 - Searching of the same sex verses opposite sex

Low Risk / Level 3 – One Hand Cuffing Techniques – Standing Position:

- This technique is used when the suspect is cooperative and has offered no resistance. This technique provides protection and time for reaction if the suspect should turn on the officer. If performed correctly the officer has the ability to react and defend himself against an unsuspected attack.
- Once the decision to arrest the suspect has been made, order the suspect to turn away with his back towards you.
- Order the suspect to put his hands up then to separate their feet.
- Then order the suspect to put his hands behind his back with the thumbs up. This should place the palms out and the back of the hands together.
- Before you approach the suspect you should have your cuffs out and in your strong hand. The proper way to hold the cuffs is to hold it with the single strand facing down. Position your hand between both cuffs so that neither one of them can rotate.
- As you approach the suspect reach out with your off hand and run the back of your hand down their back until you can grasp their hand for cuffing. If the suspect plans to move or assault you they will make their move at your first touch. This is referred to as “testing the water.”
- Approach the suspect slightly off to one side. The side you approach is equal to the hand that is holding the cuffs. Example: Your strong hand is your right hand, subsequently you are holding the cuffs in your right hand, so your approach will be on the right hand first. Same if true for the left.
- Using your off hand, reach down underneath the hand you are cuffing, grab the fingers, then pull while rotating slightly away from the body.
- The first cuff will be the outside cuff. This is found by holding your palm down or the cuff next to your little finger.
- With a pushing motion push the cuff on until it clicks once or twice on the wrist of the suspect. Almost with a simultaneous motion grab the other hand by the in a reverse handshake, pulling and rotating it away from the suspect's body and push the cuff on the wrist.

- With both cuffs on the suspect, you can go back and tighten/loosen if necessary. The back of the suspect's hands should be together with the palms facing out.
- Be sure to double lock the handcuffs to avoid injury to your suspect.

Moderate Risk / Level 2 – Kneeling Cuffing Position:

- This technique may be used in a number of situations. It offers the officer more protection than the standing position.
- This technique is accomplished by ordering the suspect to his knees while his hands are up.
- Once in this position order the suspect to cross his feet at the ankles and then sit back on their heels. If your suspect can not cross their ankles due to physical limitation ensure that your suspect sits back on their heels.
- As you move in to handcuff the suspect, step down on the back of the suspect's foot that is crossed on top to prevent him from moving on you.
- The follow up and handcuffing is identical to the standing position.

Prone / Level 1 Handcuffing Position:

- This technique should be used when the suspect has offered some resistance and/or is considered armed or a threat to the officer. The technique provides maximum control of the suspect along with protection for the officer.
- The prone position can be accomplished either by ordering the suspect down or by means such as a control hold or a take down.
- The prone position works best with the suspect lying face down on the ground, arms out to the side with the palms facing up and suspect looking away from your approach.
- The approach for the prone position is identical to the standing. The cuffs should be out in your strong hand, and your approach is equal to the hand that is holding the cuffs. Example: The cuffs are in your right hand so your approach is on the suspect's right side and you will cuff the suspect's right hand first.
- Before you make a physical contact with the suspect have him place the hand that is on the side you are approaching in the small of his back.
- Place your knee that is closest to the suspect's feet up against the suspect's arm. Apply wrist leverage on this hand and pull the arm up towards the head for added control.
- Place your knee that is closest to the suspect's head directly on the suspect's back just below the neck, **never on the suspect's neck**.
- Using your inside hand, grab the suspect's hand that is on the back by the fingers and lift it off the body.

- The first cuff to be applied will be the cuff next to your little finger. This will place your palms up as you push the cuff on the suspect's wrist.
- Maintain the wrist leverage and order the suspect to bring his other hand back as you grab the fingers and push the final cuff on.
- Now check and secure both cuffs before you search or stand the suspect up. When the cuffing is completed the back of the suspect's hands should be together and the palms facing out.

CONTROL TAKE DOWNS

The objective of this section is to provide officers with techniques that they may use for their defenses or to affect an arrest. The principles and fundamentals of the techniques are based on pain compliance and counter joint pressure. The advantage to the following techniques are that they do not require any strength and a small officer can be as effective as someone who is physically stronger. To ensure their effectiveness, proper technique and application is mandatory.

The application of the following techniques can be performed from many different positions and situations. The effectiveness of the techniques will depend on the officer's ability to properly engage with the proper tactic.

The use of a stun strike or distraction technique on the part of the officer is extremely important and may determine the outcome of the situation. Officers must learn how to work the following defensive techniques to ensure their success.

The advantage to the following techniques is that they are fully integrated with each other, which allows you to shift from one technique to another while maintaining full control of the suspect.

CONTROL HOLDS

Wrist Twist:

The application of this technique can be performed from many different positions and situations.

- Method for applying the wrist twist from the front
 - Position of interrogation or contact – If suspect attempts to resist, grab the suspect by the wrist with both hands
 - Your inside hand will grab the meat of the suspect's hand just above the small finger. This would be consistency with shaking some ones hand
 - Your outside hand will cover the back of the suspect's hand and support
 - Perform an inside circular pivot while maintaining a strong hold on the suspects wrist, which will apply a severe wrist leverage on the suspect's wrist
 - Push the wrist up as you keep it away from the suspect's body. (90 degree angle)
- Method for applying the wrist twist from the rear
 - Position of advantage – If the suspect resists by pulling away, straightens arm, or refuses to comply move into the wrist twist as a control hold
 - Slide your outside hand down and around the wrist as if you were shaking hands. Grab the meat of the hand just above the little finger.
 - With your inside hand slide down across the back of the suspect's hand as the supporting hand

- Perform an inside circular pivot while maintaining a strong hold on the suspect's wrist, which will apply a severe wrist leverage on the suspect's wrist.
- Push the wrist up as you keep it away from the suspect's body (90 degree angle)

Rear Wristlock:

- Method for applying the rear wrist lock from the front
 - Position of interrogation or contact – the suspect resists by verbal or physical gestures
 - Using your outside hand, strike and grab the back of the suspect's hand with your palm
 - Using your inside hand, grab and pull the inside of the suspect's elbow towards you. This will turn the suspect's back into you as you move the wrist to the rear
 - Your inside forearm will be between the suspect's arm and his back. Pin the suspect's elbow against your body for additional control
 - Bend the wrist back with the fingers pointing up
 - To obtain maximum control of the suspect, grab the index and the middle fingers. Rotate the wrist with the palm turning to the outside while maintaining control of the fingers (bend the fingers back).
- Method for applying the rear wrist lock from the rear
 - Reach over with the hand that is equal to the suspect's hand (left to left / right to right)
 - Place your fingers over the back of the suspect's hand across knuckles as your thumb curls over the suspect's thumb and into his palm. Lift the hand up while bending the elbow
 - Apply pressure to the suspect's wrist and bring the arm back behind the suspect's back
 - Your inside forearm will be between the suspect's arm and back. Pin the elbow against your body
 - Bend the wrist back with the fingers pointing up
 - To obtain maximum control of the suspect, grab the index and middle fingers. Rotate the wrist with the palm turning to the outside while maintaining control of the fingers (bend the fingers back)

Arm Lock:

- Method for applying the arm lock from the front
 - Position of interrogation or contact – With your inside hand, grab the inside of the suspect's arm above the elbow
 - At the same time shoot your outside arm between the suspect's arm and body, hooking and grabbing the triceps.
 - The suspect's arm should be resisting on the inside fold of your arm (V-position)

- With your free hand grab the suspect's hair or clothing to pull him back off balance
- Method for applying the arm lock from the rear
 - Position of advantage – If the suspect offers resistance, place your inside arm on the suspect's triceps just above the elbow
 - Using your outside hand, grab the wrist and pull it back into the inside fold of your inside elbow
 - With your free hand grab the suspect's hair or clothing to pull him back off balance

TAKE DOWNS

Wrist Twist Take Down:

- Compliance take down: Verbal Commands
 - While maintaining the control hold, the officer will order the suspect to his/her knees, as constant pressure is applied on the wrist
 - Order the suspect into the prone position while maintaining control of the wrist as you move into the high-risk prone handcuffing position.
- Resistance take down: Arm Bar
 - While maintaining the control hold, the officer will verbally order the suspect to stop resisting
 - Start from the wrist twist control hold and apply pressure on the controlled wrist
 - Maintain control of the suspect's wrist with your inside hand
- Move out in front of the suspect's body as you straighten his arm into a arm bar forcing him to lean forward
- Apply counter joint pressure on the suspect's elbow with your free hand
- The pressure is downward on the elbow and pulling upward on the wrist with equal and opposing motion
- The motion will hyper-extend the elbow and force the suspect down on his stomach into a high risk prone position for handcuffing

Rear Wristlock Take Down:

- Compliance take down: Verbal Commands
 - While maintaining the control hold, the officer will order the suspect to his/her knees, maintaining constant pressure and control of the wrist
 - Order the suspect into the prone position while maintaining control as you move into the high risk prone handcuffing position
- Resistance take down: Pivot and Drop
 - While maintaining the control hold the officer will verbally order the suspect to stop resisting
 - Start from the rear wrist lock control hold and apply pressure on the controlled wrist

- Place your outside hand on the suspect's neck
- Step around with your outside foot as you pivot on the ball of your inside foot, 180%
- Apply pressure on the wrist which will cause the suspect to lean forward
- Pull the suspect with you as you guide his momentum downward into his stomach into the high risk prone position for handcuffing

Arm Lock Take Down:

- Compliance take down: Verbal commands
 - While maintaining the control hold, order the suspect to his/her knees as you maintain constant pressure and control of the wrist
 - Order the suspect into the prone position as you move into the high risk handcuffing position
- Resistance take down: Pivot and Drop
 - While maintaining the control hold the officer will verbally order the suspect to stop resisting
 - This take down is performed the same way as the rear wrist lock resistance take down

Arm Bar Take Down:

- This take down relies on counter joint pressure applied directly to the elbow
- It can be performed to the front or rear of the suspect's body
- It centers around the application of equal and opposing motions
- The pressure is applied in a downward motion on the elbow with the inside hand
- The opposing motion is the upward motion applied on the wrist with your outside hand
- It is important to keep the suspect's arm straight and maintain counter joint pressure on the elbow
- Order the suspect down onto his stomach into a high risk prone position for handcuffing

Hair Take Downs:

- The application of hair take downs can be performed from the front to the rear of the suspect
- The proper way to apply this technique is to comb through the suspect's hair with your fingers and then grab
- This technique can be very effective for an officer who faces an opponent who is much taller
- By directing the suspect's head you can easily take the suspect's balance and redirect to a position that is to your advantage

WEAPON RETENTION

WEAPON RETENTION AND DISARMING TECHNIQUES

Introduction

- FBI Uniform Crime Report regarding officers who have been disarmed
 - Fact: law enforcement officers carry guns
 - Fact: incidents of assault against law enforcement officers have increased tremendously in recent years
 - Fact: more officers are being killed with their own guns than ever before.

Equipment Maintenance and Holster Design:

- Holsters and straps should withstand stress when violently pulled upon. Maintain holster in good condition, replace worn straps and snaps
- Thumb break holsters – officers should be aware that a downward grabbing motion by a suspect from the front could cause the holster to unsnap
- Holster design – holsters should be designed so that the officer can draw the gun quickly and safely, yet remain secure in the holster when unsnapped during vigorous body movement
- The holster should have reinforced safety construction features
- No holster should be considered reliable enough to be a sole source of security for the officer's handgun

Principles of Handgun Retention:

- Handgun retention is accomplished by providing more physical stress against an attacker than he/she possibly can withstand. The primary concern is the immediate release of the suspect's hand(s) from your handgun. All counter-attacks should be directed against his/her arm involving counter joint pressure
- The officer's initial response is always appropriate to the situation and provides the best opportunity to safely defend the handgun and himself
- Three important principles of weapon retention
 1. Secure weapon: Secure the weapon in the holster and then prepare to apply the release technique
 2. Gain position: Move in a position that offers the greatest opportunity to exert maximum leverage and physical stress against the attacker and at the same time provide body movement that has the effect of protecting the officer against additional assault as he applies the release.
 3. Effect release: the officer applies the release with the appropriate technique. He will simply be applying more leverage and physical stress against the attacker than he/she has the ability to withstand.

Technique:

- There are a variety of acceptable techniques in the area of weapon retention. The technique you decide to use depends on the situation and your capabilities. The important thing to remember is to react and to use counter joint pressure in your counter attack

Weapon Retention:

- The technique for weapon retention is applied when someone has grabbed your gun while it is still in the holster. The threat is obvious and immediate counter attack is extremely important. The technique can be applied from the front, rear, or the side.
- You must immediately respond to your weapon with both hands. A stun type strike can be used during your initial reaction. Your gun hand reaches back and to the rear of the holster grabbing under the butt. Your other hand comes down on top of the gun with your thumb towards the inside.

Note: It is important to grab as much of the gun as possible and not just holster.

- Once you have both hands in position, bend your knees and twist aggressively against the elbow using counter joint pressure

Disarming Techniques:

When you are faced with an armed encounter, your only chance for survival may be to physically disarm the suspect. Because of the potential danger, it is important to evaluate the circumstances and the suspect(s).

- Facts to consider:
 - The type of individual – emotional state, symptoms of drug influence, etc.
 - Closing the gap – you can not physically disarm someone if there is a distance between you and the suspect
 - Position of the suspect's hands
 - Your position in relation to the suspect
 - Distractions – always consider distraction prior to making any movement
- Two hand simultaneous grab: (front)
 - This technique is performed by simultaneously grabbing with both hands
 - Your outside hand grabs the gun (preferably the cylinder) and forces it back towards the suspect breaking his grip
 - You must also step to the inside of the suspect with your outside foot
 - Use your inside hand to continue the motion and support as you step into the suspect while taking the gun away
- Two hand method from the rear:
 - You must first locate the weapon before you can disarm the suspect

- You can either turn and look (if the suspect allows you) or you can back up into the suspect and hope that the suspect nudges you with the barrel
- This technique will depend on which of the suspect's hands is holding the gun

The first and most important factor on any disarming technique is to move the weapon off of your body. Once this is accomplished, move in and apply an appropriate technique using leverage or counter joint pressure.

VULNERABLE AREAS OF THE BODY

The objective of this section is to identify vulnerable areas of the body. There are areas of the body, if used as a target, which could cause serious injury or death. It is important to consider the **degree of resistance** and the **threat level**. Only the amount of force necessary to defend or to affect an arrest may be used. The most important factor to consider is officer safety and survival. You may use any means necessary to defend yourself against a physical attack providing you do not exceed what is considered necessary.

Vulnerable Areas of the Body:

Acceptable Areas– In General

- | | | |
|--------------------|--------------------|----------------------|
| 1. Hair | 6. Diaphragm | 11. Knee |
| 2. Nose | 7. Biceps, Triceps | 12. Shins |
| 3. Mouth, Jaw | 8. Solar Plexus | 13. Ankles, Instep |
| 4. Collarbone | 9. Groin | 14. Quadriceps |
| 5. Shoulders, Ribs | 10. Wrist, Forearm | 15. Achilles Tendons |

The areas listed above are considered acceptable target areas. Generally, they will not cause death or serious injury to the suspect. The list above is only a guideline and every situation is going to be different.

Vulnerable Areas of the Body:

Unacceptable Areas – Generally

- | | | |
|-------------------------|-----------|-------------|
| 1. Eyes | 4. Throat | 8. Bladder |
| 2. Temple | 5. Heart | 9. Spine |
| 3. Neck
(exceptions) | 6. Spleen | 10. Kidneys |
| | 7. Liver | |

CAROTID RESTRAINT

The objective of this section is to provide officers with a technique that will control and/or subdue a violently insane, drug influenced, physically aggressive or resistive individual who cannot be controlled with other means.

Additionally, this section will afford officers with basic knowledge of the medical and legal implications involved in the use of the Carotid Restraint Technique.

Learning Principles:

- The application of the Carotid Restraint Technique should be restricted to situations where violent resistance is encountered or when it is believed that death or serious bodily harm may result to the officer
- The medical aspect of the Carotid Restraint is the physical restriction of the carotid arteries
- The Carotid Restraint Technique is performed by applying pressure to both sides of the neck, which causes a reduction of the flow of oxygenated blood to the brain. This results in the loss of consciousness or “fainting” on the part of the subject during and for a brief time after application of the hold
- When the technique is applied and the arteries are compressed, the brain is deprived of oxygenated blood. The ensuing result is that of fainting. This unconsciousness is in concert with a slowing heartbeat, change of blood pressure and stimulation of the sinus and vagus nerves.
- Signs of unconsciousness can occur in as little as four to five seconds after application
- The effects of Carotid Restraint may include any of the following:
 - Narrowing Vision
 - Convulsions
 - Body Going Limp
 - Drooling or Salivating
 - Vomiting
 - Urinating or Defecation

Legal Implications:

- The application of the Carotid Restraint has been an issue in some civil litigations and is likely to be questioned if any of the following conditions occur
 - When death or serious injury to the subject occurs
 - When the use is not justified under the circumstances
 - When the use is considered excessive force
 - When poor judgment is shown
 - When training has not occurred

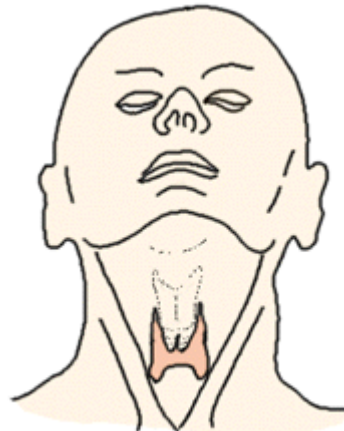
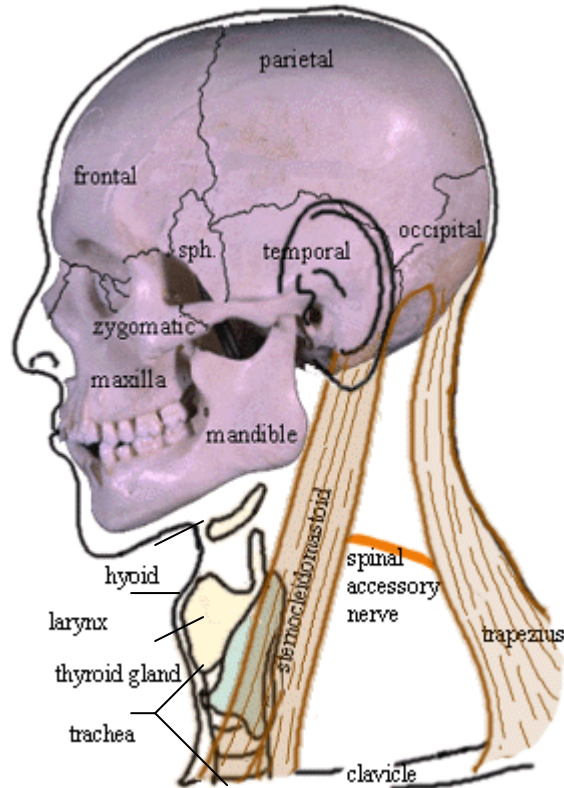
Court Defense:

The proper application of the Carotid Restraint Technique is not measured by civil cases won or lost, but by the lack of court cases.

Safety / Training:

A cautious approach must be taken in learning and practicing the Carotid Restraint. The risk of injury can be reduced to a minimum by observing the following rules

- Proper warm-up and stretching (particularly in the neck area)
- The individual playing the “suspect” role should indicate excessive pressure or pain by using the slap on the thigh to indicate to his/her partner to release the hold
- Slow Application – The person performing the technique should apply slow pressure and special care should be used not to apply pressure to the windpipe (trachea)
- Passive Resistance – The individual playing the “suspect” role should offer passive resistance
- All students should be aware of the danger as well as safety precautions.



Application of the Carotid Restraint:

A. Position the Officer's Arm:

The biceps will compress the carotid artery on one side and the forearm will compress the carotid artery on the other side

B. Application of the Carotid Restraint is accomplished by placing the elbow directly in front of the neck in line with the chin and against the subject's chest. This will eliminate damage to the delicate structure of the throat.

Carotid Restraint vs. Bar Arm Choke Hold:

- The Bar Arm Choke Hold is no longer approved by many law enforcement agencies throughout the state.
- The Bar Arm Choke Hold cuts the air supply by depressing the trachea.
 - No advantages
 - Disadvantages
 - Extreme pain – causing more resistance by the subject
 - Suffocation/strangulation of the subject
- Dangers of the bar arm on the front throat
 - Can cause damage to the thyroid or the cricoids cartilage
 - May fracture the hyoid of the ring bones in the neck
 - Damage or fracture will cause swelling and hemorrhaging which will result in suffocation

Hazards of the Carotid Restraint:

- Irreparable brain tissue damage may occur if the flow of oxygenated blood to the brain is restricted for more than a minute
- Vagus nerve in the neck (adjacent to the carotid artery) may be affected by the Carotid Restraint Technique if:
 - Heart disease is present
 - Undeveloped heart (young person)
 - Multiple applications (more than twice in a 24 hours)
- Areas at the front of the throat, such as the larynx (voice box), trachea (windpipe), could collapse with improper application
- The hyoid bone located at the base of the tongue, and the tip of the thyroid cartilage which is located on either side of the throat, under excessive pressure, may fracture and cause swelling – resulting in possible suffocation.
- Possible brain damage may occur with multiple applications
- In all written reports indicate the circumstances surrounding the incident and the specific number of applications and their time intervals.

Practical Applications:

- Try to apply the Carotid Restraint with the subject on the ground or below your shoulders.
 - It is very difficult to get a proper arm position, especially if the subject is taller than you
 - It may become unsafe for the officer to maintain the control hold if you have to support the subject's body weight
 - Injury to the subject may occur if the subject falls to the ground in an unconscious state

- Take down techniques – from the rear
 - Hair pull
 - Approach from the rear
 - Use the hair pull to break the subject's balance
 - Side kick or a front kick may be used to the back of the subject's knee
 - Force the subject to the ground with a combination of the two
 - Officer's body position
 - Place your knee on the ground adjacent to the subject's back
 - Fully extend the other leg to the rear
 - Subjects without hair
 - Approach from the rear
 - Instead of using the hair pull, place your hand on the subject's forehead and pull the head back and down to the ground
 - Side kick or a front kick may be used to the back of the subject's knee
 - Force the subject to the ground with a combination of the two
- Take down technique – from the front. (Caution should be used to ensure the officer's safety)
 - Spin or turnabout
 - Approach subject in a position of interrogation stance
 - Palm strike on shoulder as you pull on the other shoulder
 - Keep your weapon side back as you step in behind the subject
 - Use the hair pull or the forehead to pull the subject to the ground
- Countermoves for a strong resistant suspect who is attempting to escape
 - If the subject attempts to escape from the hold by maneuvering to his left, the officer should remain in the triangular stance, maintain the carotid control hold and shift his strong leg to the right. The off sided knee simply rotates on its knee cap
 - If the subject attempts to move his upper body forward, (trying a shoulder throw) maintain your triangular position and spread both your legs outward and use full body weight on the subject
 - If the subject attempts to push back forcing you on your heels, the officer should maintain the triangular stance while shifting his body weight to the rear
 - If the subject succeeds in forcing you on your back, the officer should protect his weapon by laying on it. The officer should maintain the carotid hold and should wrap his legs around the subject's thigh and knee area

- Remember, go with the subject's movement, maintain the hold, and do not panic. This will help you to avoid any advantage the subject may gain from his actions
- When the subject is unconscious:
 - Support the head and roll the subject to the prone handcuffing position and cuff
 - Check for vital signs:
 - Pulse
 - Breathing – establish an airway if necessary
 - Massage neck muscles to stimulate blood flow
 - Obtain an intelligent verbal response from the subject
 - Seek medical aid or apply CPR if necessary
 - If CPR is necessary, re-handcuff the subject in front of the body for more efficient application of CPR and continued control
- Other considerations:
 - Never choke or apply a carotid control hold with a baton or a flashlight
 - There's no feeling in the baton/flashlight so you're unable to gauge the degree of pressure being applied
 - Reports and court testimony – use proper terminology. Do not use the phrase "choke hold" and do not use medical terms if you do not know them.

Use of force

- Discuss department policy concerning the use of the Carotid Restraint
- Report procedures on the use of the Carotid Restraint

The following is only a guideline when using the Carotid Restraint Techniques. The conditions may vary depending on the subject's mental or physical state. (Alcohol or drugs)

LENGTH OF TIME	POSSIBILITY OF BRAIN DAMAGE
0 – 4 Minutes	Not Likely
4 – 6 Minutes	Possible
6 – 10 Minutes	Most Likely
10 Minutes or More	Almost Certain