

POST PERISHABLE SKILLS PROGRAM (PSP)

ARREST AND CONTROL

COURSE GOAL:

The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The trainee will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

The course consists of a hands-on/practical skills arrest and control training for in-service officers. **The training may be presented in a 4, 6, or 8 hour format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.**

ARREST AND CONTROL

Minimum Topics/Exercises:

- a. Safety orientation and warm-up(s)
- b. Class Exercises/Student Evaluation/Testing
- c. Search - in exercise(s)
- d. Control/Takedown/ - in exercise(s)
- e. Equipment/Restraint device(s) use - in exercise(s)
- f. Verbal commands - in exercise(s)
- g. Use of Force considerations
- h. Body Physics & Dynamics (suspect's response to force)
- i. Body balance/stance/movement patterns - in exercise(s)
- j. Policies and legal issues
- k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.
3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
 - A. Judgment and Decision Making
 - B. Officer Safety
 - C. Body Balance, Stance and Movement
 - D. Searching/Handcuffing Techniques

- E. Control Holds/Takedowns
- F. De-escalation, Verbal Commands
- G. Effectiveness under Stress Conditions

Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

EXPANDED COURSE OUTLINE

1. Welcoming remarks **III(a)**
 - a. Sheriff's sign-in roster
 - b. Instructor introductions
 - c. POST PSP requirements 4 hours Arrest and Control, 4 hours EVOC, and 4 hours force option simulator every 24 months; ARCON part must include:
 - i. Safety orientation
 - ii. Technique exercises/drills and testing (main portion of class)
 - iii. Searching (standing, kneeling or prone)
 - iv. Restraint (handcuffing techniques)
 - v. Control holds and takedowns
 - vi. Ground fighting/grappling
 - vii. Verbal commands (e.g., "Stop resisting, lay flat on the ground, face down, hands in small of your back", etc.)
 - viii. Agency use of force policy, case law and legal issues
 - ix. Body mechanics and physics
 1. Footwork
 2. Balance
 3. Proper technique mechanics and application of force
 4. Action/reaction to force predictabilities, escalation and de-escalation
 - x. First aid and injury protocols
2. Safety Briefing **III(a)**
 - a. Tap outs if you feel you're on the brink of injury
 - i. Clap on your thigh or chest
 - ii. Or your training partner's shoulder or leg, etc.
 - iii. Slap on the mats
 - iv. Say "ow!" or equivalent word
 - b. Pick a training partner that is of a similar size, age, level of physical fitness and apparent enthusiasm level as yourself
 - c. Stay on pace with instructor's verbal directions (don't speed ahead to finish technique)
 - d. Practice ALL techniques at ½ speed and ½ force
 - i. Instructors will demo each technique 2 or 3 times and explain mechanics

- ii. Instructors will then talk you through technique 3 times step by step
 - iii. Instructors will then let you do technique 3 more times ½ speed on “ready, set, go”
 - iv. Continually look around mats to ensure you won’t collide with other pairs
- e. Mats are sanitized for virus, bacteria and fungus before each session so... **III(a)**
 - i. No street shoes on mats
 - ii. No bare or stocking feet outside of the immediate mat area
 - iii. Put your street shoes on before going into restrooms or outside
 - iv. If blood or other bodily fluids get on mats you will please sanitize that part of mats and bandage the wound immediately before continuing training
- f. First aid supplies and mat sanitizer sprays are available here (band aids, chemical ice packs, disinfectant and antibiotic cream, elastic bandages, etc.
- g. Injury protocols, report to instructor staff immediately **III(k)**
 - i. Minor injuries that require Medical Care will be reported to W/C and deputy will fill out Workers Comp forms and go to Med Stop in Madonna Plaza for routine medical
 - ii. Major injuries are reported to W/C an ambulance requested and deputy will be transported to Sierra Vista ER, Sheriff supervisor will fill out Worker Comp forms
- h. No operable firearms are allowed in the training/mat area
 - i. There are gun lockers in the lobby or lock them in your vehicle
- 3. Use of Force quiz, review responses, lead discussion of: **III(j)**
 - a. Sheriff’s 300 policy on Use of Force
 - b. California penal code statutes 835(a)pc, 196pc, 197pc, 243(f)pc
 - c. Case law Graham v Conner, Tennessee v Garner, Forrester v San Diego Long Beach POA v Long Beach
- 4. Days plan and orientation. **III(b)**
 - a. Primary purpose of PSP is to review, refresh and build on skills you already possess. As opposed to teaching you a lot of new techniques (which would logically require more time to drill and practice than 4 hours)
 - b. Point out the location of water fountains and restrooms and AED defibrillator device on wall
 - c. We will begin with a warm up and stretch approximately 10 minutes
 - i. Will not be a 20-30 min cardio workout
 - ii. Just enough to increase muscle core temp before stretching
 - d. Then we will Demo, Drill and Evaluate
 - i. Standing Arrest Search with Speed Cuffing
 - ii. Interview Position, closing the Gap, Blanketing the Arm and C-Grip escort position
 - iii. The 4 ways the Arm can move from escort
 - iv. Straight Arm Bar 180 degree Take Down from Escort
 - v. Running Arm Lock takedown

1. From Escort
 2. From Interview Position
 - vi. Figure-four Takedown from Escort
 - vii. Transition Drills
 1. From straight arm bar to running arm lock takedown
 2. From straight arm bar to figure four takedown
 - viii. Two Deputy Takedown of combative arrestee
 1. With Lateral Head Displacement
 2. Figure -four Leg Restraint
 - ix. Evaluation
 1. Instructors will evaluate and correct your technique as we drill
 2. We are not looking for perfection, just good basic mechanics (footwork, balance, technique and degree of force)
5. Warm up and stretching **III(a)**
 - a. Walk 2 laps around mats, then increase pace to a jog for an additional 4 laps
 - b. Neck movement
 - i. Side to side turning
 - ii. Side to side tilting
 - iii. Chin to chest and looking up
 - iv. Rotations
 - c. Shoulder movement
 - i. Rotations smaller to bigger
 - ii. Forward and backward rotation
 - iii. Arm across with palm on opposite shoulder blade, right and left, opposite hand on elbow
 - iv. Palm on back of neck opposite hand on elbow
 - d. Trunk movement
 - i. Tilting left and right
 - ii. Rotating left and right with arms out
 - iii. Bending back with hands on hips, feet wider than shoulder width apart, alternated with bending forward from waist with fingers touching mat between feet
 - e. Leg movement
 - i. Same stance as above touch fingers to toes left and right
 - ii. Seated on mats, soles of feet together pull heels in toward groin and bend forward from waist
 - iii. Keeping one heel in groin, extend opposite leg straight out and touch toes, switch legs and repeat
 - iv. Roll onto one side and pull top ankle toward buttocks, then roll to opposite side and repeat
 - f. Wrist and elbow movement
 - i. Shake hands with wrists bent

- ii. Still seated thumb down palm facing out, opposite twist hand and wrist, switch hands and repeat
- iii. Still seated palms up opposite hand twist outward over wrist, switch repeat
- g. Calf stretches at wall
- h. Allow students a 1 or 2 minute period to perform additional stretching they feel the need for

6. Standing arrest search and speed cuffing

III(c,e,f,g,h,i)

- a. Demonstrate without explanation one time at $\frac{3}{4}$ speed
- b. Demonstrate with explanation step X step two more times
- c. Verbal commands: “stop, sheriff’s office, you’re under arrest, turn around, put your arms out like an airplane, palms toward me...”
- d. Visual search, ...”with left hand pull up on shirt/jacket behind your neck, slowly turn back toward me, keep turning until facing away again, let go of shirt
 - i. “Slowly bring both hands to the small of your back, palms facing out, backs of your hands touching, interlace your fingers.”
 - 1. Discuss pros v cons hands palms facing with fingers interlaced
 - 2. More difficult to speed cuff, easier for suspect to manipulate cuffs, but stronger control of hands
 - ii. “Spread your feet, wider than shoulders, point your toes out, don’t move.”
- e. Glance at your cover officer to make sure they’re watching
- f. Shuffle step toward suspect
- g. Both of your hands go to suspect elbows and slide down forearms to wrists, push backs of their hands together
- h. Obtain “finger sandwich” with your left hand trapping a finger of one hand between two fingers of the opposite hand
- i. Retrieve handcuffs and position in your right hand with single strands forward and able to spin freely and gripping the chain between the two bracelets
- j. Place heel side bracelet single strand on the suspects wrist bone and briskly snap it downwards so that it has enough momentum to spin around the wrist and latch into its locking mechanism
- k. Quickly place the thumb side bracelet on the suspects left wrist and briskly snap it down so that it too locks.
- l. Double lock the handcuffs
- m. Systematic Search:
 - i. Grasp the suspect’s right hand with your left palm across his knuckles and your right hand on his right shoulder
 - ii. spread your feet shoulder width and bend your knees and hips and pull suspect back slightly off balance with their shoulder blades on your chest supporting approximately 20% of their weight
 - iii. Ask “do you have any needles, sharp objects, blades in your pockets that could cut or poke me?”

- iv. Search the most likely places where weapons are first, then second most likely and then third, etc.
- v. Your choice to search entire top of suspect first then both legs; or search top and legs of right side first, then switch hands, side step left and search top and legs of left side last
- vi. 90% of population is right handed and will stage a weapon in a place easily accessible to that hand and research shows most often they're found in the waistband followed by the pockets (pants, jackets, etc.) so that would be the best place to start
- vii. Always search in the same pattern so that in the "excitement" you don't skip over an area and allow contraband, or a GUN, to enter your vehicle or other secure area like the jail
- viii. Opposite sex searches
 - 1. Try to have the same gender search when practical, and do so in front of the on-board video camera either way
 - 2. Often, however there isn't a same gender deputy available in the field so search the groin and/or chest areas with another deputy present and on video using proper hand position to avoid appearance of groping
 - 3. Radio the jail to make sure they have a same gender deputy available to do a more thorough search if necessary
- ix. Removing the handcuffs
 - 1. "spread your feet, point your toes out, when the left cuff comes off put your left hand on top of your head and leave it there..."
 - 2. Secure the free bracelet in your left hand and take a big side step out to your right and rotate the suspects right arm with the bracelet so that there arm is straight out to their side and you are standing beyond their right hand, repeat the order to put their right hand on top of their head with their left hand when you take the right bracelet off
 - 3. Quickly take two rear shuffle steps away from the suspect before preparing your cuffs to return to their case keeping your eyes on the suspect
- n. Drill technique
 - i. Perform 3 Step X Step talk throughs
 - ii. Assistant instructors observe critique and correct and enforce safety
 - iii. Perform 3 "Ready-Set-Go's"
 - iv. Instructors evaluate student's technique and either tell them "good job" or correct them and have them repeat until satisfactory performance is attained
 - v. Switch deputy/suspect roles among pairs and repeat

7. Interview stance, closing the gap, placing hands on the suspect “blanketing the arm”, to an escort “C-Grip Escort” **III(e,g,h,i)**
- a. Position of interview POI stance, gun leg back, pelvis bladed 45 degree to suspect, hands open and approximately ½ way between belt and chin, 1 ½ kick distance from suspect and at a 45 degrees angle from suspect
 - b. Closing the gap, lead foot steps toward suspect, hands come up closer to protect your face to C-Grip Escort position
 - i. shuffle step forward to arms-length from suspect, place both hands on suspect’s right shoulder
 - ii. continue moving shuffle side steps in a ½ circle to position behind suspect and as you do slide both hands down their right arm
 - iii. your left hand stops behind their elbow, your right hand continues down to their wrist
 - iv. position your feet shoulder width apart so that they form an Isosceles triangle with the suspect’s right heel and your pelvis should be facing toward their right-rear pants pocket
 - v. your arms should be bent 90 degrees at your sides
 - vi. your weight should be 60-70% on the balls of your feet, heels lightly touching ground, knees and hips flexed/bent
 - vii. Thumb and middle 2 fingers form a firm but relaxed “C-Grip” on suspect elbow and wrist
 1. Not a tight “white knuckle” grip, looser
 2. more like Velcro...or glue
 - viii. relax arms and shoulders, be ready to “flow” with any of the 4 ways the arm can be pulled away or resist
 - c. demonstrate once without explanation
 - d. demonstrate twice with explanation (this is pretty basic and deputies do this many times each shift)
 - e. drill the class on the Interview Stance, Closing the Gap, Blanketing the Arm and C grip Escort
 - i. Perform 1 or 2 Step X Step talk throughs using above verbal
 - ii. Make sure they stay on pace with lead instructor
 - iii. Assistant instructors observe critique and correct pairs and enforce safety
 - iv. After 1 or 2 talk throughs class should have technique going reasonably well (they do this several times per shift)
 - v. Perform 2 “Ready-Set-Go’s”
 - vi. Switch deputy/suspect among pairs and repeat above
8. Four directions arm can be pulled away or resist from C-Grip Escort demonstration only
- a. Straight arm stiffens (muscles in right arm flex and tighten) and often suspect turns away from or towards officer
 - b. Elbow pulls back

- c. Elbow pulls up
- d. Arm pulls forward across chest with suspect's right hand pulling toward his left shoulder
 - i. Or the suspect can do a combination of the above
 - ii. Demonstrate the four directions with the appropriate control hold and takedown one time only
 - 1. Stiff arm, Straight Arm Bar 180 degrees Takedown
 - 2. Elbow back, Rear Wrist lock Finger flex to Running Arm Takedown
 - 3. Elbow up, Running Arm Lock 180 degrees Takedown
 - 4. Arm across chest, Figure Four Takedown
 - a. Transition drills from combos
 - iii. We are only going to demo and drill today:
 - 1. Straight Arm Bar 180 Takedown
 - 2. Running Arm Lock 180 Takedown
 - 3. Figure Four Takedown
 - 4. Transitions from the above 3
- e. No drill of this demo, they will do these positions while learning each technique

9. Straight Arm Bar 180 Takedown

III(c,d,f,g,h,i)

- a. Demonstrate technique first time at ½ to ¾ speed without explanation
- b. Demonstrate 2 times slower and explain step by step what you are doing, technique mechanics and your body dynamics (pivot hips and “corkscrewing” down ward) and footwork (shifting weight to inside foot, circle step 180 with outside foot and pivot on balls of your feet) and explain why:
 - i. You feel suspect arm tighten and they start to turn, your right hand tightens on their wrist and you rotate their palm onto your belt buckle
 - ii. Simultaneously you pivot on balls of feet forward ¼ turn and your left hand blades and rotates onto their triceps tendon slide down to your left wrist bone on their tendon
 - iii. You lower your body weight by squatting at hips and knees (keep your head up not bending over at your waist) placing downward pressure on suspect's elbow and causing them to bend over at the waist
 - iv. You shift your weight to your inside (left) foot
 - v. Make a half circle with outside (right) foot
 - vi. You pivot your hips to the right and rearward sinking your weight into their elbow and taking them to the ground onto their chest
 - vii. Quickly slide your left hand down into the rear of their shoulder socket to pin them face down (otherwise they can roll onto their side and begin kicking you and pulling you down to the ground with them)

viii. Side step ½ circle toward their head, placing your right knee on their shoulder blade, left knee on their rib cage and trapping their arm between your legs

ix. Prepare for handcuffing

c. Drill the class on the straight arm bar 180 take down

III(d,g,h,i)

i. Perform 3 Step X Step talk throughs using previous section verbal

ii. Make sure they stay on-pace with lead instructor

iii. Assistant instructors observe critique and correct pairs and enforce safety rules

iv. After 3 talk throughs the class should have technique mechanics and body dynamics and force going reasonably well (if not do 1 or 2 additional step by step talk throughs)

v. Remind class that we are only going to use ½ speed and ½ force

vi. Perform 3 “Ready-Set-Go’s” at ½ speed

vii. Instructors evaluate student technique on 3 attempts and at conclusion either tell them “good job” or correct them and have them do it again until satisfactory performance is attained

viii. Switch deputy/suspect role among pairs and repeat above drill

10. Running Arm Lock 180 Takedown from C-Grip Escort

III(d,g,h,i)

a. Demonstrate technique first time at ¾ speed without explanation

b. Demonstrate 2 times slower and explain step by step what you are doing,

technique mechanics and your body dynamics (placing suspects wrist in bend of your left elbow, knife edge of your left hand in the bend of their right elbow, right hand reaches across their upper back and grabs top of their left shoulder (trapezius muscle), footwork, shifting your weight to your inside foot, circle step 180 with outside foot and pivot on balls of your feet) and explain why:

i. You feel the suspect’s elbow raise up, you push their elbow forward with your left palm, bending them over at the waist as your right hand pushes their wrist toward their back

ii. You put your left hand palm on the back of their right triceps and your right hand places their wrist in the bend of your left elbow

iii. You rotate your left hand into a knife blade shape “judo chop” and the edge of your left hand in the bend of their right arm

iv. You reach across their upper back and put your right hand on the top of their left shoulder grabbing their triceps muscle firmly

v. You shift your weight to your inside (left) foot and make a 180 circle step with your right foot

vi. You pivot 180 on the balls of your feet to your right and rearward, and squat down using your hips and knees, keep your head up, take a wide side step to the right as the suspect’s chest contacts the ground

- vii. Side shuffle step half-circle to your right towards suspect's head and place your right knee on the suspect's shoulder blade and your left knee on their ribcage trapping their arm between your legs
- viii. Prepare for handcuffing
- c. Drill the class on the Running Arm lock 180 Takedown from the C-Grip Escort
 - i. Perform 3 Step X Step talk throughs using above verbal instruction
 - ii. Make sure students stay on pace with lead instructor
 - iii. Assistant instructors observe, critique and correct students technique and enforce safety
 - iv. Assess if class needs one more talk through with all instructors
 - v. Perform 3 "Ready-Set-Go's" remind class that it is to be done at ½ speed and force
 - vi. Instructors evaluate student's technique on 3 attempts and at conclusion either tell them "good job" or correct them until satisfactory performance is attained
 - vii. Switch deputy/suspect roles among pairs and repeat above drill
- d. Demonstrate the variation of the Running Arm lock 180 Takedown from Position of Interview POI
 - i. Perform demonstration one time ¾ speed without explanation
 - ii. Perform demonstration twice with step X step explanation
 1. Same as things we've already done (POI, Close Gap, Running Arm lock 180 Takedown)
 2. You tell suspect that they are under arrest and to turn-away from you but they don't comply
 3. You close the gap as we have already drilled, raising your hands to protect your face, but once you are within arms distance
 4. You shoot your right hand forward in a knife blade shape between the suspect's right arm biceps muscle and ribcage and wrap your palm around his triceps muscle, at the same time you roll his shoulder forward toward you
 5. You simultaneously extend your left hand toward his wrist, contacting the back of your left wrist bone (where your watch is) onto his wrist bone (Coaching Que: tell students to think of making an X shape with their wrists, right over left)
 6. Without stopping your foot-work you continue quickly shuffle stepping to suspect's rear and driving his right forearm toward his back
 7. Trap the suspect's right wrist in the bend of your left elbow, bending his arm 90 degrees at the elbow
 8. Your left palm moves across his upper back like a windshield wiper and you place your left palm on his triceps

9. Your right hand reaches across suspect's upper back and firmly grabs their trapezius muscle
 10. The rest of the running arm lock you perform as we just drilled all the way to the takedown and hand cuffing
- e. Drill the class on this variation
- i. Perform 3 step X step talk throughs but only steps 2 through 9
 - ii. Perform 3 "Ready-Set Go's" of whole technique including the takedown at ½ speed and force
 - iii. Assistant instructors observe critique and correct and enforce safety
 - iv. Instructors evaluate and correct until satisfactory performance is attained
 - v. Switch deputy/suspect roles and repeat

11. Figure four Takedown

III(c,d,g,h,i)

- a. Demonstrate technique ¾ speed without explanation one time
- b. Demonstrate technique slower 2 times and explain step X step what you are doing and why. Explain technique mechanics, balance and footwork; you are stepping out with right foot 10 inches and pivoting 180 degrees to face the suspect, as you do you are rotating your right hand around their wrist and pushing their elbow and triceps onto your biceps with your left hand as you raise their hand toward their forehead; you are driving their elbow up toward the ceiling to bend them over backwards, you then shift your weight to your inside foot, circle step to the rear with your outside foot, pivoting on the balls of your feet using your hips you take the suspect down to the ground
 - i. You feel the suspect pull their right hand and arm across their chest and toward their opposite shoulder and feel them twisting their torso away
 - ii. You step forward 6-10 inches in front of the suspect's toes with your right foot and pivot on the balls of both feet 180 degrees to face the opposite direction as the suspect
 - iii. As you lower body does this, your right hand rotates on the suspect's wrist and begins lifting his hand toward his forehead as your left hand pushes on his elbow to drive his triceps on top of your biceps and holding it there
 - iv. Your left hand then reaches through the gap and grabs your right wrist in a thumb-less grip locking the figure four shape made between your arm and the suspect's arm
 - v. You lean forward and toward your left knee with your chest and drive the suspects elbow up toward the ceiling causing them to bend over backwards
 - vi. You shift your weight onto your inside (right) foot
 - vii. Your left foot makes a 180 degrees half circle to your left and rearward as you pivot on the balls of your feet and rotate your hips driving the suspect to the ground

- viii. Keep your head up and your buttocks down, maintain the figure four lock, pull up on the suspect's arm to get them on their side and then walk in a side step ½ circle to your left
- ix. Roil the suspect over onto their stomach using your forearm in their armpit and your knee on their shoulder blade as you side step in a circle around their head
- x. Once they are face down, straighten their arm, place your right knee on their shoulder blade and left knee on their ribcage and trap their arm between your legs
- c. Drill the class on the Figure Four Takedown
 - i. Perform 3 step X step talk throughs using above verbal instructions
 - ii. Make sure students stay on pace with lead instructor
 - iii. Assistant instructors will observe critique and correct students and enforce safety
 - iv. Assess if class needs more talk throughs with instructors
 - v. Perform 3 "Ready-Set-Go's" remind class that it is to be at ½ speed and force
 - vi. Instructors evaluate student's performance on 3 attempts and once concluded tell either "good job" or correct them until a satisfactory performance is attained
 - vii. Switch deputy/suspect roles among pairs and repeat

12. Grappling-Multiple Deputy Takedowns, Lateral Head Displacement and Figure Four Leg Control **III(c,d,g,h,i)**

- a. Demonstrate techniques once at ¾ speed without explanation
- b. Demonstrate technique slower 2 times and explain step X step what you are doing and why. Explain technique mechanics, body dynamics, behavioral elements surprise, balance, leverage and footwork.
 - i. Contact deputy maintains front and attention of suspect, cover deputy moves behind suspect.
 - ii. At pre-arranged signal (e.g., "pickle", "Tom David", etc.) cover deputy tackles suspect at knees from behind, hands just above knees, shoulder drives into back of suspect's legs pushing suspect forward...do not lift upward, hugs legs above knees to keep suspect from getting onto their knees
 - iii. at the same time, contact deputy moves to side of suspect and as suspect's upper body hits ground contact deputy places his chest on suspects shoulder blades and bridging up on his toes drives his body weight onto suspects back
 - iv. cover deputy then moves suspect's legs into a figure four with suspect's right ankle in bend of suspect's left knee, cover deputy leans into the

- suspect's lower left leg bending it to 90 degrees trapping the opposite ankle, and grabs his belt or clothing to prevent suspect from straightening it
- v. if suspect's arms are out and bent contact deputy will reach under suspect armpit and grab his wrist and pull that arm up into the small of his back and then repeat on the opposite arm
 - vi. if suspect's arms are straight out, contact deputy will hook the suspect's wrist in a quick outward arch and bring that arm up into the small of his back, then repeat on the opposite arm
 - vii. if suspect's arms are under his chest the contact deputy will perform Lateral Head Displacement Technique to get suspect's arms into the small of his back as follows:
 1. verbally order suspect to bring arms out from underneath his torso
 2. if suspect refuses, deputy will place his right elbow against suspect's ear and flatten his right forearm on the ground, then he will drive his elbow over to the right and up and plant his right palm on the ground
 3. this will cause suspects right elbow to move away from his ribs slightly, deputy will reach under suspect's left armpit and grab his left wrist
 4. deputy will then straighten and stiffen his left arm, roll his knuckles onto the ground, and place his right hand over suspect's head at a 45 degrees angle
 5. deputy will then drive his left forearm down into suspect shoulder joint like a crow-bar using all of his body weight pinning the shoulder to the ground and then popping the suspect's arm out from under him and placing in the small of his back
 6. the deputy will use his left knee and thigh to trap that arm and repeat the process on the suspects opposite side and then handcuff
- c. Drill the class on the Multiple Deputy Takedown, Figure Four Leg lock and Lateral Head Displacement
- i. Perform 3 step X step talk throughs using above verbal instructions
 - ii. Make sure students stay on pace with lead instructor
 - iii. Assistant instructors will observe, critique and correct technique performance and enforce safety
 - iv. Assess if class needs more talk throughs with instructors
 - v. Perform 3 "Ready-Set-Go's" remind class that it is to be at ½ speed and force
 - vi. Instructors will evaluate students performance on 3 attempts and at conclusion either say "good job" or correct student until satisfactory performance is attained
 - vii. Switch deputy/suspect roles and repeat

13. Testing/Remediation

III(b)

- a. Review of Techniques and Safety
- b. Test: Students will demonstrate:
 - i. Proper stance and position
 - ii. Execution of various instructed techniques as directed by instructor
 - iii. Use of verbal commands in conjunction with position of control
- c. Evaluations

Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.

III(b)

14. Debrief and parting comments