

## DEFENSIVE TACTICS UPDATE – Lesson Plan

**Instructor:** Jessica Vernon #346

**Revised:** June 23, 2020

**Module Goal:** To provide knowledge, tactics, and techniques that will assist sworn personnel in safely apprehending suspects and overcoming resistance. This will deal with proper application of use of force techniques. The student will recognize physical resistance and be able describe appropriate applications of use of force. Classes will be a mix of lecture, current laws regarding the use of force and hands on activities, designed to provide the student with current tactics and techniques. The student will be required to demonstrate appropriate application of techniques learned throughout the classes.

**Module Total Time:** 8 hours

**Minimum Topics/Exercises:**

- a) Safety Orientation and warm-ups
- b) Class Exercises/Student Evaluation/Testing
- c) Search- in exercises
- d) Control/Takedowns-in exercises
- e) Equipment/Restraint device use-in exercises
- f) Verbal Commands-in exercises
- g) Use of Force Considerations
- h) Body Physics and Dynamics
- i) Body Balance/Stance/Movement Patterns-in exercises
- j) Policies and legal issues
- k) Recovery/First Aid

**Student Learning Outcome:** The student will be able to provide knowledge, tactics, and techniques that will assist sworn personnel in safely apprehending suspects and overcoming resistance.

**Resources Needed:**

- \*Duty Belt w/ baton, handcuffs, handcuff key
- \*BDU uniform
- \*Handouts
- \*Wrestling Mats
- \*Pen

| Content  | Instructor Notes   |
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| I. Classroom Introduction/Safety Briefing<br>A. Overview of Material Being Covered/Evaluation/Exercises<br>B. Safety Rules   | Overview and safety brief.<br><b>III(a)(b)</b>   |
| II. Review Department Policy & Case Law<br>A. Use of Force Policy/Verbal Commands<br>B. First Aid/Recovery after Use of Force<br>C. Define Force<br>D. Define Consensual Contact | Review department policy, definitions and cases involving the use of force<br><b>III(f)(g)(j)(k)</b> |

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| <ul style="list-style-type: none"><li>1. Legal Requirement</li><li>2. Individuals Role</li><li>3. Force Options Available</li><li>4. Officer Safety</li><li>D. Define Detention<ul style="list-style-type: none"><li>1. Legal Requirement to Detain</li><li>2. Specific Factors</li><li>3. Suspects Role</li><li>4. Force Options Available</li><li>5. Officer Safety</li></ul></li><li>III. Body Movements/Stances<ul style="list-style-type: none"><li>A. Stances (including hand/arm positions)<ul style="list-style-type: none"><li>1. Interview</li><li>2. Self Defense</li></ul></li><li>B. Foot Movements<ul style="list-style-type: none"><li>1. Shuffle Forward/Back</li><li>2. Shuffle Right/Left</li><li>3. Step Off-Line, Quarter Turn</li><li>4. Quick Step Back</li><li>5. Step Through Half Turn</li><li>6. Switch Stance</li><li>7. Turn in Place</li></ul></li><li>C. Falls and Rolls<ul style="list-style-type: none"><li>1. Back Fall</li><li>2. Front Roll</li><li>3. Back Roll</li><li>4. Front Roll</li></ul></li></ul></li><li>IV. Personal Body Weapons<ul style="list-style-type: none"><li>A. Hand/Elbow<ul style="list-style-type: none"><li>1. Palm Strike</li><li>2. Two Handed Palm Strike</li><li>3. Elbow Strike</li><li>4. Hammer Fist</li><li>5. Palm Strike &amp; Hammer Fist</li></ul></li><li>B. Feet/Knees<ul style="list-style-type: none"><li>1. Thigh Kick</li><li>2. Knee Strike</li><li>3. Shin Kick</li></ul></li></ul></li><li>V. Body Mechanics and Control Holds<ul style="list-style-type: none"><li>A. Control Holds with Transitions<ul style="list-style-type: none"><li>1. Side Wrist Lock</li><li>2. Rear Wrist Lock</li><li>3. Two Handed Twist Lock</li><li>4. Inverted Rear Wrist Lock</li><li>5. Elongated Rear Wrist Lock</li><li>6. Palm Up Twist Lock</li></ul></li><li>B. Searching<ul style="list-style-type: none"><li>1. Palms Together Search</li></ul></li></ul></li></ul> | <p>Demonstrate proper stances and body movement and how to fall minimizing injury.</p> <p><b>III(h)(i)</b></p> <p>Demonstrate how to use our hands, legs, and feet to strike someone.</p> <p>Demonstrate how to apply control hold techniques and safely search a subject.</p> <p><b>III(d)</b></p> <p><b>III(c)</b></p> |
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| <p>2. Twist Lock Search</p> <p>VI. Take Downs</p> <p>A. Peace Officer Responsibilities</p> <ol style="list-style-type: none"><li>1. Verbal Commands</li><li>2. Arm Bar Take Down</li><li>2. Elbow Push Over</li><li>3. Twist Lock Take Down</li><li>4. Figure Four</li><li>5. Team Take Down (Double Leg Trip)</li></ol> <p>VII. Handcuffing</p> <p>A. Standing</p> <ol style="list-style-type: none"><li>1. Top Hand</li><li>2. Quick Cuff</li><li>3. Inverted</li></ol> <p>B. Kneeling</p> <ol style="list-style-type: none"><li>1. Top Hand</li></ol> <p>C. Prone</p> <ol style="list-style-type: none"><li>1. Finger Whip</li><li>2. Top Hand</li></ol> <p>VIII. Weapon Retention/Disarming</p> <p>A. Front Attack</p> <ol style="list-style-type: none"><li>1. Gun Control Arm Bar</li><li>2. Holster</li></ol> <p>B. Rear Attack</p> <ol style="list-style-type: none"><li>1. Gun Control Arm Bar</li><li>2. Holster</li></ol> <p>C. Handgun Take Away</p> <ol style="list-style-type: none"><li>1. Front</li><li>2. Rear</li><li>3. Head</li></ol> <p>X. Baton</p> <p>A. Nomenclature</p> <ol style="list-style-type: none"><li>1. Tip</li><li>2. End</li><li>3. Long Portion</li><li>4. Short Portion</li><li>5. Grommet</li></ol> <p>B. Stances</p> <ol style="list-style-type: none"><li>1. Defensive</li><li>2. Port Arms</li></ol> <p>C. Baton Draws</p> <ol style="list-style-type: none"><li>1. Cross Draw</li><li>2. Same Side Draw</li></ol> <p>D. Baton Carries</p> <ol style="list-style-type: none"><li>1. One Hand Ready</li><li>2. Two Hand Ready</li></ol> <p>E. Strikes</p> <ol style="list-style-type: none"><li>1. One Handed Forward and Reverse Strike</li></ol> | <p>Demonstrate techniques on how to take a subject down to the ground.</p> <p><b>III(f)</b></p> <p>How to safely and quickly apply handcuffs on a subject.</p> <p><b>III(e)</b></p> <p>How to defend yourself from someone trying to take your firearm</p> <p>How to disarm a subject that is pointing a firearm at an officer.</p> <p>Review the nomenclature of a baton.</p> <p>Review proper stances/draws/carries and strikes using a baton.</p> |
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| <ul style="list-style-type: none"><li>2. Two Handed Forward and Reverse Strike</li><li>3. One Handed Snap Strike</li><li>4. Two Handed Snap Strike</li><li>5. Rack Up / Rack Down</li><li>6. Front Jab</li><li>7. Rear Jab</li><li>8. Two Handed Push</li><li>F. Retention<ul style="list-style-type: none"><li>1. Figure Eight</li><li>2. Circle In and Out</li></ul></li><li>G. Parries / Blocks<ul style="list-style-type: none"><li>1. Inside Parry – High</li><li>2. Outside Parry – High</li><li>3. Inside Parry – Low</li><li>4. Outside Parry – Low</li></ul></li><li>H. Non-Primary Target Areas<ul style="list-style-type: none"><li>1. Heart, Groin, Spine, Neck, Kidney, Head, Throat, Face, Xiphoid Process</li></ul></li></ul> | <p>Retention techniques and blocks when using a baton</p> <p>Show non-target areas when striking a subject with a baton.</p> |
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