

ANTIOCH POLICE DEPARTMENT

Tammany Brooks III, Chief of Police



Antioch Police Department(2690)

Arrest and Control

ARSTCTL(PSP)

(Perishable Skills PSP)

5-hour presentation

POST Control Number 2690-29503

Major Subject Area _____ **Topic Category**

I. Introduction (A)

- A. Course Objectives
- B. Safety Briefing / Pre-existing Injuries

II. Policies and Legal Concerns (G) (J) (K) (P) (Q)

A. Antioch Police Department Policy #300 (Use of Force)

- 1) Use of Force Considerations (Policy #300.3)
- 2) PC 835(a) Reasonable force to effect arrest prevent escape (Policy #300.3.1)
- 3) Documentation of Force (Policy #300.5)
- 4) Medical Responses (Policy #300.6)

B. Antioch Police Department Policy #301 (Handcuffing and Restraints)

- 1) Use of Restraints Considerations (Policy #301.3)
- 2) Application of Handcuffs (Policy #301.4)
- 3) Application of leg restraints, i.e WRAP (Policy #301.6)

C. Antioch Police Department Policy #302 (Control Devices and Techniques)

- 1) Baton Guidelines (Policy #302.5)
- 2) Oleoresin Capsicum (OC) Guidelines (Policy #302.7)
- 3) Post Application Notice (Policy #302.8)
- 4) Documentation (Policy #302.11)

III. Warm-up Exercises (A)

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A. Dynamic Warm-up

- 1) Light jog (100 yards)
- 2) 25 Jumping jacks
- 3) Torso twists
- 4) Shoulder circles

B. Wrist / Small Joint Stretching

- 1) Twist Lock stretch
- 2) Reverse Wrist Lock stretch

C. Individual Warm-up / Stretching

- 1) Allow Officers to stretch on their own for 5 minutes

IV. Approach and Contact of Suspects

(H)(I)

A. Approach of Suspects

- 1) Reason for Contact
- 2) Critical Distance
- 3) Locate and Watch Suspect's Hands
- 4) Visually Search Suspect
- 5) Associates
- 6) Footing
- 7) Available Cover
- 8) Escape Routes

B. Basic Concepts of Balance

- 1) Breath Control
- 2) Body Mechanics

V. Searching / Handcuffing / Takedowns / De-Escalation

(B)(C)(D)(E)(F)

A. General Principles and Concepts Common to All Searches

- 1) Common Places of Concealment For Weapons/Contraband
- 2) Use of Methodical Search Methods
- 3) Standing Modified Searching

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B. Verbal Commands and De-escalation.

C. Standing Modified Search to Handcuffing

- 1) Twist Lock
- 2) Reverse Wrist Lock

D. High Risk Search to Handcuffing (Kneeling & Prone)

- 1) High Risk Kneeling
- 2) High Risk Prone

E. Takedowns

- 1) Bar Arm Circle Down
- 2) Bar Arm Drag Down
- 3) Reverse Wrist Takedown

VI. Gun Retention

(B)(D)(M)(F)

A. In Holster From the Front

- 1) Suspect Grabs with 1 hand (cross & same side)
- 2) Suspect Grabs with 2 Hands

B. In Holster from the Rear

- 1) Suspect Grabs with 1 hand (cross & same side)
- 2) Suspect Grabs with 2 Hands

C. In Hand

- 1) Gun Rip
- 2) Officer's Gun Removed from Holster by suspect

VII. Gun Take Away

(B)(D)(M)

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- A. No Movement
- B. Right Hand Front Take Away
- C. Left Hand Front Take Away
- D. Weapon to Back with Right Hand
- E. Weapon to Back with Left Hand
- F. Long Gun Takeaway

VIII. Personal Body Weapons

(B)(I)(M)(H)

- A. Strikes
 - 1) Palm Heal Strike
 - 2) Bottom Fist
 - 3) Punch
 - 4) Elbow Strike
 - 5) Knee Strike
 - 6) Foot Strike
- B. Target Areas for Each Strike
- C. Balance and Movement

IX. Introduction To Ground fighting

(B)(D)

- A. Sprawl
- B. Hip Switch
- C. 360 Switch
- D. Figure 4 Leg Lock
- E. Suspect "Turtle" Position

X. Practice Techniques

(B)(C)(D)(F)(H)(I)

- A. Practice in Pairs at own Pace

XI. Impact Weapons Review

(B)(I)(L)

- A. Target Areas
 - 1) Ribs

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- 2) Solar Plexus (stomach)
- 3) Collar Bone
- 4) Arms, Legs, Knees
- 5) Hands, Ankles, Feet

B. Areas to Avoid

- 1) Head / Spine
- 2) Heart
- 3) Throat
- 4) Groin
- 5) Kidneys

C. Strike Zones

- 1) Zones 1-4

D. Blocking Zones

- 1) Zones 1-4

E. Striking Techniques

- 1) 2 Count Strike
- 2) 3 Count Strike
- 3) 5 Count Strike
- 4) Circle Strike
- 5) Circle Elbow Strike
- 6) Circle Power Chop

XII. The WRAP Review

(E)

- A. When to Use
- B. Preparation
- C. Application
- D. Storage

XIII. Learning Activity/ Skill Evaluation/Testing

(B)

- A. Instructor Evaluation of Students
- B. Student Remediation if needed
- C. Course and Instructor Evaluations