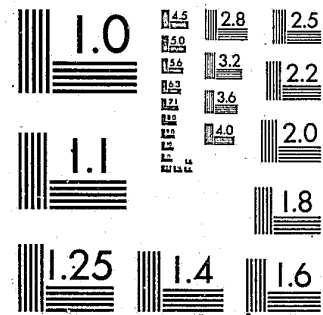


National Criminal Justice Reference Service



This microfiche was produced from documents received for inclusion in the NCJRS data base. Since NCJRS cannot exercise control over the physical condition of the documents submitted, the individual frame quality will vary. The resolution chart on this frame may be used to evaluate the document quality.



MICROCOPY RESOLUTION TEST CHART
NATIONAL BUREAU OF STANDARDS-1963-A

Microfilming procedures used to create this fiche comply with the standards set forth in 41CFR 101-11.504.

Points of view or opinions stated in this document are those of the author(s) and do not represent the official position or policies of the U. S. Department of Justice.

National Institute of Justice
United States Department of Justice
Washington, D. C. 20531

TRAINING MANUAL

82305

MFL

MICHIGAN PATROL OFFICER DEFENSIVE TACTICS

U.S. Department of Justice
National Institute of Justice

This document has been reproduced exactly as received from the person or organization originating it. Points of view or opinions stated in this document are those of the authors and do not necessarily represent the official position or policies of the National Institute of Justice.

Permission to reproduce this copyrighted material has been granted by
Michigan Law Enforcement
Officers Training Council
to the National Criminal Justice Reference Service (NCJRS).

Further reproduction outside of the NCJRS system requires permission of the copyright owner.



EMPLOYMENT STANDARDS SECTION
MICHIGAN LAW ENFORCEMENT OFFICERS TRAINING COUNCIL
7426 N. CANAL ROAD, LANSING, MI 48913, PHONE: (517) 322-1946

JRS
DEC 7 1981
ACQUISITIONS

MICHIGAN PATROL OFFICER
DEFENSIVE TACTICS:
TRAINING MANUAL



MICHIGAN LAW ENFORCEMENT OFFICERS TRAINING COUNCIL
EMPLOYMENT STANDARDS SECTION
7426 North Canal Road
Lansing, Michigan 48913

May 1981

THIS REPORT OR ANY PART THEREOF MAY NOT BE REPRODUCED IN ANY
FORM WITHOUT THE WRITTEN PERMISSION OF THE
MICHIGAN LAW ENFORCEMENT OFFICERS TRAINING COUNCIL

COPYRIGHT, MICHIGAN LAW ENFORCEMENT OFFICERS TRAINING COUNCIL, 1981

All Rights Reserved

This project is supported by Grant No. 12266-7A79 awarded to the Michigan Law Enforcement Officers Training Council by the Michigan Office of Criminal Justice and the Law Enforcement Assistance Administration, U.S. Department of Justice. Points of view presented or information provided in this document are those of the authors and do not necessarily represent the official position of the Michigan Office of Criminal Justice or the U.S. Department of Justice.

Printed by the State of Michigan.

For more information regarding this project, please contact:

EMPLOYMENT STANDARDS SECTION
Michigan Law Enforcement Officers Training Council
Department of State Police
7426 N. Canal Road
Lansing, MI 48913
PH: (517) 322-1946

STATE OF MICHIGAN



WILLIAM G. MILLIKEN, GOVERNOR
DEPARTMENT OF STATE POLICE
**LAW ENFORCEMENT OFFICERS
TRAINING COUNCIL**

7426 NORTH CANAL ROAD, LANSING, MICHIGAN 48913
PHONE: (517) 322-1946

August 1981

CHAIRMAN

SHERIFF WILLIAM LUCAS
MICHIGAN SHERIFFS
ASSOCIATION

VICE CHAIRMAN

DIRECTOR RAY LECORNU
MICHIGAN ASSOCIATION
OF CHIEFS OF POLICE

COUNCIL MEMBERS

MR. FRANK J. KELLEY
ATTORNEY GENERAL

COLONEL GERALD L. HOUGH
MICHIGAN STATE POLICE

CHIEF GALEN W. BROOKENS
MICHIGAN ASSOCIATION
OF CHIEFS OF POLICE

MR. JACK W. BROWN
FRATERNAL ORDER
OF POLICE

CHIEF EDWARD P. EDWARDSON
MICHIGAN ASSOCIATION
OF CHIEFS OF POLICE

SHERIFF WILLIAM HACKEL
MICHIGAN SHERIFFS
ASSOCIATION

SHERIFF PHILIP HEFFRON
MICHIGAN SHERIFFS
ASSOCIATION

SGT. RONALD STEPIN
DETROIT POLICE OFFICERS
ASSOCIATIONS

CHIEF CHARLES YOUNG
METROPOLITAN CLUB
ATTORNEY GENERAL
DESIGNATE

MR. WILLIAM HOWE

EXECUTIVE SECRETARY

LESLIE VAN BEVEREN

Dear Colleague:

This Report is one in a series of reports documenting the Training Council's standards validation effort. The validation of job-related selection and training standards for entry-level Michigan police officers is the highest priority of the Training Council. The work products of this project will ensure the fair and equitable selection of police officer candidates. The employment tests will become part of the state's Minimum Employment Standards and the recruit training curriculum will be validated and updated.

This effort would not have been possible without the cooperation and contributions of Michigan's law enforcement agencies and management and labor organizations. The many hours of participation in the validation effort will guarantee that the standards are directly linked to the police officer job.

On behalf of the Training Council, I want to thank the Michigan law enforcement community for their contribution to this significant step forward for our profession.

Sincerely,

William Lucas
Chairman



PREFACE

The information presented in this manual is intended to assist a basic police trainee in developing the techniques necessary to protect himself or herself from attack and/or to subdue and secure an individual. In today's law enforcement environment, there is little doubt that an officer must be able to respond to physical confrontations with a high degree of skill. The consequences of failing to perform properly in a physical sense are all too evident to anyone observing the modern police scene (death or major injury to an officer and/or subject, escape of a subject, litigation involving excessive force, etc.). Few situations in police work are as demanding as a physical confrontation; therefore, it is my opinion that this manual is an integral part of the mandatory basic training program in Michigan in that it provides trainees with widely-accepted, standardized techniques for performing defensive tactics.

This defensive tactics manual is another product of the MLEOTC's current research and development effort to upgrade and validate its minimum employment standards for the entry-level police officer position. The developmental effort for this manual involved extensive services provided by a number of individuals. The Defensive Tactics Advisory Committee (identified on page iii) played a key role in identifying the particular defensive tactics techniques that should be included in a standardized statewide examination. Members of the MLEOTC staff, William Nash, Dale Rothenberger and Roger Studer provided administrative and technical support throughout the developmental process. Dr. Robert L. Parsons was responsible for synthesizing the thoughts of the advisory committee and the MLEOTC staff and producing the narrative and visual components of this manual. Dr. Parsons worked under the direction of Dr. Stephen Wollack, Wollack and Associates, which is the primary contractor for the research project from which this manual evolved. Dr. Wollack and one of his associates, Dr. Merle Foss of the University of Michigan, were extremely helpful in providing technical advice and overseeing the development of the defensive tactics examination.

The efforts of the dedicated individuals identified above have culminated in a product which I believe will be an invaluable instructional aid and reference document for the police recruit officer.

Patrick Judge, Chief
MLEOTC Research and Development Section

FOREWORD

This manual deals only with the defensive tactics portion of your Physical Training - Defensive Tactics Program. Very few persons are natural athletes and of those that are, rarely are they ready for the rigors of a vigorous self defense training program. Therefore, you are strongly encouraged to undertake a proven physical training program to improve body strength, speed, reflexes, coordination and of course, your cardio vascular system, prior to engaging in the training discussed within this text.

The following lesson plan includes many basic fundamentals of the martial arts (Judo, Jiu Jitsu, and Karate), as well as several commonly practiced subject-control methods utilized by law enforcement personnel throughout the United States. The intent of this manual is to assemble the principles taught into a basic defensive and offensive fighting system which, if adequately mastered, will allow the police officer to cope with almost any situation. The success of these various movements, strikes, holds, and takedowns will depend on two major factors; 1) surprising your opponent and 2) speed in application. It must be remembered that the police officer will only be exposed to the basic elements of the above mentioned fighting systems. The officer is therefore not qualified to handle a person fully learned in these areas without assistance.

It is essential that the techniques learned in this class be practiced on your fellow students for the perfection of speed and effectiveness. Great care must be exercised within these practice sessions to avoid any possible major or minor injury. It must be remembered that the student will be learning striking blows and holds which could disable and even kill an opponent.

R. L. PARSONS, Ph.D.

Coordinator of Criminal
Justice Programs and
Defensive Tactics Instructor

Ferris State College

ACKNOWLEDGEMENTS

Rarely is a text or manual the product of one mind but more often a collection of ideas assembled by one person. Such is certainly the case with this manual.

The Michigan Law Enforcement Officers Training Council acknowledges the countless hours and effort so generously contributed toward the development of this manual by the following individuals:

Defensive Tactics Advisory Committee

<u>Name</u>	<u>Agency</u>
Mr. Dave Bailey	West Shore Community College
Officer Daniel Bartley	Oakland Community College
Sgt. Patrick Bernathy	Flint Police Regional Training Academy
Sgt. Kurt Chubner	Michigan State Police
Mr. James Fallis	Lake Superior State College
Sgt. Charles Gross	Michigan State Police
D/Sgt. Robert Harken	Delta College Criminal Justice Training Center
D/Sgt. Thomas Hendershot	Grand Valley State College
Lt. David Locke	Jackson Community College
Sgt. Paul Marlette	Kalamazoo Regional Recruit Academy
Lt. Curtis McGee	Detroit Police Department
Dep. Jerry Morrone	Wayne Co. Sheriff Police Training Academy
Officer Dennis Morse	Lansing Community College
Tpr. Michael Olson	Kellogg Community College
Sgt. George Pepper	Grand Valley State College
Sgt. Ron Rienhart	Kalamazoo Regional Recruit Academy
Officer Deborah Robinson	Detroit Police Department
Mr. Greg Sebaly	Northern Michigan University
Sgt. Mike Trierweiler	Lansing Community College
Sgt. Mark Zboyniewicz	Kalamazoo Regional Recruit Academy

Author

This manual was written by Robert L. Parsons, Ph.D., Coordinator of Criminal Justice Programs, Ferris State College, in cooperation with Dr. Stephen Wollack of Wollack & Associates, Greenwood, CA.

Models

Mr. David Wieszcieski
Big Rapids, Michigan

Mr. T. R. Brewster
Student at Ferris State
College

Photographer

Mr. Chris Jensen
Photo Journalism Student
Central Michigan University

TABLE OF CONTENTS

	Page
INTRODUCTION.	1
I. SUBJECT APPROACH AND STANCE.	2
II. BLOCKING AND EVASIVE TECHNIQUES.	4
1. Low Block Inside-Out.	4
2. Low Block Outside-In.	5
3. High Block Inside-Out	6
4. High Block Outside-In	7
III. DEFENSIVE HOLDS.	8
1. Submission Holds	8
A. Carotid Control Hold.	9
B. Bent Arm Choke.	10
2. Control Holds	12
A. Bar Hammerlock Hold	12
B. Hammerlock With Choke Hold.	14
3. Come Along Holds.	16
A. Gooseneck Hold.	16
B. Outside-In Wristlock to Gooseneck	17
IV. TAKE DOWN TECHNIQUES	19
1. Inside-Out Wrist Take Down to Cuff Position	19
2. Outside-In Wrist Take Down to Cuff Position	21
3. Outside Leg Sweep Take Down to Cuff Position	23
4. Rear Take Down to Kneeling Cuff Position.	25
V. OFFENSIVE TECHNIQUES	27
1. Elbow Strike.	27

	Page
A. Roundhouse Elbow	27
B. Uppercut Elbow	29
C. Reverse Elbow.	30
2. Knee Strike.	31
3. Hand Techniques.	32
A. Basic 1-2 Punch Combination.	32
B. Palm Heel Strike	34
4. Foot Strikes	35
A. Front Kick	35
B. Round Kick	37
C. Side Kick.	38
VI. HOLDS AND RELEASES	39
1. Single Arm Grab.	39
A. Simple Twistout.	39
B. Reverse Leverage Move.	40
2. Two Arm Grab	41
A. Two Arm Grab Release	41
B. Reverse Leverage Move.	42
3. Front Choke Extended	43
A. Wedge Release.	43
B. Windmill Release	44
4. Front Choke Close.	45
A. Knee Strike.	45
B. Finger Press to Throat	46
C. Palm Heel Release.	47
5. Rear Choke Extended.	48

	Page
A. Windmill Release	48
B. Groin Kick (Rear)	49
6. Rear Choke Close	50
A. Chin Tuck/Elbow Strike	50
B. Hip Throw	51
7. Rear Bear Hug (Under arms)	52
A. Finger Release	52
B. Knuckle Strike and Grind	53
8. Rear Bear Hug (Over arms)	54
A. Drop and Release	54
B. Groin Strike	55
9. Front Bear Hug (Under arms)	56
A. Knee Strike	56
B. Nose Pressure Point	57
C. Mastoid Pressure Point	58
10. Front Bear Hug (Over arms)	59
A. Groin Strike	59
11. Headlock	60
A. Horse Bite Release	60
B. Groin Strike	61
C. Rear Head Hold Release	61

Appendices

A. Personal Weapons	62
B. Vulnerable Areas	63

INTRODUCTION

The following defensive tactics training program was developed by the MLEOTC Defensive Tactics Advisory Committee. This committee is comprised of over twenty defensive tactics training instructors with literally hundreds of hours of experience in teaching this subject to pre-service and in-service law enforcement personnel throughout Michigan and other states.

This training program does not pretend to be all encompassing but rather is considered by the committee to represent the minimum basic defensive tactics skills that each police officer must possess when he/she graduates from the police academy or pre service program.

Each trainee must be able to demonstrate properly all of the techniques taught in this manual in a practical examination setting.

Special attention. A vital part of any defensive tactics program is the student's knowledge of his or her personal weapons and the vulnerable areas of the human body. You are therefore encouraged to become thoroughly familiar with Appendixes A and B of this manual.

I. SUBJECT APPROACH AND STANCE

Paramount to all of the training you are about to receive is realizing the simple fact that in most situations involving physical encounter the police officer will start at a disadvantage. That is, the opponent will more often than not initiate the first physical and/or aggressive motion. The police officer then has to react. It is therefore to your advantage to learn the proper approach and stance procedures in confronting persons of unknown intention on the street.

When confronting any unknown or suspicious person you should try to assume a position of a 90° angle (often called a T relationship) to the subject's front side. Figures 1 and 2 show the proper approach position that should be taken on the street.



(Figure 1)



(Figure 2)

By adopting this physical relationship to the subject you have automatically closed off most of your vulnerable body areas to attack. Additionally, you have placed your hands in a ready position and have given yourself more time to react to a hostile motion.

If you make a practice of approaching all subjects in this manner you will insure that even a person skilled in the martial arts or other fighting methods will have to take a step toward you prior to kicking, punching and/or grasping you. The subject's forward motion can then trigger your defensive reaction.

Major Points

1. Assume a body angle position of approximately 90° toward the subject (T relationship).
2. Never approach closer than 1½ steps.
3. Place your strong side back (i.e. right handed persons - left side front).
4. Place hands in a ready position down along inside of the body.

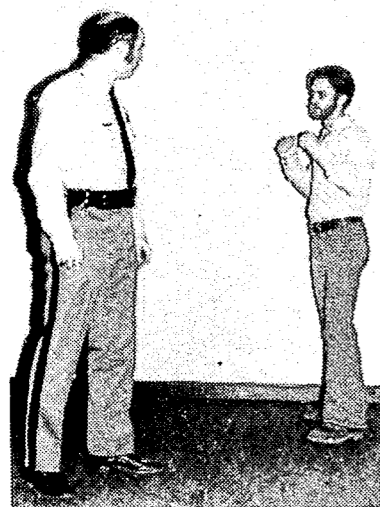
Common Mistakes

1. Facing a subject directly.
2. Coming within arms reach.
3. Hands not in ready position - in pockets, behind back, etc.).

II. BLOCKING AND EVASIVE TECHNIQUES

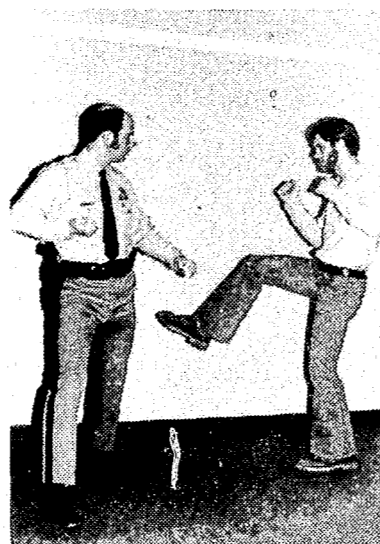
One of the basic elements of any defensive or offensive fighting system is the ability to move laterally (sideways) to the attacker and block or sweep their attack aside. This action is almost always followed by a counter movement such as a counter joint hold, take-down and/or an offensive hand or foot strike. The most important part of the above described sequence is the ability to side step or move laterally and sweep or block. If this is not done properly your counter-move may never be initiated. Figures 3-14 demonstrate proper lateral motion and sweeping techniques to be used against both a punching and kicking attack.

1. LOW BLOCK INSIDE-OUT



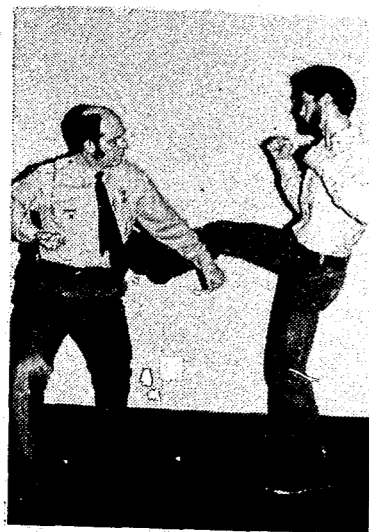
(Figure 3)

Officer (left) in proper approach position (T) relationship, 1½ steps from subject and hands at ready position.



(Figure 4)

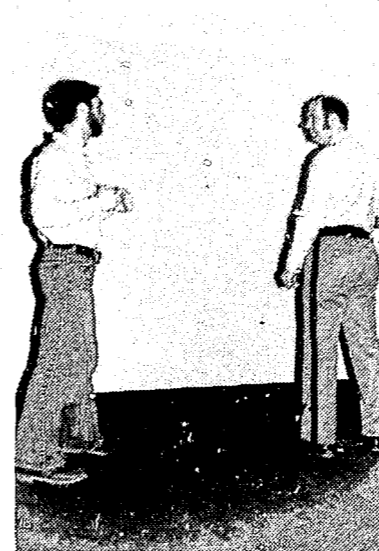
Subject (right) initiates a front kick attack. Officer begins to step sideways to his right and blocks the kick to the outside.



(Figure 5)

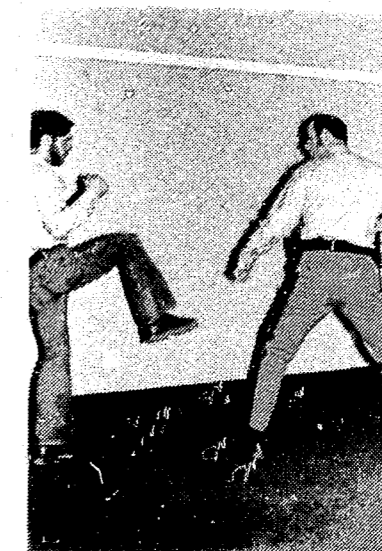
Officer (left) completes side stepping and blocking motion positioning himself to the side of subject, with the kick deflected to the outside. (Notice final position leaves officer with lower center of gravity and strong hand on his back side.)

2. LOW BLOCK OUTSIDE-IN



(Figure 6)

Officer (right) in proper approach position.



(Figure 7)

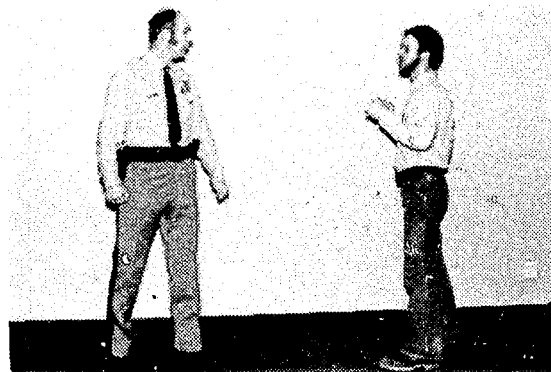
Subject (left) launches kicking attack. Officer rotates his body in clockwise manner stepping with the back leg and beginning blocking motion.



(Figure 8)

Officer completes clockwise movement ending sideways to subject and blocks the kick to the inside. Final officer position is outside and right of the subject with lower center of gravity and strong hand back.

When blocking an opponent's kicking attack you should make a fist with your blocking hand and use the entire forearm area from the fist to your elbow. Additionally, strike the opponent's leg between the knee and the foot. When deflecting an attack you should step sideways at the same time. Never STOP A KICK - DEFLECT IT, additionally, NEVER REACH FOR A KICK - LET IT COME TO YOU.

3. HIGH BLOCK INSIDE-OUT

(Figure 9)

Officer (left) in proper approach position.



(Figure 10)

Subject begins punching attack with strong side. Officer begins side stepping motion to the right and a motion with forward arm, blocking.



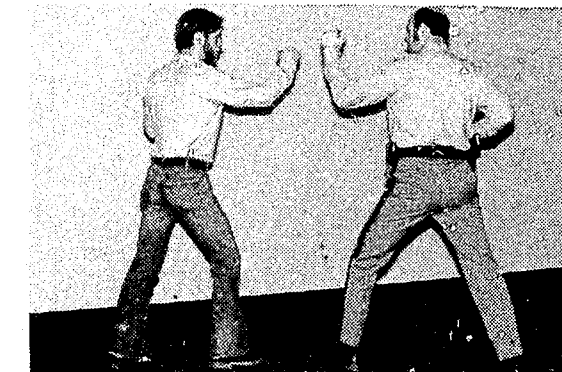
(Figure 11)

The punching attack is completed. The officer has completed his full side step to the right and blocked subject's punch (between fist and forearm) to the outside. Final position for the officer is lower center of gravity and strong side back.

4. HIGH BLOCK OUTSIDE-IN

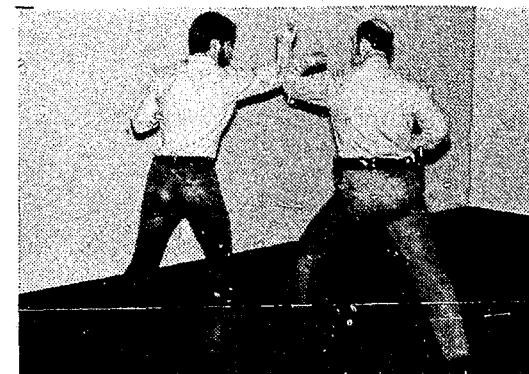
(Figure 12)

Officer (right) in proper approach position.



(Figure 13)

Subject (left) starts punching attack. Officer rotates his back leg in clockwise motion and positions front arm for blocking action.



(Figure 14)

Subject completes punching attack. Officer completes $\frac{1}{4}$ turn and blocks the punch to the inside. Final position for the officer is to the right side of subject with strong hand back.

In all of the lateral motions, the officer should step at right angles to the attacker and block in the opposite direction. The officer should always end up in a balanced position with his/her strong hand back.

Major Points

1. Moving exactly when opponent attacks.
2. Correct lateral motion right or left.
3. Using the whole forearm for the block.
4. Successful block of the attack.
5. Ending in a balanced position, immediately ready for a counter move.

Common Mistakes

1. Improper approach to the subject.
2. Stepping into rather than to the side of attacking motion.
3. Blocking with open hand.
4. Ending up in off-balance position.

III. DEFENSIVE HOLDS

For the purposes of this basic Police Defensive Tactics course, defensive holds have been subdivided into three basic types; submission holds, control holds and come-along holds. It should be noted that there are literally dozens of control-type holds and that the following represents a cross section of the techniques available.

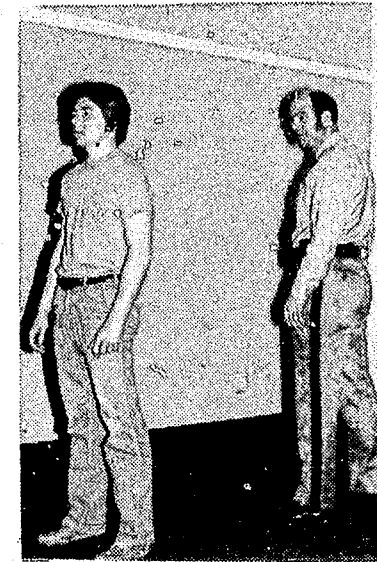
1. SUBMISSION HOLDS

Submission holds are intended to literally make the opponent cease all physical resistance. Most often these are applied when other holds have failed or perhaps when the subject is immune to physical pain. Such might be the case in dealing with a mentally disturbed or drugged subject. The two submission holds shown are both extremely effective and at the same time extremely dangerous if applied too long. Great care must always be observed when using the carotid hold and/or the bent arm choke. Normally, the carotid or bent arm hold, if applied properly, will render a suspect unconscious in approximately 8-14 seconds.

CAUTION: WHEN THE SUBJECT STOPS RESISTING OR GOES LIMP, THE OFFICER MUST STOP APPLYING PRESSURE. UNDER NO CIRCUMSTANCE SHOULD CONTINUOUS PRESSURE BE EXERTED FOR MORE THAN ONE MINUTE AS DEATH AND/OR BRAIN DAMAGE COULD RESULT.

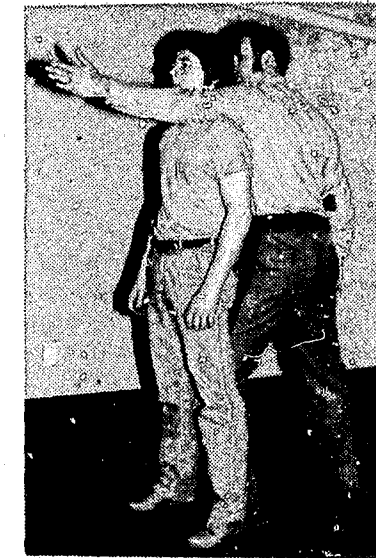
Figures 15-24 demonstrate the proper application of the carotid control hold and the bent arm choke.

A. Carotid Control Hold



(Figure 15)

The officer should attempt to approach from the rear.



(Figure 16)

Step directly behind the subject and extend arm (thumb up) until subject's shoulder strikes your armpit.



(Figure 17)

Encircle the throat with subject's adam's apple in crook of your elbow. At this point begin pulling subject backward to break his stance.



(Figure 18)

Make a fist with the choking arm (thumb is still up) and support the choke with your free arm.



(Figure 19)

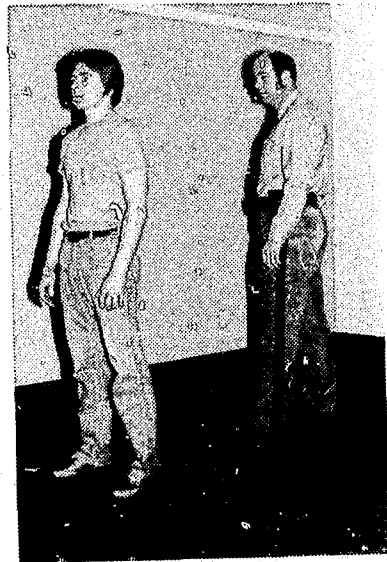
Rotate your fist $\frac{1}{4}$ turn to position parallel to the floor. Increase the pressure with your support arm, pull subject completely off balance and support with your forward knee. (Keep your body sideways to his to avoid groin strike.)

Major Points

1. Approach from behind or turn the subject around.
2. Extend control arm fully with palm open and thumb up.
3. Encircle the throat keeping palm open and thumb up.
4. Make a fist and support it with free hand.
5. Only after step 4, initiate $\frac{1}{4}$ turn with fist.
6. Step back pulling subject off balance.
7. Turn your body sideways to avoid groin strike by subject.

B. Bent Arm Choke

The bent arm choke is an alternative method of applying tremendous pressure to the carotid area and once applied is extremely difficult to gain a release from. Extreme care should be utilized in practicing this hold in your practice sessions.



(Figure 20)

The officer should attempt to approach from the rear.



(Figure 21)

Step in and extend your weak arm, palm open and down, until stopped by shoulder of subject.

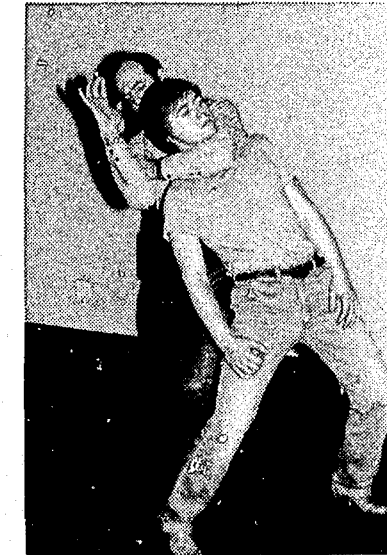
Common Mistakes

1. Failure to extend arm fully.
2. Applying twisting motion too early.
3. Often attempting to apply hold from off-balance position.
4. Failing to break subject's stance.
5. Failing to watch for subject's countermove - (groin or head attack).



(Figure 22)

Encircle the throat with subject's adam's apple in the crook of your elbow (keep the palm open and toward the floor); begin pulling subject backward to break his stance.



(Figure 23)

Continue backward pull and bring your support arm up catching the inside of the elbow with the palm of your choking arm. The support arm is pointed straight upward.



(Figure 24)

In Figure 24 the officer places the upright support arm in a position with the palm on the back of the subject's head. Pressure is now applied forward and down with the support arm, and backwards with the choking arm. Subject must be in off-balance position.

*The officer can raise his forward knee to protect against a groin attack.

Major Points

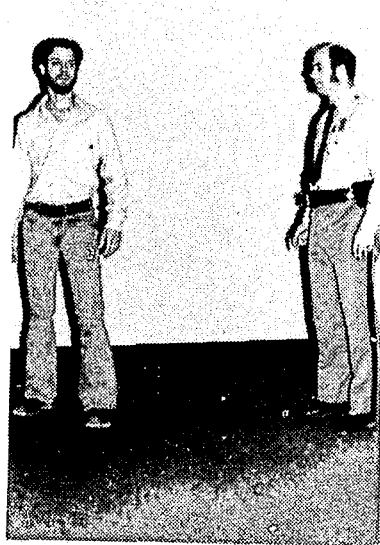
1. Always attempt approach from the rear.
2. Extend weak arm palm down to arm pit.
3. Locking support arm palm to inside elbow.
4. Cupping subject's head with palm of support arm.
5. Stepping backward to break subject's balance.
6. Turning sideways to avoid groin attack.

Common Mistakes

1. Attempting to apply choke from off-balance position.
2. Not breaking stance of subject.
3. Not protecting groin from attack.

2. CONTROL HOLDS

A. Bar Hammerlock Hold



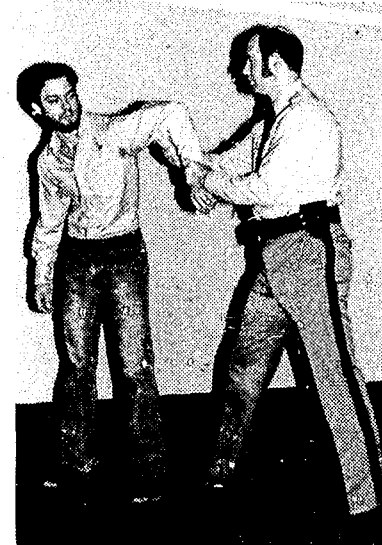
(Figure 25)

The approach position should be to the side and slightly behind the subject.



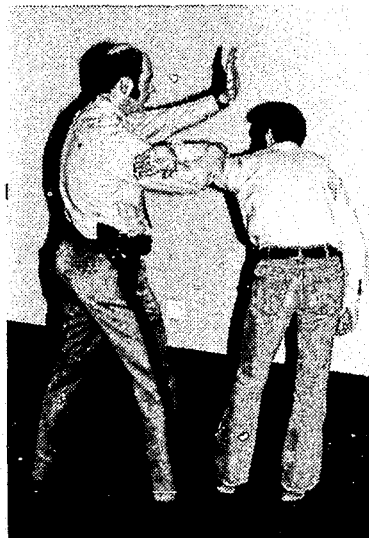
(Figure 26)

Step in and grasp the inside of subject's elbow with close hand and wrist with outside hand (thumb down on wrist grab, thumb up on elbow grab).



(Figure 27)

Drive the elbow forward and down toward subject's chest. At the same time pull wrist backward and up.



(Figure 28)

Lock subject's hand (palm up) in crook of your elbow and begin applying pressure straight down toward the floor.



(Figure 29)

Reach across subject's back and grasp his opposite shoulder pulling straight back; continue applying pressure downward with the hammerlock arm.

Major Points

1. Approach subject from the side and slightly to the rear.
2. Grab inside of the elbow (thumb up) and wrist (thumb down) at the same time.
3. Drive elbow forward and bring wrist up.
4. Lock subject's arm (wrist up) in the crook of your elbow.
5. Trap him into position by grasping opposite shoulder and pulling backward.
6. Make certain your center of gravity is much lower than the subject you wish to control.

Common Mistakes

1. Improper approach position.
2. Failure to grasp wrist and/or elbow properly or at the same time.
3. Failing to lock subject's arm in your control arm.
4. Not applying sufficient pressure on the subject's controlled shoulder.
5. Failing to trap subject by grasping opposite shoulder.
6. Being off balance or not lowering your center of gravity below subject's.

B. Hammerlock With Choke Hold



(Figure 30)
Officer (right) in proper approach position.



(Figure 31)
Step in and grab the closest wrist of subject with both hands.



(Figure 32)
Pivot your rear leg turning $\frac{1}{2}$ turn in a clockwise motion, at the same time raise subject's arm straight upward.



(Figure 33)
Continue turning until you step behind the subject. Bring his arm down sharply maintaining control with both arms.



(Figure 34)
Drive the arm up into a hammerlock with both hands.



(Figure 35)

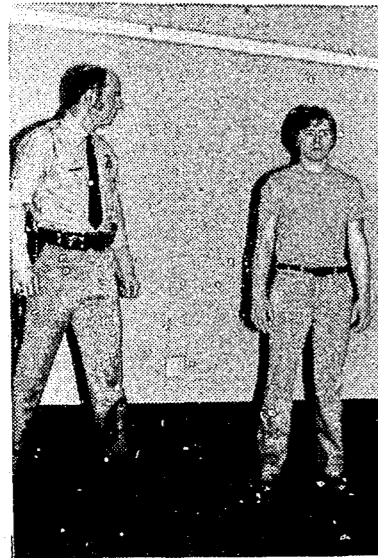
Remove your top hand from the hammerlock and apply a choke hold at the same time. Pressure is applied upward on the hammerlock and backward against subject's throat. The officer should attempt to reach across to the opposite shoulder with the choking arm.

Major Points

1. Grab subject's closest wrist with both hands.
2. Throw his arm up to full extension when stepping around.
3. Step around behind the subject driving his arm into hammerlock.
4. Always remove your top hand to apply choke.
5. Make certain choke is applied like carotid holds with pressure to the sides of windpipe.

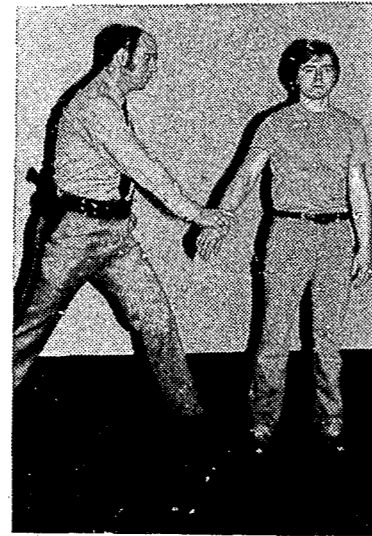
Common Mistakes

1. Failing to initiate two arm grab.
2. Not driving subject's arm to full extension upward.
3. Releasing two hand grab prior to hammerlock being established.
4. Not following through with choke.
5. Applying hold from an off balance position.

3. COME ALONG HOLDSA. Gooseneck Hold

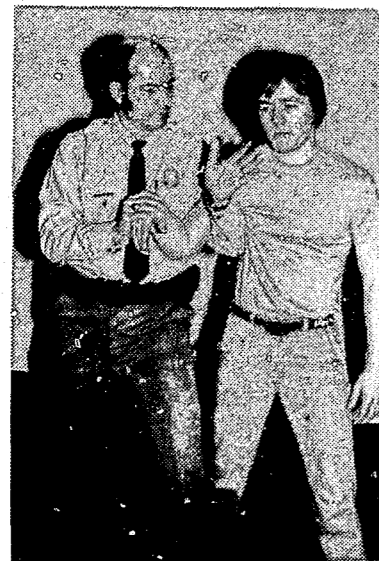
(Figure 36)

The officer (left) in proper approach position.



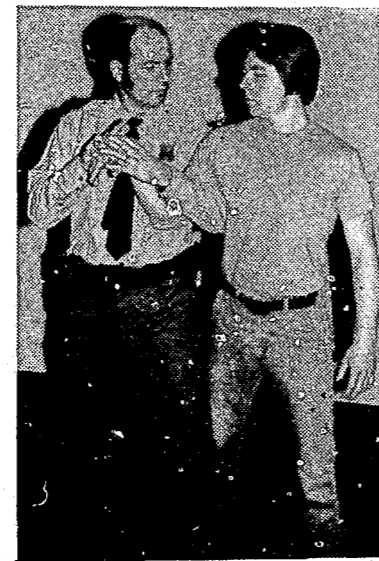
(Figure 37)

Step in and grasp subject's closest wrist with your thumb toward his palm.



(Figure 38)

Using your four fingers, bend the subject's wrist (palm toward forearm). At the same time swing your free arm under the subject's arm locking his upper arm in your elbow.



(Figure 39)

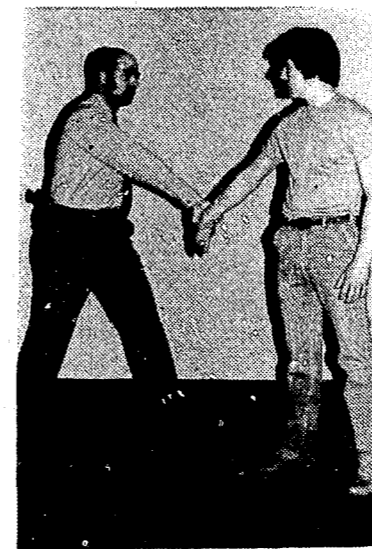
Place your support hand on the subject's hand. Drive the wrist downward and away from subject. Tremendous pressure will be exerted on the wrist joint and generally can be gaged by subject going up on his toes.

Major Points

1. Locking subject's elbow between your arm and body.
2. Bending subject's wrist downward and sideways away from his body.
3. Gaging pain by the body position and cooperation of the subject.
4. Watching for counter attack from subject's free hand and/or two feet.

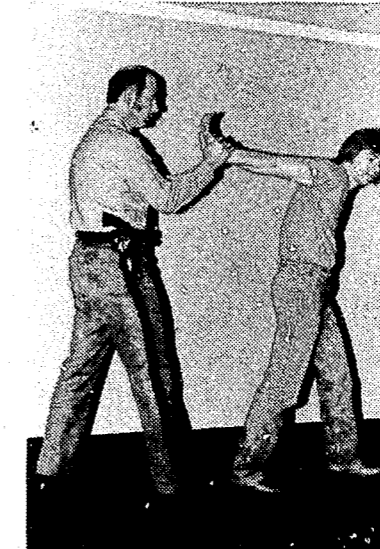
Common Mistakes

1. Not locking subject's arm against your body.
2. Not twisting wrist properly.
3. Failing to be alert for counter attack movement.

B. Outside-in Wristlock to Gooseneck

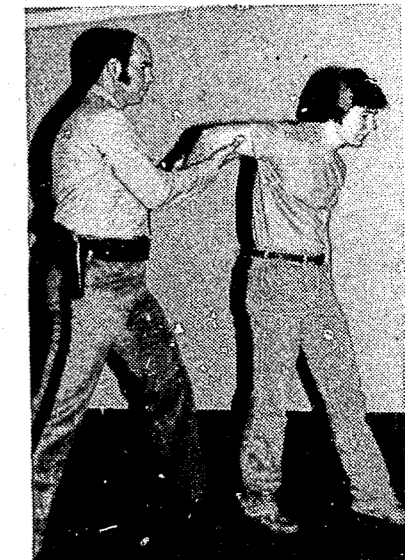
(Figure 40)

The officer (left) approaches from the side and slightly behind subject. Grab the closest wrist (fingers to palm position).



(Figure 41)

Twist subject's wrist with both hands into a wristlock driving his palm toward his elbow. (His elbow will be locked.)



(Figure 42)

Maintain wristlock with closest arm, and reach across with the outside hand grabbing subject's elbow. Bend the elbow away from the body creating space.

B. Outside-in Wristlock to Gooseneck (continued)



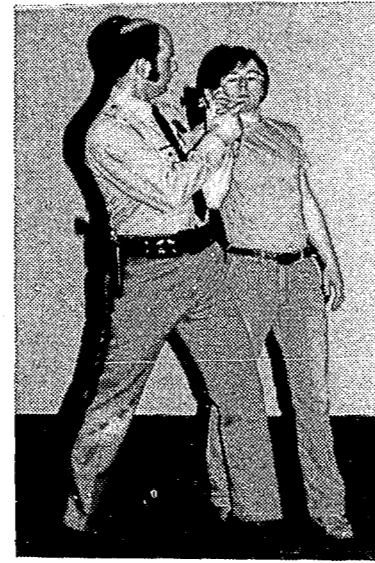
(Figure 43)

Maintain pressure on elbow and on the wrist. Drive the wrist between subject's elbow and body.



(Figure 44)

Bring subject's wrist to an upright position locking his elbow between your arm and body--pressure is applied twisting his wrist downward and away from his body.



(Figure 45)

You may wish to add additional pressure by using your free hand--pressure being applied can be gaged by subject starting to walk on his toes.

Major Points

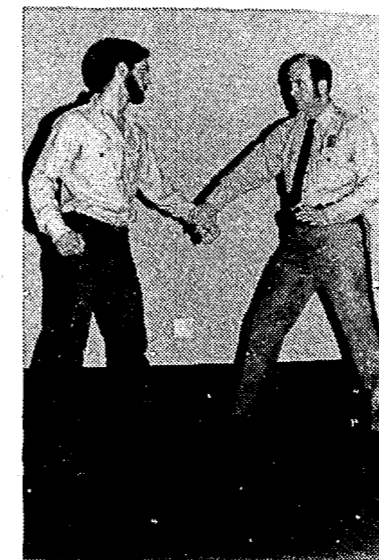
1. Placing the subject in a good outside-in wristlock (policeman's hold) first.
2. Locking the subject's elbow between your arm and body.
3. Keeping constant pressure on wrist when changing from initial wristlock to gooseneck hold.
4. Applying counterjoint pressure downward and outward on the subject's wrist.
5. Being alert for subject's counter-attack with free hand or legs.

Common Mistakes

1. Failure to apply initial outside-in wrist lock properly.
2. Losing control of or releasing pressure from the wristlock when going to the gooseneck.
3. Not pinning subject's elbow.
4. Improper pressure on the wrist in the gooseneck hold.
5. Not remaining alert for counter-attack from subject's free hand or legs.

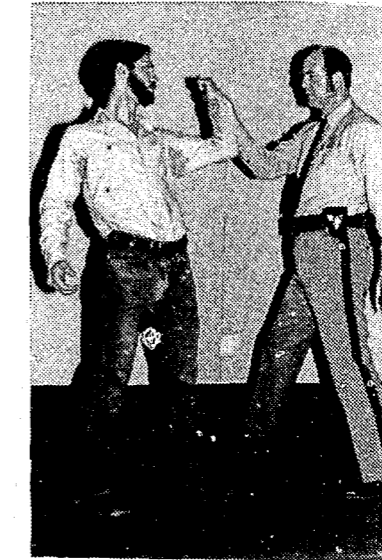
IV. TAKE DOWN TECHNIQUES

There are literally dozens of defensive and offensive techniques designed to take an opponent down. Some are extremely complex and require a great deal of practice to perfect. Others will quite often result in injury to the opponent. The four take down techniques chosen for this manual all readily lend themselves to police work, are easily learned within the time period allowed for training, and are very effective. All techniques are designed to place the subject in a handcuffing position and should be carried through to that point.

1. INSIDE-OUT WRIST TAKE DOWN TO CUFF POSITION

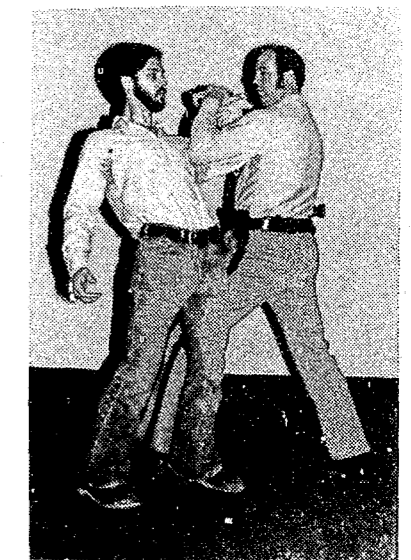
(Figure 46)

The officer (right) approaches subject and grabs the nearest wrist on the inside (thumb along back of hand).



(Figure 47)

Rotate the subject's wrist in a circular motion to an upright position (his thumb pointed outward).



(Figure 48)

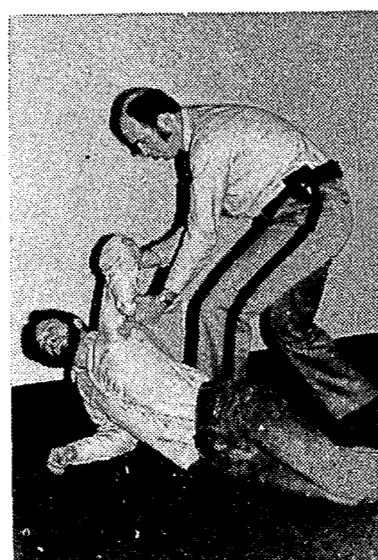
Take a $\frac{1}{4}$ turn toward subject and step slightly behind him with your rear leg. At the same time apply additional pressure with your free hand. Rotate the wrist to the outside and push straight down with both hands.



(Figure 49)



(Figure 50)

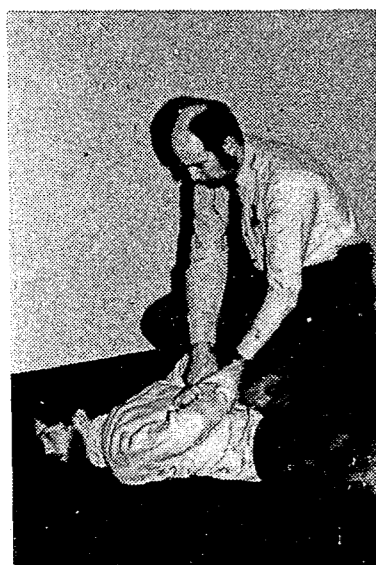


(Figure 51)

Continue to apply pressure down to the floor.

Follow the subject to the floor moving him backward to land on his back. When he strikes the floor reverse the wrist pressure with both hands.

Pull up on the subject's wrist and push his elbow. He will promptly roll over on his stomach and his arm will slip directly into a hammerlock.



(Figure 52)

In Figure 52 the officer continues to apply more pressure on the hammerlock and orders the subject to place his free hand behind him. The subject can then be safely handcuffed.

Major Points

1. Initial inside-out wrist lock applied.
2. Continuous pressure against the joints, i.e. wrist, elbow, etc., must be applied throughout maneuver.
3. Step forward with the subject when he goes down forcing him on his back.
4. When the subject strikes the ground immediately reverse the wrist pressure to roll him over.
5. Take the subject right into a hammerlock position.

Common Mistakes

1. Not applying proper counterjoint pressure on subject's wrist.
2. Not using both hands to drive subject down.
3. Not stepping forward and kneeling to force subject on his back.
4. Not reversing wrist pressure on point of impact when subject strikes the ground.

2. OUTSIDE-IN WRIST TAKE DOWN TO CUFF POSITION



(Figure 53)

The officer (left) will approach subject and grab his closest wrist on the outside (thumb to the back of his hand).



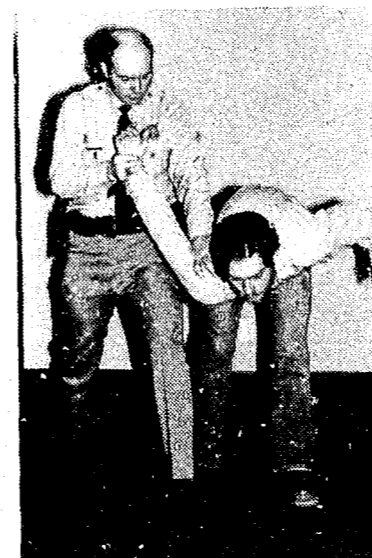
(Figure 54)

Use your back leg to step behind subject. At the same time rotate his wrist in a circle to the inside.



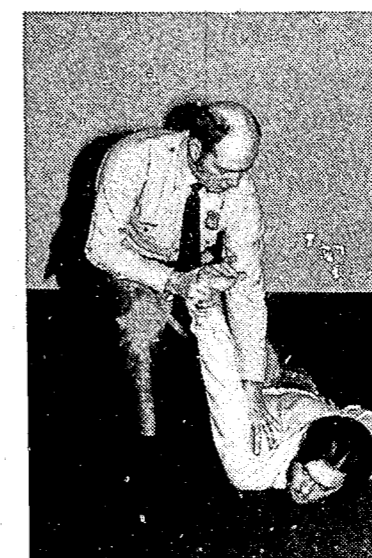
(Figure 55)

Raise the subject's arm continuing to rotate his wrist to the outside. This will lock his elbow--use both hands to apply pressure.



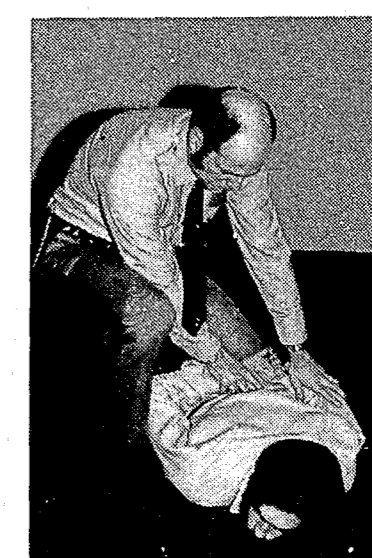
(Figure 56)

Maintain the wristlock with your outside arm. Step through with your inside leg in front of subject--place your free hand on the joint between his arm and shoulder.



(Figure 57)

Push forward and drive him to the ground. At the point of impact take the wristlock into a hammerlock.



(Figure 58)

Continue to apply pressure and direct subject to place his free hand behind his back.

Major Points

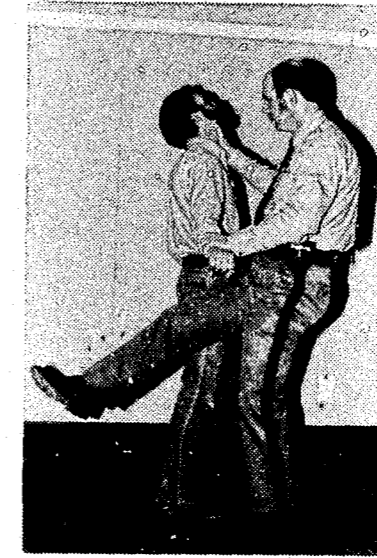
1. It is vital to place outside-in wrist lock on the subject properly. Subject's elbow must remain locked at all times.
2. Constant counterjoint pressure must be maintained.
3. When going for the take down drive the subject's shoulder forward and down to the ground.
4. Wrist lock should be changed to hammerlock immediately upon subject's impact with the ground.

Common Mistakes

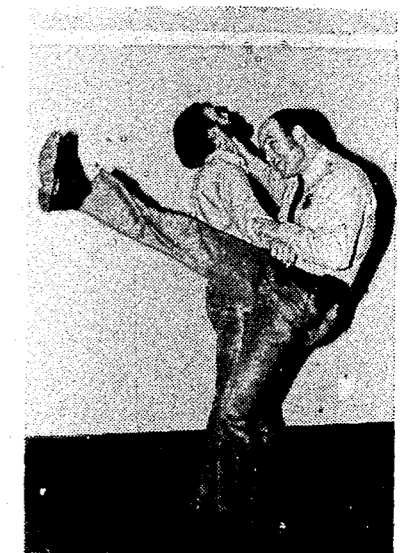
1. Reaching in to grasp wrist.
2. Off balance while trying to apply wrist-lock.
3. Failure to drive the subject's shoulder down when attempting takedown.
4. Leaving subject in wrist-lock while trying to handcuff.

3. OUTSIDE LEG SWEEP TAKE DOWN TO CUFF POSITION

(Figure 59)
The officer (right) will approach the subject from the front and slightly to the side. Step in and grab the outside wrist and the throat.



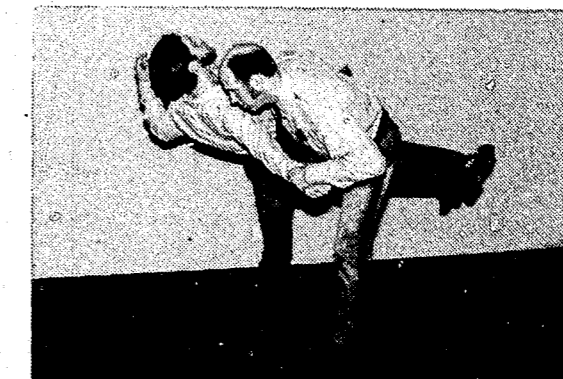
(Figure 60)
Step through with the inside leg and begin to cock your leg for the sweep.



(Figure 61)
Bring leg to maximum height. Pull subject's wrist toward the floor and drive the chin upward.



(Figure 62)
Drive your leg straight down striking subject's closest leg at the ankle. Continue to drive his chin upward.



(Figure 63)
Raise his leg as high as you can. Pull his wrist outward and drive his chin down.



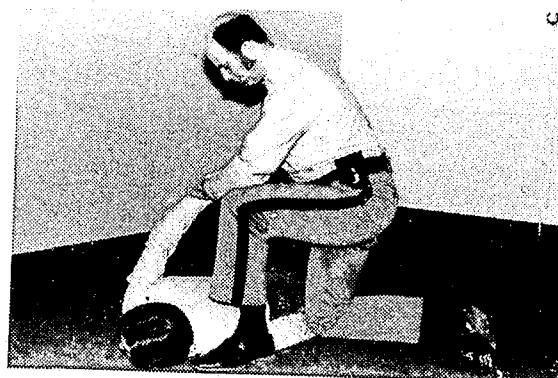
(Figure 64)

Follow subject down and assume a kneeling position. Maintain control of the wrist and throat.



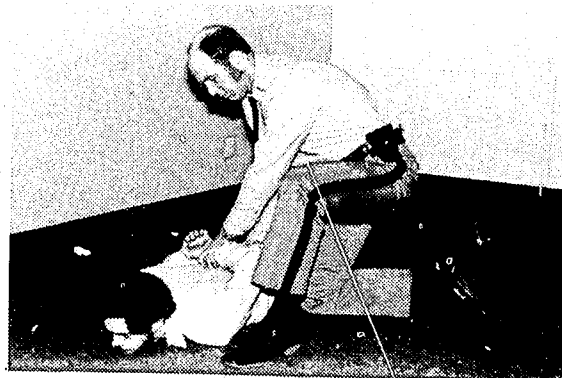
(Figure 65)

Grab subject's wrist with both hands. Twist toward his chest.



(Figure 66)

Roll the subject over on his stomach. Assume a hammerlock on his arm.



(Figure 67)

Increase the pressure on the hammerlock. Direct the subject to place his free hand behind him. Apply your handcuffs.

Major Points

1. Grab the subject's arm and throat at the same time.
2. Attain maximum height when cocking your reaping leg.
3. Strike subject's leg with maximum force calf to calf.
4. Drive his chin upward and back at the same time effecting the sweep. (Push-pull.)
5. Roll subject over immediately upon impact to stomach down position.
6. Place immediately into a hammerlock.
7. Use your knee to pin the subject to the floor.

Common Mistakes

1. Not grabbing both the wrist and throat at the same time.
2. Trying to push the subject down rather than effecting leg sweep.
3. Not developing a push-pull relationship.
4. Not rolling subject over onto stomach upon impact with the ground.
5. Not establishing control of the subject by using a hammerlock.

4. REAR TAKE DOWN TO KNEELING CUFF POSTION



(Figure 68)

The officer (right) will approach the subject from the front and grab the closest wrist.



(Figure 69)

Pull the subject's wrist straight forward and commence to step behind him.



(Figure 70)

Assume a position directly behind the subject. Start driving his arm upward and grab his opposite shoulder to prevent escape.



(Figure 71)

Pull the subject backward and cock your closest leg. Maintain hammerlock and shoulder control.



(Figure 72)

Drive the edge of your foot into the back of his knee. Drive straight forward and subject will drop to his knees.



(Figure 73)

Follow the subject down to the ground. Increase pressure on the hammerlock and direct him to place his free hand behind his back.

Major Points

1. Approach from the front, slightly to the side.
2. Pull the subject off balance to gain position behind him.
3. Trapping opposite shoulder to prevent escape.
4. Driving knee forward forcing subject to kneeling position.
5. Maintain hammerlock once applied.
6. Only release control of opposite shoulder when both hands are behind his back.
7. If subject starts to resist from the kneeling position drive him sharply forward, face down, with a shove using both hands.

Common Mistakes

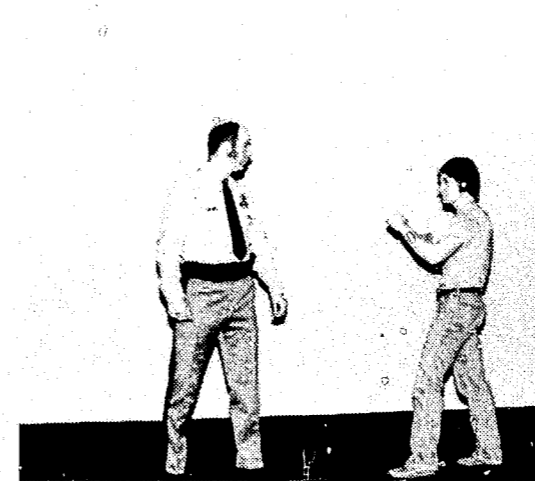
1. Improper position (not directly behind subject).
2. Failure to trap opposite shoulder.
3. Pulling subject backward while driving knee.
4. Not concerned about possible counter attack by subject's free hand and/or legs.

V. OFFENSIVE TECHNIQUES

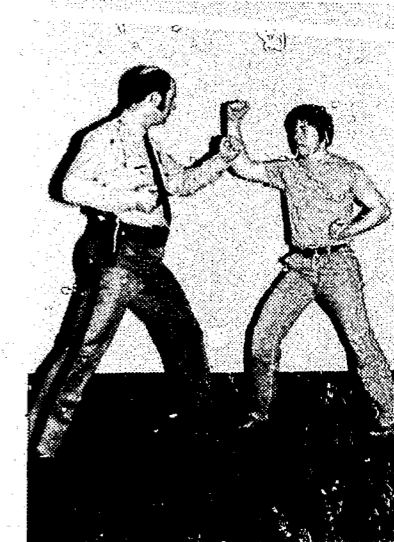
Ask the advanced practitioner of any fighting art; Karate, Judo, Jiu Jitso, boxing, wrestling, etc., and they will tell you, "THE BEST DEFENSE IS OFFENSE". While the police job can not tolerate a totally offensive training program, the police officer must be assured that he or she can survive and win in an all out attack on their own or their fellow officer's life. The offensive techniques taught in this basic training curriculum have been selected because of their tremendous effectiveness, simplicity in learning, and ease in application. There are certainly hundreds more but for the time available accomplishing the techniques shown will provide a considerable hand to hand arsenal for the officer.

1. ELBOW STRIKES

A. Round House Elbow Strike



(Figure 74)
The officer (left) is in the proper approach position. Subject is in an offensive stance.



(Figure 75)
The subject initiates a roundhouse punch.



(Figure 76)

Step sideways to the inside. Block the striking arm aside and slide your blocking hand up, grabbing his upper arm.

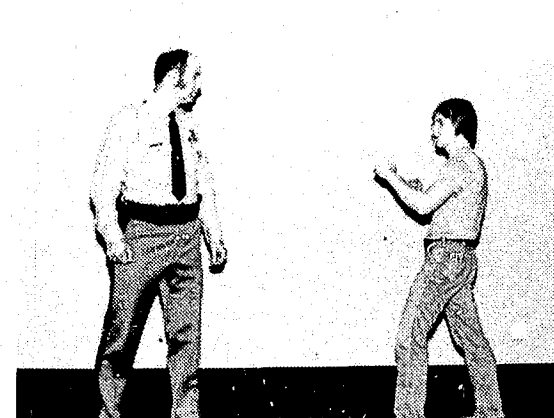


(Figure 77)

Pull the subject toward you suddenly and at the same time strike him in the chin with your elbow. The elbow will travel from the cocked position in a circle parallel to the floor until striking subject. (If the subject cannot be moved because of a size or strength difference; pull yourself toward him.)

*Note, on the roundhouse and uppercut elbow you will strike the subject with the upper forearm immediately below the elbow. Do not strike hard surfaces with the point of your elbow as you may receive an injury.

B. Uppercut Elbow Strike



(Figure 78)
The officer (left) is in proper approach position. Subject is in an offensive stance.



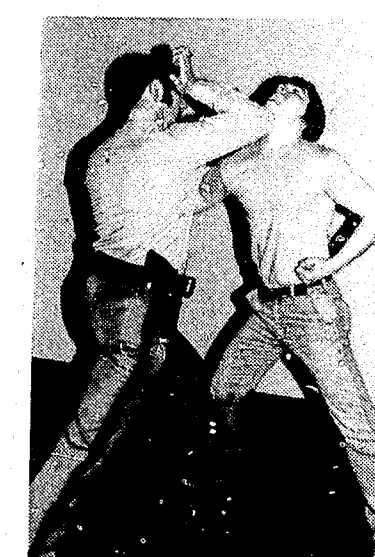
(Figure 79)

Subject begins to throw a punch.



(Figure 80)

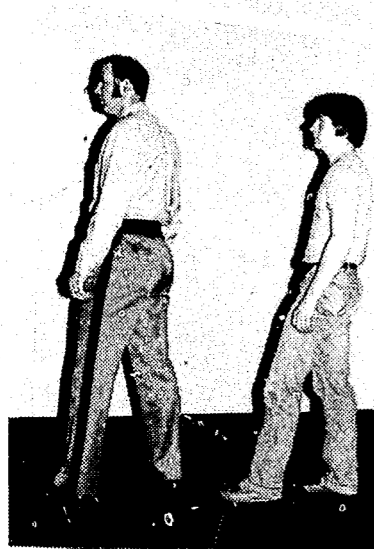
Step sideways to the inside. Block the striking arm aside and slide your blocking arm up grabbing his upper arm. Your elbow should be cocked at this point.



(Figure 81)

Pull the subject toward you suddenly and at the same time strike him under the chin with an uppercut elbow. The elbow will travel in a $\frac{1}{2}$ circle from cocked position to strike position.

C. Reverse Elbow Strike



(Figure 82)

In this situation, officer (left) is approached from the rear.



(Figure 83)

The subject tries to place a close rear choke on the officer.



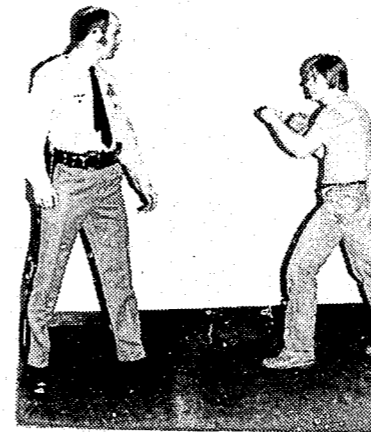
(Figure 84)

As you start to fall back strike the subject in the ribs or solar plexis with your inside elbow.



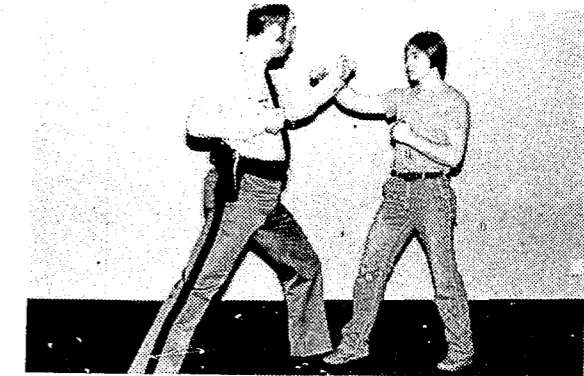
(Figure 85)

Immediately rotate your body and strike with your other elbow. Continue to strike with your elbows until released by subject.

2. KNEE STRIKE

(Figure 87)

Officer (left) is in the proper approach position. Subject is in an offensive position.



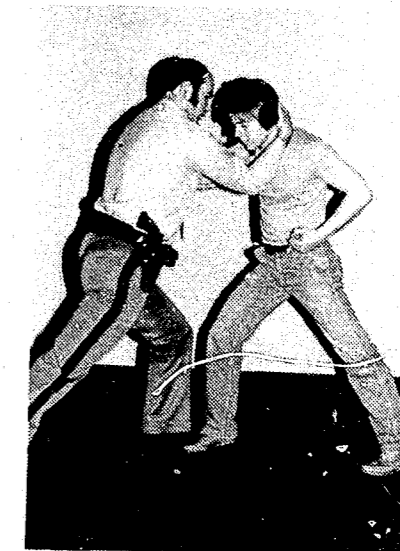
(Figure 88)

The subject launches an overhand fist strike.



(Figure 89)

Step laterally to the right and execute a high inside-out block.



(Figure 90)

Immediately reach in and grab the subject behind the neck with both hands.

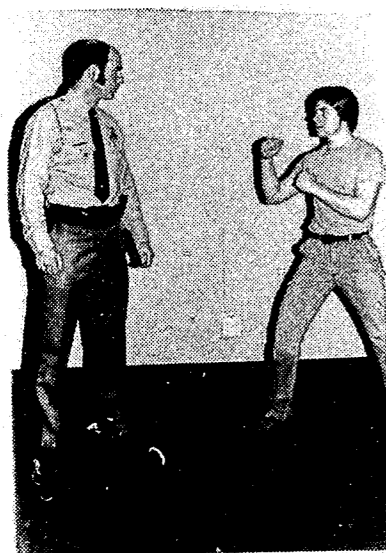


(Figure 90)

Pull the subject's head forward and down toward your chest and drive your knee into the groin area.

3. HAND TECHNIQUES

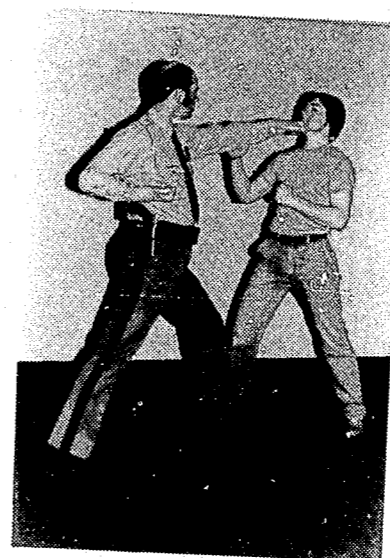
A. Basic 1-2 Punch Combination



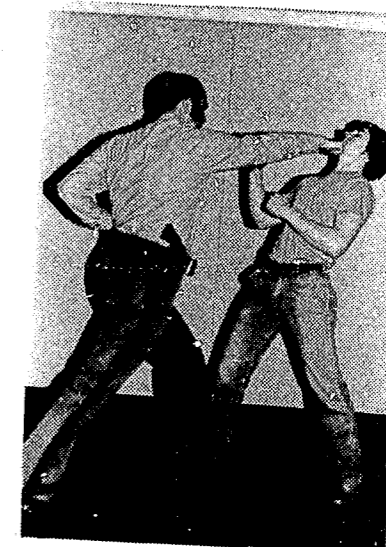
(Figure 91)
Officer (left) is in proper approach position. Subject is in an offensive position.



(Figure 92)
The subject starts a punching attack. Bring your hands to an on-guard position.



(Figure 93)
Step in with your lead foot and deliver a straight left punch (weak hand) to the subject's head.



(Figure 94)
Follow up immediately with a straight right punch (strong hand) also to the head.

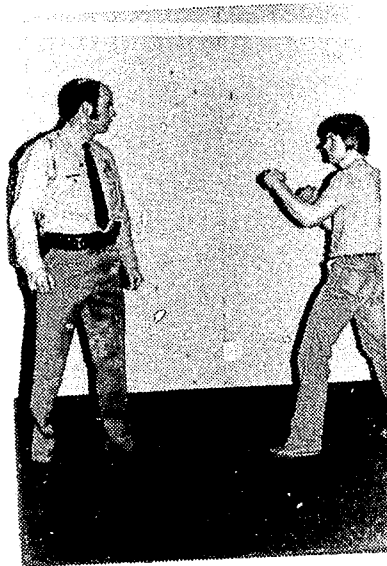
Major Points

1. Proper fist position
knuckles, thumb, wrist.
2. Attempt to catch the subject
between moves.
3. Lead in with your weak side
punch.
4. Punch through, not at the
target
5. Proper body stance to gain
power from hips and legs.

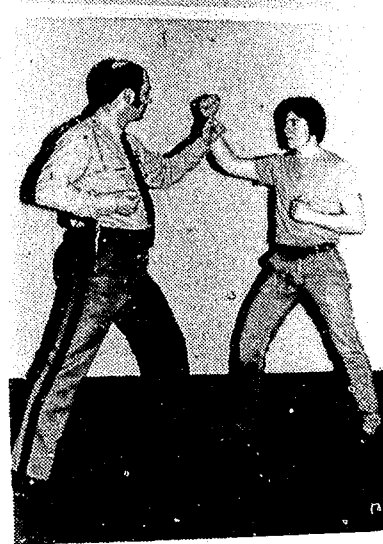
Common Mistakes

1. Striking with a loose fist
or bent wrist.
2. Off balance and/or reaching
in with either punch.
3. Not using the power of your
hips and legs while throwing
punches.

B. Palm Heel Strike



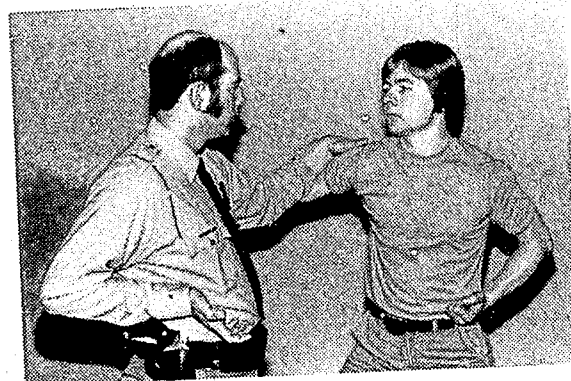
(Figure 95)
The officer (left) is in proper approach position. Subject is in an offensive stance.



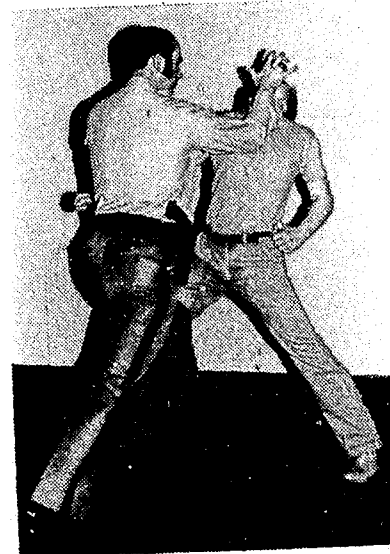
(Figure 96)
Subject begins an overhand fist strike. Come immediately to an on guard position and begin a lateral step to the right.



(Figure 97)
Subject completes his hand strike. Complete your side step and effect a high inside-out block.



(Figure 98)
Immediately after blocking grab the upper part of subject's arm.



(Figure 99)
Pull the subject toward you and strike him underneath his chin with the heel of your palm. The thumb and fingers should be curled in.

4. FOOT STRIKES

Many of us do not exercise every day but rarely does a day go by without all of us walking. Your legs are in most cases the most exercised appendage in your body and certainly the strongest. It makes very good sense then to learn to use the legs as an offensive weapon. You will therefore be taught the three basic kicks of most offensive fighting systems.

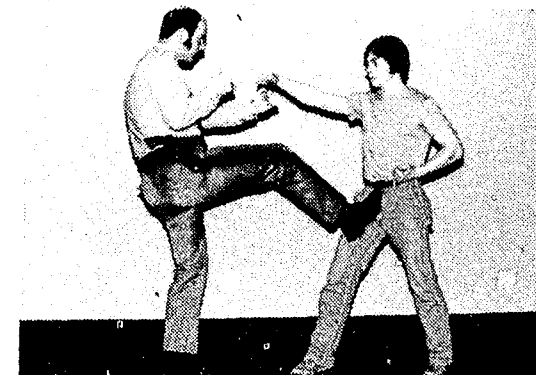
A. Front Kick



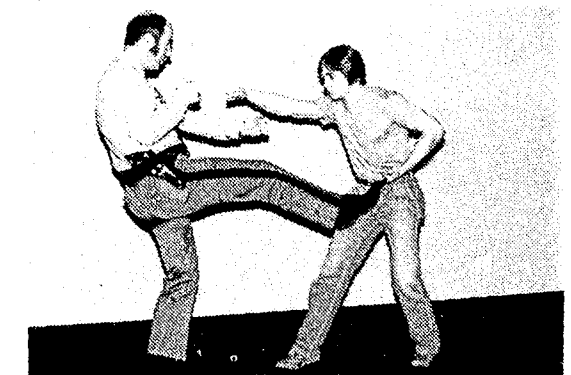
(Figure 100)
The officer (left) is in proper approach position. Subject is in an offensive stance.



(Figure 101)
Subject attacks with a right punch. As the subject closes pivot your body and cock your right leg. Bring your hands to an on guard position.



(Figure 102)
Point your knee toward the subject's head and then start to deliver the kick to the ribs or groin.



(Figure 103)
Strike the subject with the toe of your shoe and drive the foot forward. Once contact is made lunge with your chest.

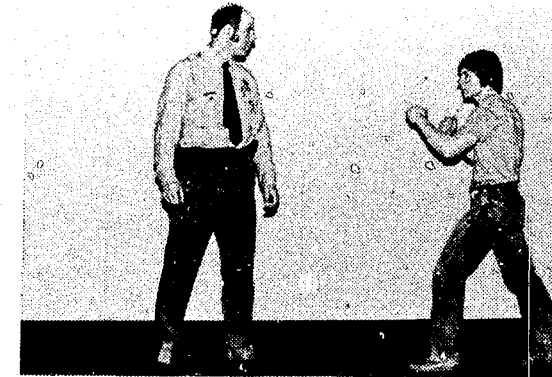
Major Points

1. Proper cocked position. Knee aimed at subject's head.
2. Placing hands in an on-guard position.
3. Strike with the toe of your shoe.
4. Drive into the target.
5. Don't lock your support leg.

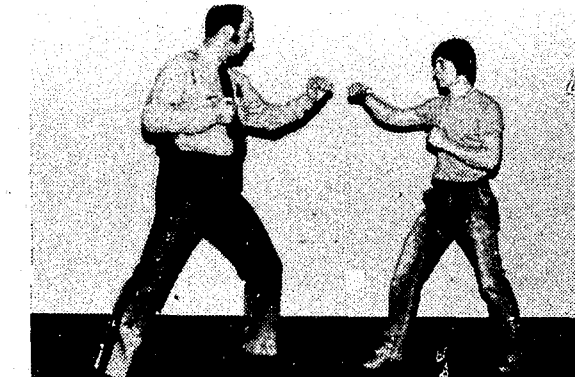
Common Mistakes

1. Initial approach position too close or too far for proper kick.
2. Not cocking leg high enough.
3. Leaving hands at your side.
4. Striking with the entire surface of your foot instead of the point of the toe.
5. Leaning forward or backward when initiating the kick.

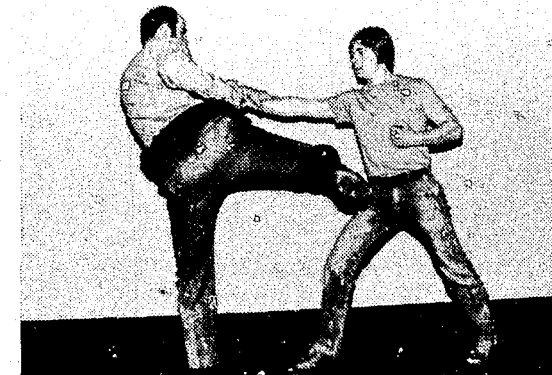
B. Round Kick



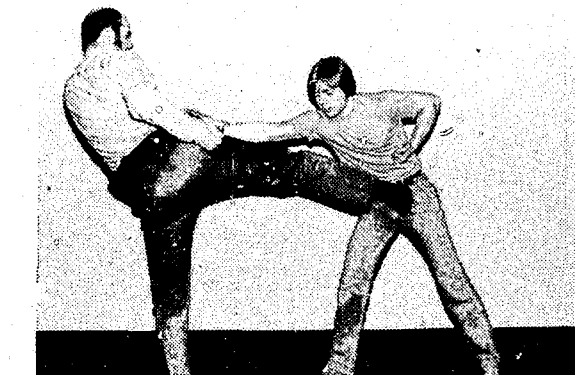
(Figure 104)
The officer (left) is in proper approach position; Subject is in an offensive position.



(Figure 105)
Subject starts to throw a right punch. The left side of his chest is open to attack.



(Figure 106)
Immediately pivot on your front leg cocking your right leg in a parallel position to the floor. Knee will point toward your target.



(Figure 107)
Strike the subject in ribs or groin with your toe. Keep your hands up in on-guard position and do not lock your support leg.

Major Points

1. Proper pivot motion on front foot.
2. Cocking position of the kick--knee aimed toward target.
3. Striking with the point of your shoe.
4. Keeping support leg bent.
5. Ability to recover to a balanced position.

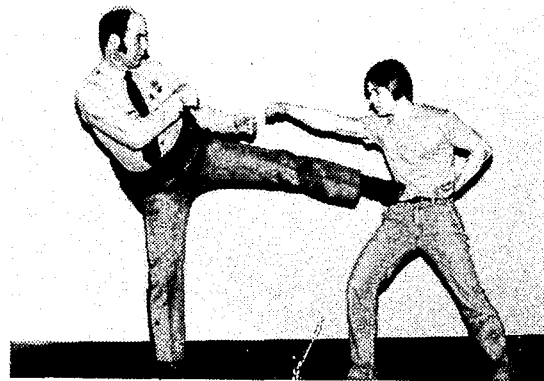
Common Mistakes

1. Pivoting too little or too far.
2. Not cocking round kick high enough.
3. Striking with the whole foot instead of the toe.
4. Locking support leg.
5. Off balance when kick is delivered.
6. Failure to recover into balanced position.

C. Side Kick



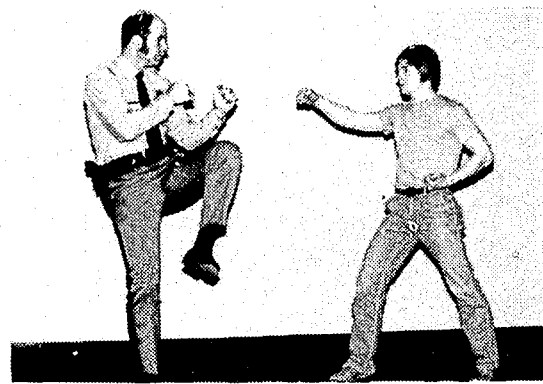
(Figure 108)
The officer (left) is in proper approach position. Subject is in an offensive stance.



(Figure 110)

Major Points

1. Bringing hand to on-guard position and cocking side kick should be done together when subject initiates attack.
2. Strike subject during his attempt to attack, not after.
3. Strike with the edge of your foot.
4. Ability to recover to a balanced position.



(Figure 109)
Subject launches a side lunge punch from the side. Immediately bring your hands to an on guard position and cock your leg straight up, knee pointed in the same direction as your chest.

Snap, don't push, your foot sideways straight into subject's ribcage. You should strike with the edge of your shoe. By striking in this manner you prevent the punch from striking you.

Common Mistakes

1. Leaving hands at your sides.
2. Not cocking side kick properly.
3. Off balance when kicking.
4. Locking back leg when kicking.
5. Failure to recover to a balanced position.

VI. HOLDS AND RELEASES

The following section deals with the typical types of holds an attacker might attempt to place on you as an enforcement officer. Several escapes and/or releases are shown for each situation. You are expected to learn them all because any one release may not work on all attackers.

1. SINGLE ARM GRAB

A. Simple Twistout



(Figure 111)
The officer (left) is in proper approach position. Subject initiates a one-arm grab.



(Figure 112)
Immediately step back, lowering your center of gravity and pull the subject toward you.



(Figure 113)

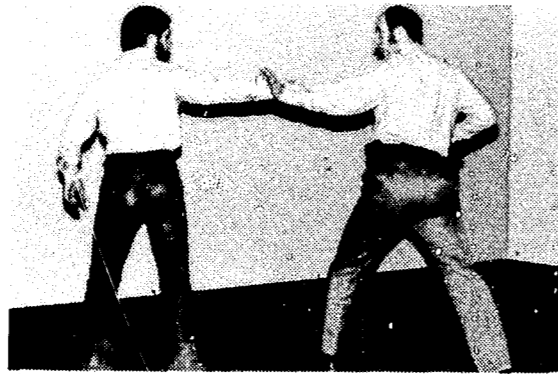
While pulling the subject toward you turn your chest slightly away from him and twist your wrist $\frac{1}{2}$ turn either direction. Pull downward toward the opening between subject's thumb and finger. The result will be a release from subject's grasp, a balanced position for you, and an unbalanced position for the subject.

B. Reverse Leverage Move



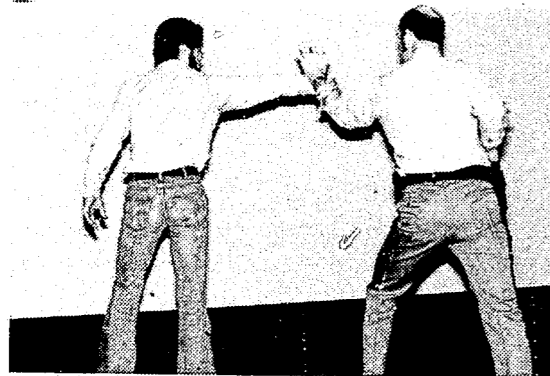
(Figure 114)

The officer (right) is in a proper approach position. Subject initiates a one-arm grab to his left hand.



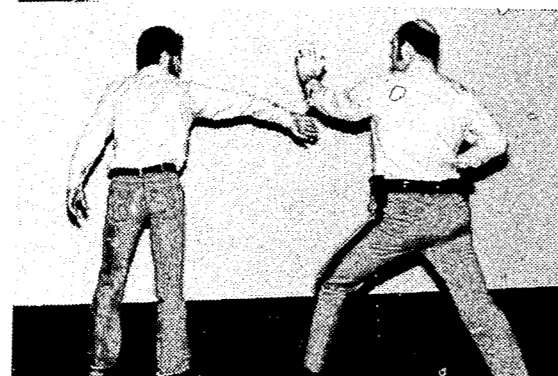
(Figure 115)

Immediately swing your arm in a $\frac{1}{2}$ circle behind the subject.



(Figure 116)

When your arm is even with subject's shoulder push hard with your palm on his forearm.

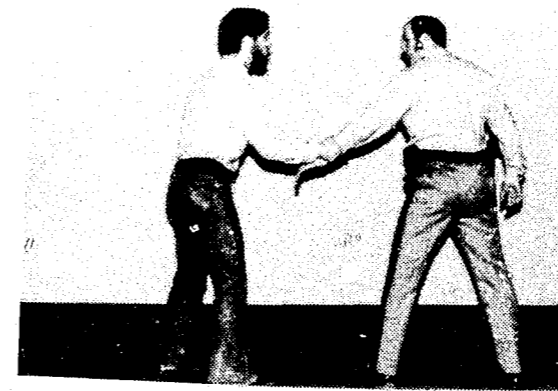


(Figure 117)

At the same time take a $\frac{1}{2}$ step backward into a balanced ready position. Your strong hand is in a ready position. Subject will be $\frac{1}{2}$ step in front of you and slightly off balance.

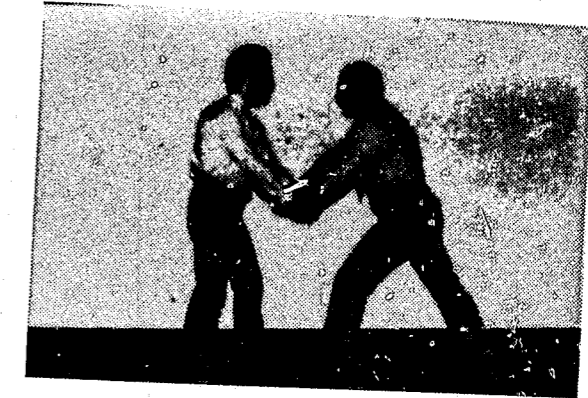
2. TWO ARM GRAB

A. Two Arm Grab Release



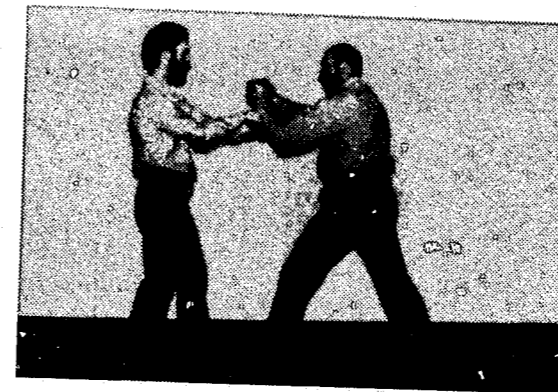
(Figure 118)

The officer (right) is in proper approach position. Subject initiates a two arm grab on his front arm.



(Figure 119)

Immediately reach in and grasp the imprisoned hand with your free hand.



(Figure 120)

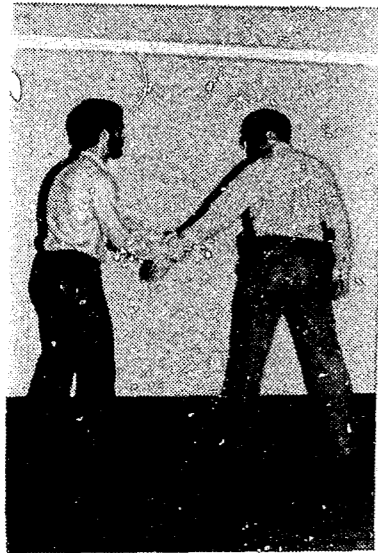
Jerk your arm violently in a $\frac{1}{2}$ circle toward your head.



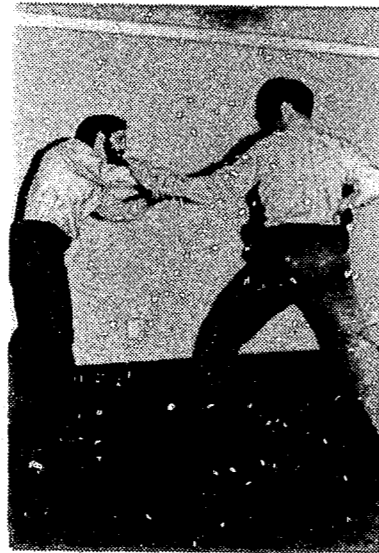
(Figure 121)

As you bring your hands upward shift your weight to your back leg and lower your stance below the subject. If he has a strong grip you will pull him head first toward you in an off-balanced position. You should be ready to counter immediately.

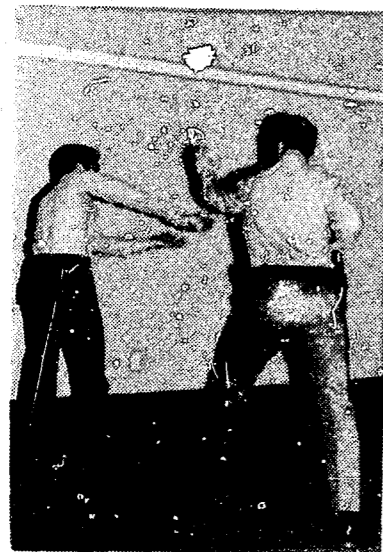
B. Reverse Leverage Move



(Figure 122)
The officer (right) is in proper approach position. Subject initiates a two-arm grab on his front arm.



(Figure 123)
Immediately swing your arm in a clockwise circle (from this grab position) stopping when your arm reaches subject's shoulder level.



(Figure 124)

Rotating your arm around will cause subject's arms to cross. When your arm reaches his shoulder level drive your open palm against his forearm and wrist. All of your counter pressure will now be directed against his thumb and fingers. Push him straight away from you. This motion will result in you ending in a balanced stance slightly behind the subject.

Students should note that this technique will work from either direction. Additionally, that the officer might start one way as a fake then reverse directions, rotating the opposite direction for the release.

3. FRONT CHOKE EXTENDED

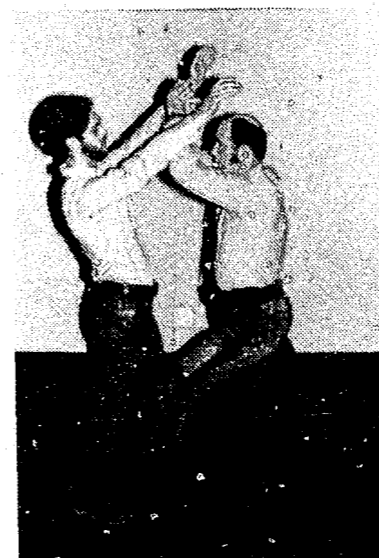
A. Wedge Release



(Figure 125)
Subject (left) attempts to initiate a front two-hand choke from an extended position.



(Figure 126)
Immediately lower your stance and step toward the subject. At the same time lock your fists together and form an inverted V with the fists as the point.



(Figure 127)

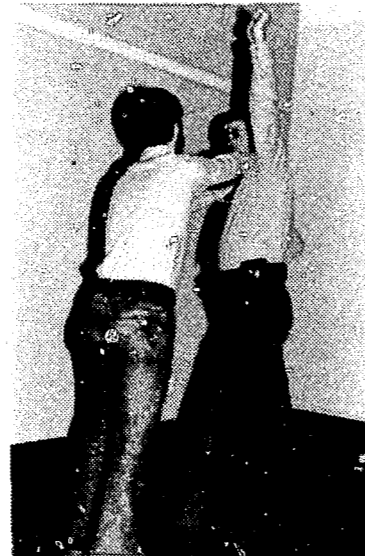
Drive your wedge straight upward forcing the subject's arms up. Considering the nature of the attack, you should counter immediately upon escaping the choke hold.

Note! The wedge block is best utilized when the assailant is attempting to place a choke on the officer.

B. Windmill Release



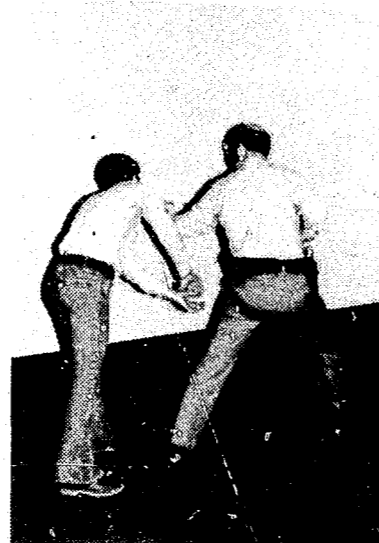
(Figure 128)
Subject (left) initiates a front choke with both hands from an extended position.



(Figure 129)
Immediately raise either arm straight over your head.



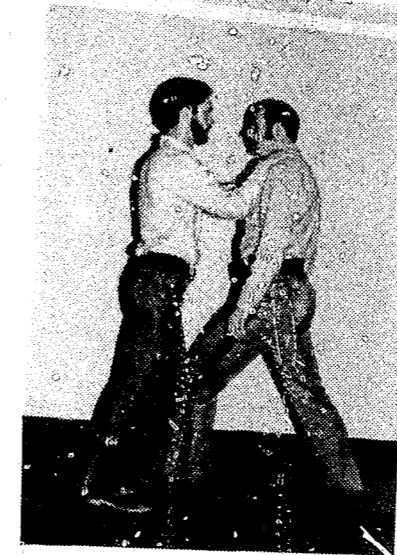
(Figure 130)
Drive your arm straight down across subject's arms at the same time turning your free shoulder away from the subject.



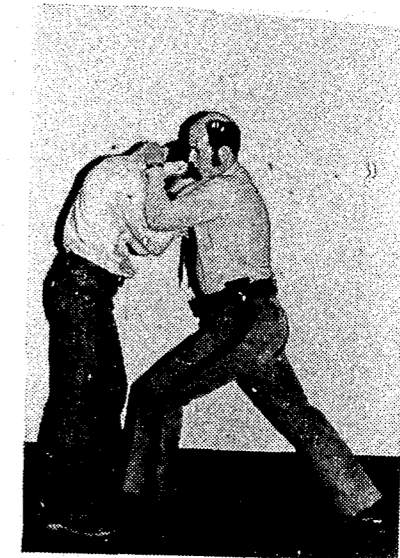
(Figure 131)
Use the windmill to pull subject's arms, head and torso downward. This move will release his choke and place him in an off-balance position. You should counter immediately at the time of release.

4. FRONT CHOKE CLOSE

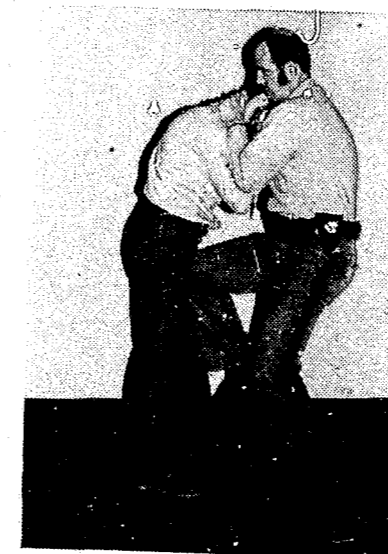
A. Knee Strike



(Figure 132)
Subject (left) applies a front two-hand close choke on the officer.



(Figure 133)
Immediately grasp the back of subject's neck with both hands.



(Figure 134)

Jerk the subject's head and upper body toward you and down and at the same time strike his groin area with your back leg knee.

B. Finger Press to Throat



(Figure 135)

Subject (left) places a two hand front choke on the officer. Choke is close.



(Figure 136)

Immediately raise either hand, palm open, and aim the fingertips at the subject's throat.



(Figure 137)

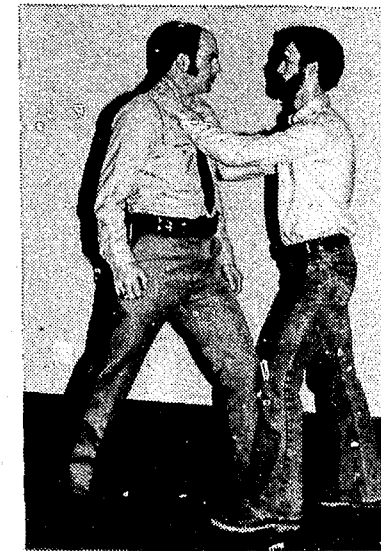
Press your fingertips downward at a 45° angle in the hollow of subject's neck. The pressure point is immediately above the breast bone.



(Figure 138)

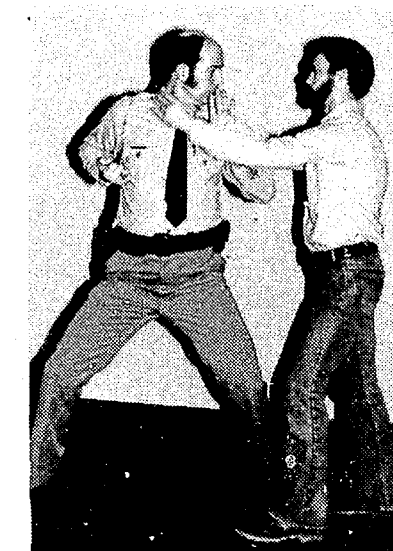
Continue the pressure downward and away from your body until choke is released.

C. Palm Heel Release



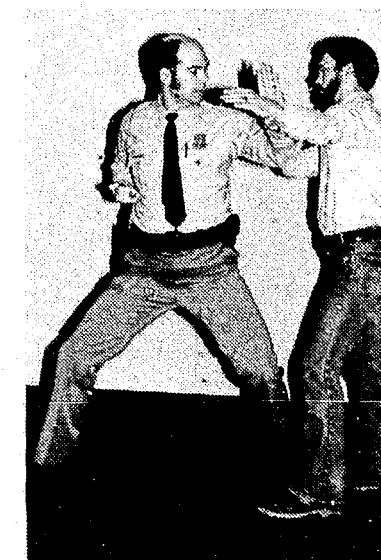
(Figure 139)

Subject has officer in a front two-handed choke.



(Figure 140)

Immediately take either hand palm outward and drive it at a right angle against subject's forearm.



(Figure 141)

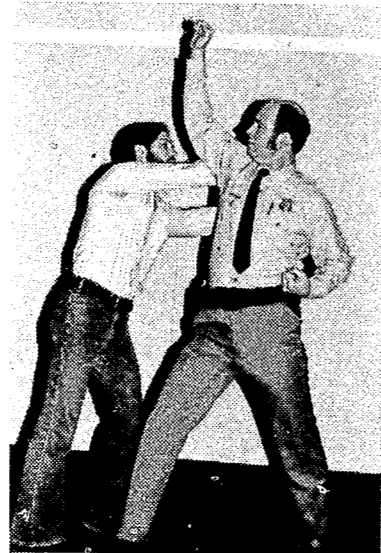
Continue to drive sideways twisting your torso and hips until a release from the choke is obtained.

5. REAR CHOKE EXTENDED

A. Windmill Release



(Figure 142)
Subject (left) approaches from the rear and initiates an extended rear choke.



(Figure 143)
Immediately raise either arm and turn your body by pivoting your rear leg toward the raised arm.



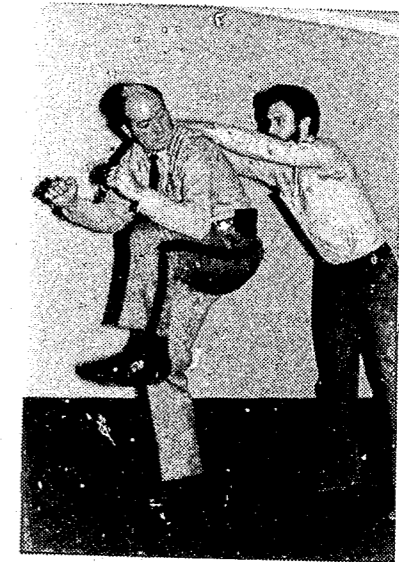
(Figure 144)

Continue to rotate your body to a position facing the subject and drive your arm sharply down across both of subject's arms. If done properly this maneuver will pull subject forward and off-balance while breaking his choke.

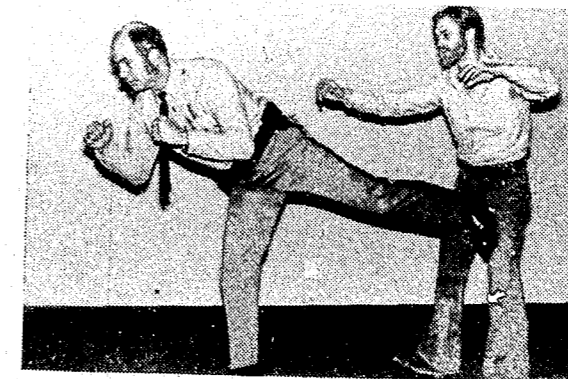
B. Groin Kick (Rear)



(Figure 145)
Subject (right) approaches from the rear and initiates an extended rear choke.



(Figure 146)
Immediately pull your head and shoulders forward and cock your knee up to belt level.



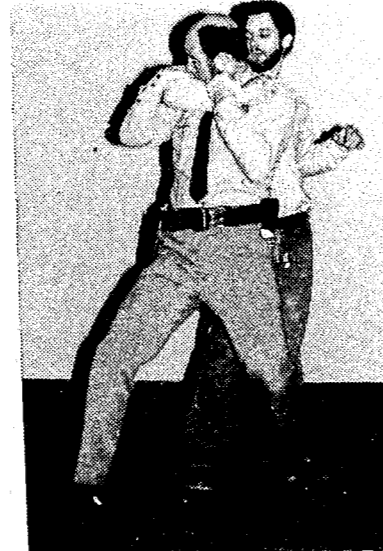
(Figure 147)
Continue to pull forward at the same time driving your foot straight backward striking the subject in the groin. Once release is obtained turn immediately to face subject.

6. REAR CHOKE (CLOSE)

A. Chin Tuck/Elbow Strike



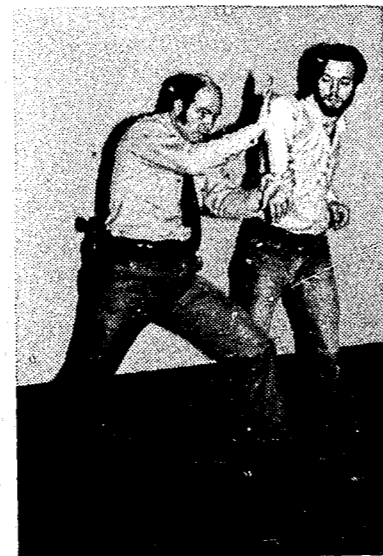
(Figure 148)
Subject approaches from the rear and initiates a rear (close) choke on the officer.



(Figure 149)
Immediately lower your stance below that of the subject, at the same time grasp his arm at the elbow and wrist and pull outward turning your head toward his elbow.

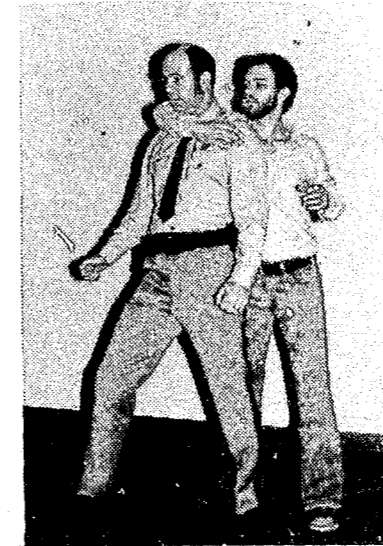


(Figure 150)
Once breathing room is established initiate one or more rear elbow strikes.

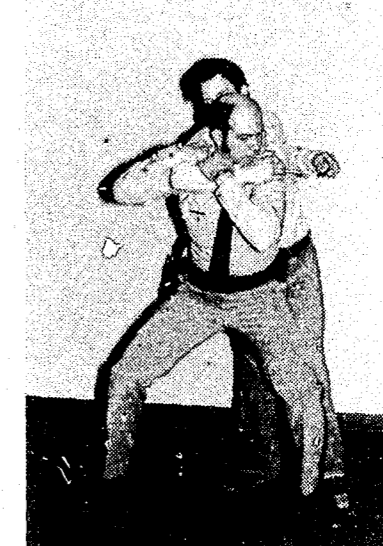


(Figure 151)
Immediately following the elbow strike pull subject's wrist down and push straight upward on his elbow. At the same time back out of the choke hold ending behind the subject.

B. Hip Throw



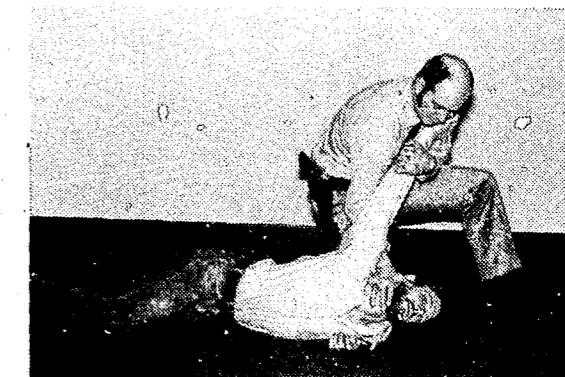
(Figure 152)
Subject approaches from the rear and initiates a rear (close) choke on the officer.



(Figure 153)
Immediately lower your stance below that of the subject. At the same time turning your head away from his elbow and grasping his upper arm and wrist.



(Figure 154)
Twist your upper body inward in one quick motion and drive your hips straight backward into the subject. At the same time pull his arm and shoulder down and forward.



(Figure 155)
Follow the subject to the floor retaining your hold on his arm. A control hold (arm bar, etc.) can easily be applied from this point.

7. REAR BEAR HUG (UNDER ARMS)

A. Finger Release



(Figure 156)
The subject grabs the officer from the rear with a bear hug (under the arms).



(Figure 157)
Immediately grasp at the subject's top hand and pry one (1) finger up.

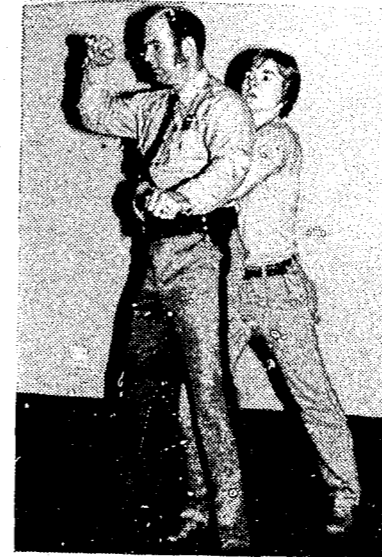


(Figure 158)
Grasp subject's finger with both hands and bend it sharply toward the back of his hand.

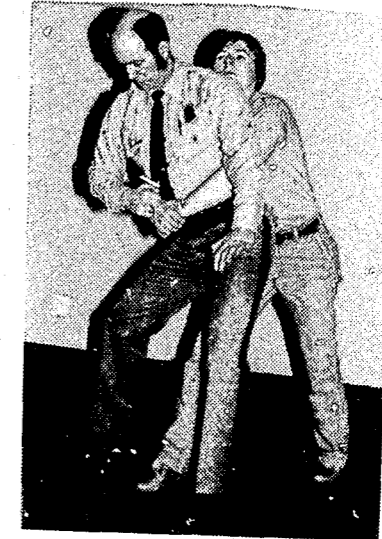


(Figure 159)
Continue applying pressure on the subject's finger until he begins to release the bear hug. At this time spin your body away from his grasp retaining your hold on his finger if you are able.....

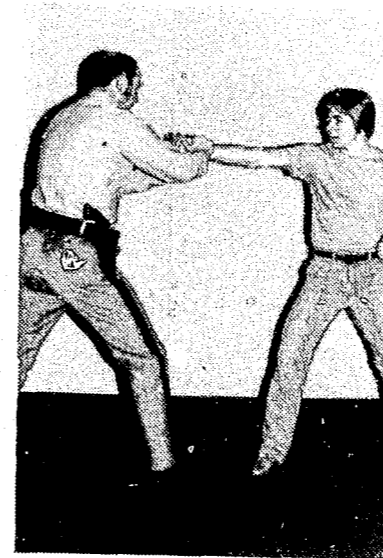
B. Knuckle Strike and Grind



(Figure 160)
Subject places the officer in a bear hug (under the arms).



(Figure 161)
Immediately cock either fist and strike the back of his hand hard with your lower knuckles. Strike several times if you have to--you may also grind your knuckles against the back of his hand in a twisting motion.



(Figure 162)

Immediately when the subject begins to release his hold, spin away from his body retaining a hold on his arm if possible.

8. REAR BEAR HUG (OVERARMS)

A. Drop and Release



(Figure 163)
Subject approaches from the rear and places the officer in a bear hug (over the arms).



(Figure 164)
Immediately drop your stance at the same time driving your arms up at a 45° angle.



(Figure 165)

Continue driving your arms upward until subject's hold is released.

B. Groin Strike



(Figure 166)
Subject approaches from the rear and places the officer in a bear hug (over the arms).



(Figure 167)
Immediately drop your stance and raise both arms sharply, at the same time take a step to the side of the subject by driving your hips in that direction.



(Figure 168)

Make a fist with the inside hand and strike the subject sharply in the groin. Repeat the strike if necessary until a release is obtained.

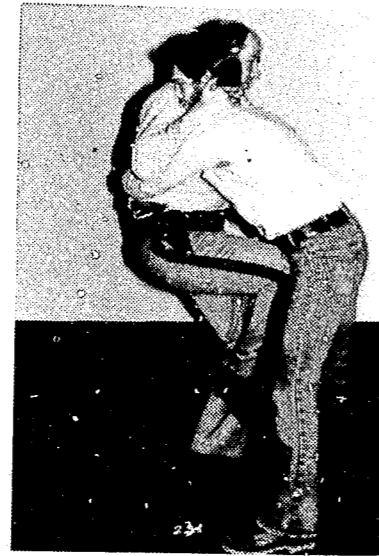
9. FRONT BEAR HUG (UNDER ARMS)

A. Knee Strike



(Figure 169)

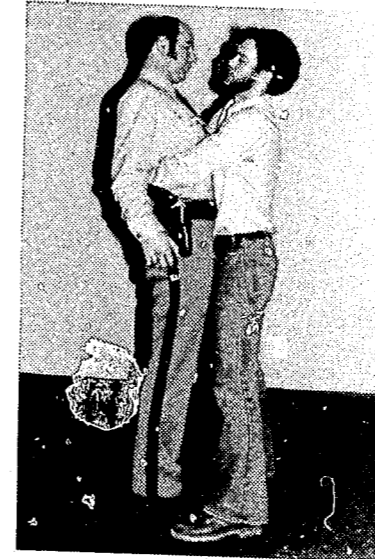
The subject places you in a front bear hug (underarms).



(Figure 170)

Reach up with both hands and grasp the back of subject's head. Pull his head downward at a 45° angle at the same time driving your knee into his groin.

B. Nose Pressure Point



(Figure 171)

The subject places you in a front bear hug (under arms).



(Figure 172)

Reach up with both hands and grasp behind his jaw, at the same time driving your thumbs upward against the cartilage at the base of his nose.



(Figure 173)

C. Mastoid Pressure Point



(Figure 174)
The subject places you in a front bear hug (under arms).



(Figure 175)
Immediately place your fingertips in the hollow (just below the earlobe) on both sides of the subject's head. Apply sharp pressure to both sides at the same time. Increase the pressure until the hold is released.



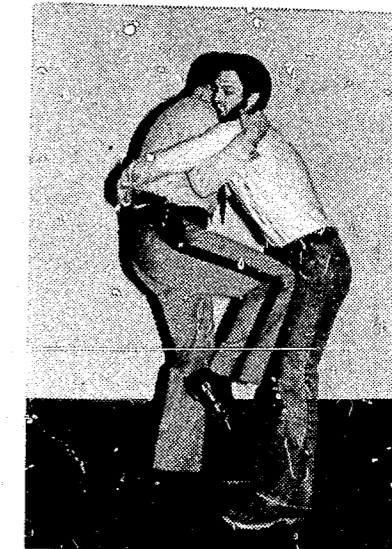
(Figure 176)

10. FRONT BEAR HUG (OVER ARMS)

A. Groin Strike



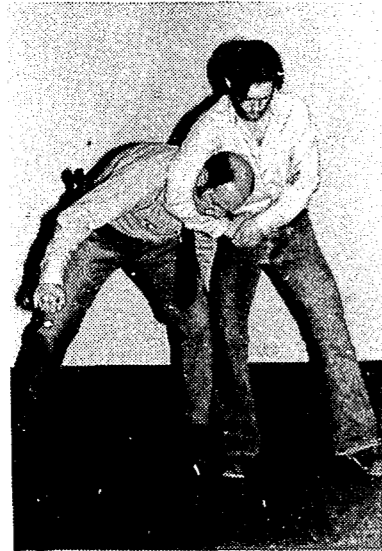
(Figure 177)
The subject places you in an over the arms bear hug from the front.



(Figure 178)
Immediately wrap both arms around the subject's shoulders and pull his head and shoulders downward at a 45° angle. At the same time drive your knee into his groin.

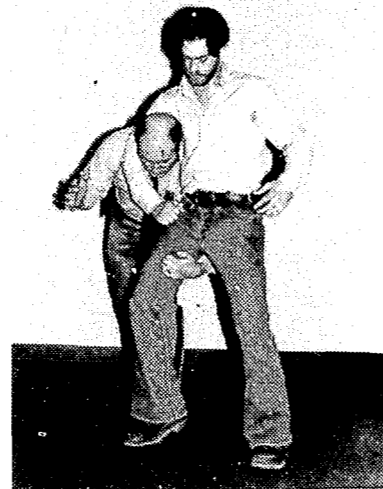
II. HEAD LOCK

A. Horse bite release.



(Figure 179)

The subject has placed you in a headlock and you are bent over at the waist. The subject will be standing normally--just in front of you.



(Figure 180)

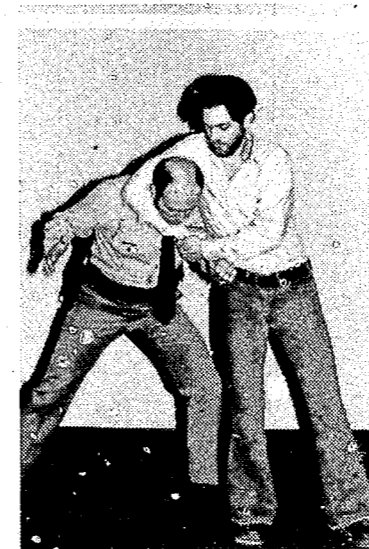
With your closest hand reach between subject's legs and grasp firmly the inner thigh area just below the groin.



(Figure 181)

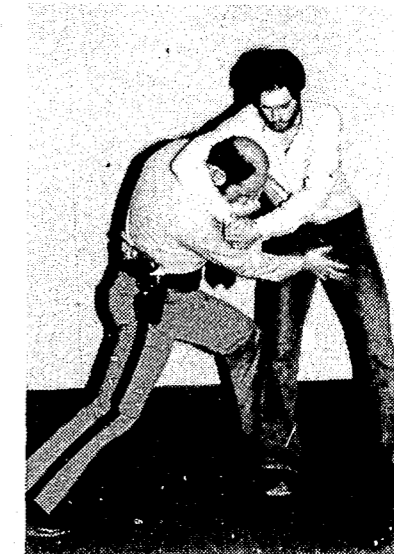
Apply maximum pressure to this grasp and at the same time begin to back out of the headlock when subject recoils from the pain inflicted.

B. Groin Strike



(Figure 182)

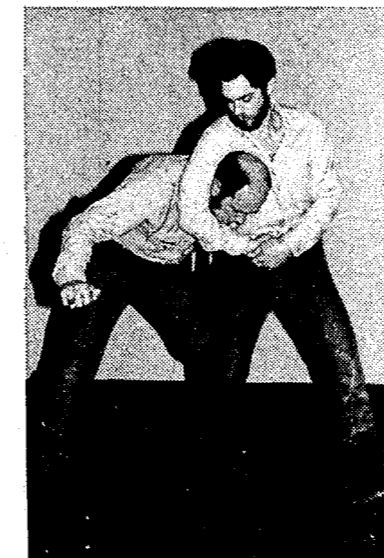
The subject has placed you in a head lock and you are bent over at the waist.



(Figure 183)

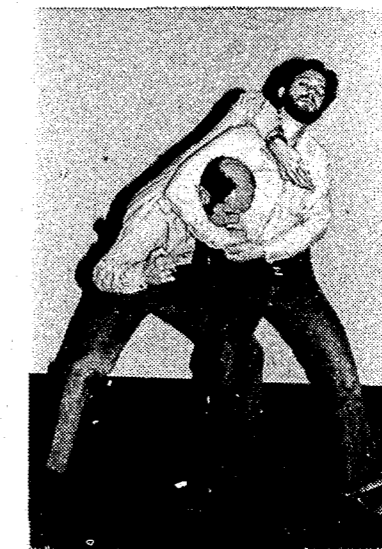
Immediately cock your outside arm into a palm heel and strike the subject in the groin twisting your whole hips and torso into the strike for power. If the subject does not release you after the palm heel strike grab and twist hard.

C. Rear Head Hold Release



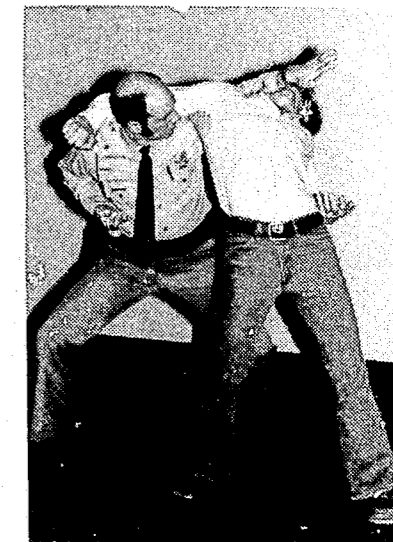
(Figure 184)

The subject has placed you in a head lock and you are bent over at the waist. Immediately swing your inside arm over his shoulder.



(Figure 185)

Place the palm of your hand underneath the subject's chin (if he tucks his chin use the pressure point at the base of his nose).



(Figure 186)

Drive subject's chin upward and back placing increasing pressure on his windpipe until the head lock is released.

APPENDIX A

Photo Illustrations: Attacking and Blocking Tools

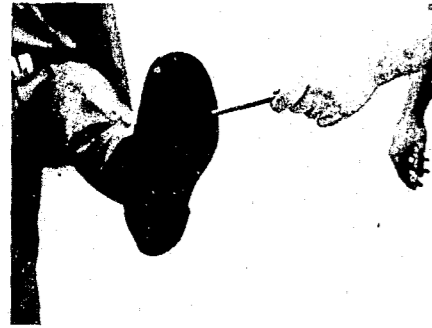


Photo 1: Ball of the foot

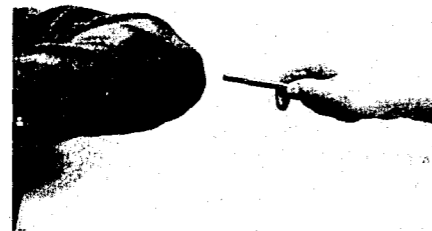


Photo 2: Elbow

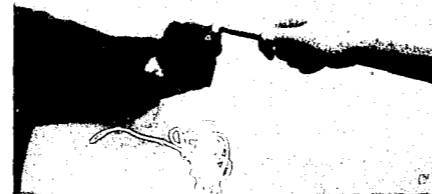


Photo 3: Fingers (Spearhand)

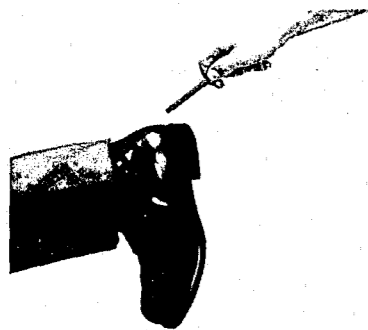


Photo 4: Heel of the foot



Photo 5: Inside edge of the hand (Ridgehand)

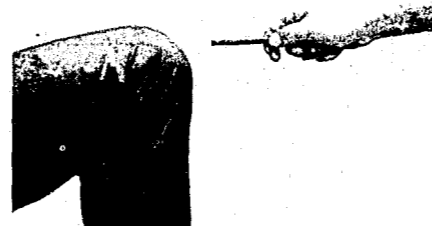


Photo 6: Knee



Photo 7: Knuckles (Fist)

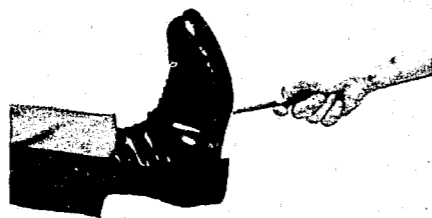


Photo 8: Outside edge of the foot (Footsword)



Photo 9: Outside edge of the hand (Knife hand)



Photo 10: Palm of the hand (Palm Heel)

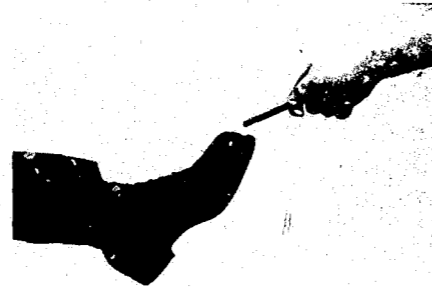


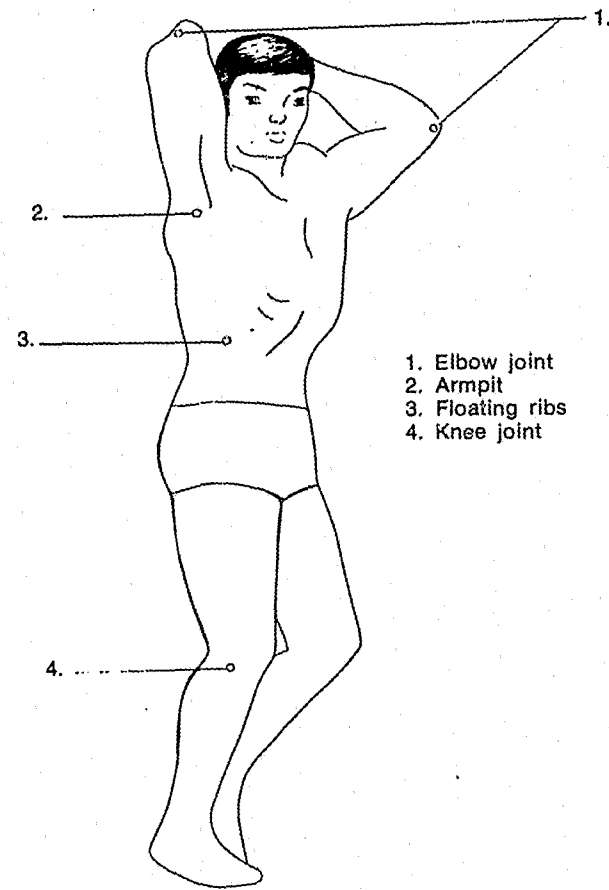
Photo 11: Toes (when wearing shoes)

APPENDIX B

APPENDIX B

Figure A

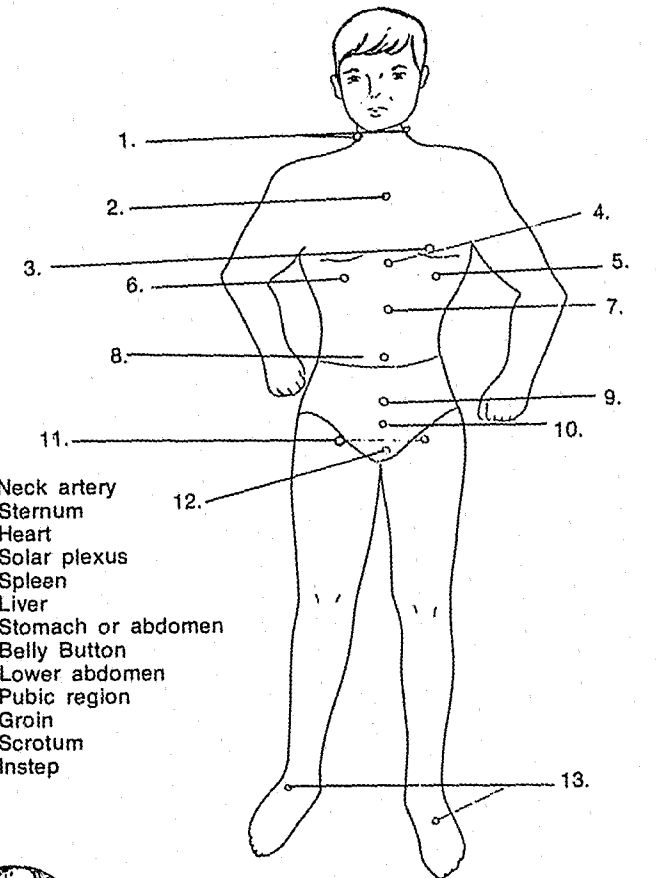
Target/Vital Areas: Side View — Entire Body



- 1. Elbow joint
- 2. Armpit
- 3. Floating ribs
- 4. Knee joint

Figure B

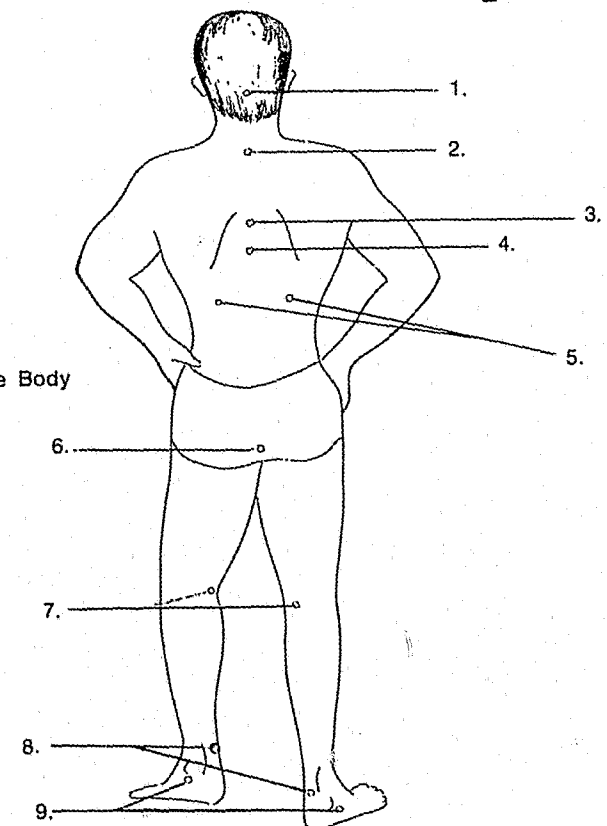
Target/Vital Areas: Front View — Entire Body



- 1. Neck artery
- 2. Sternum
- 3. Heart
- 4. Solar plexus
- 5. Spleen
- 6. Liver
- 7. Stomach or abdomen
- 8. Belly Button
- 9. Lower abdomen
- 10. Pubic region
- 11. Groin
- 12. Scrotum
- 13. Instep

Figure C

Target/Vital Areas: Back View — Entire Body



- 1. Back of head
- 2. Back of neck
- 3. Upper back
- 4. Small of back
- 5. Kidneys
- 6. Tail Bone
- 7. Back of knees
- 8. Achilles tendon
- 9. Ankle joint

APPENDIX B

Figure D

Target/Vital Areas: Side View — Left Upper Half of Body

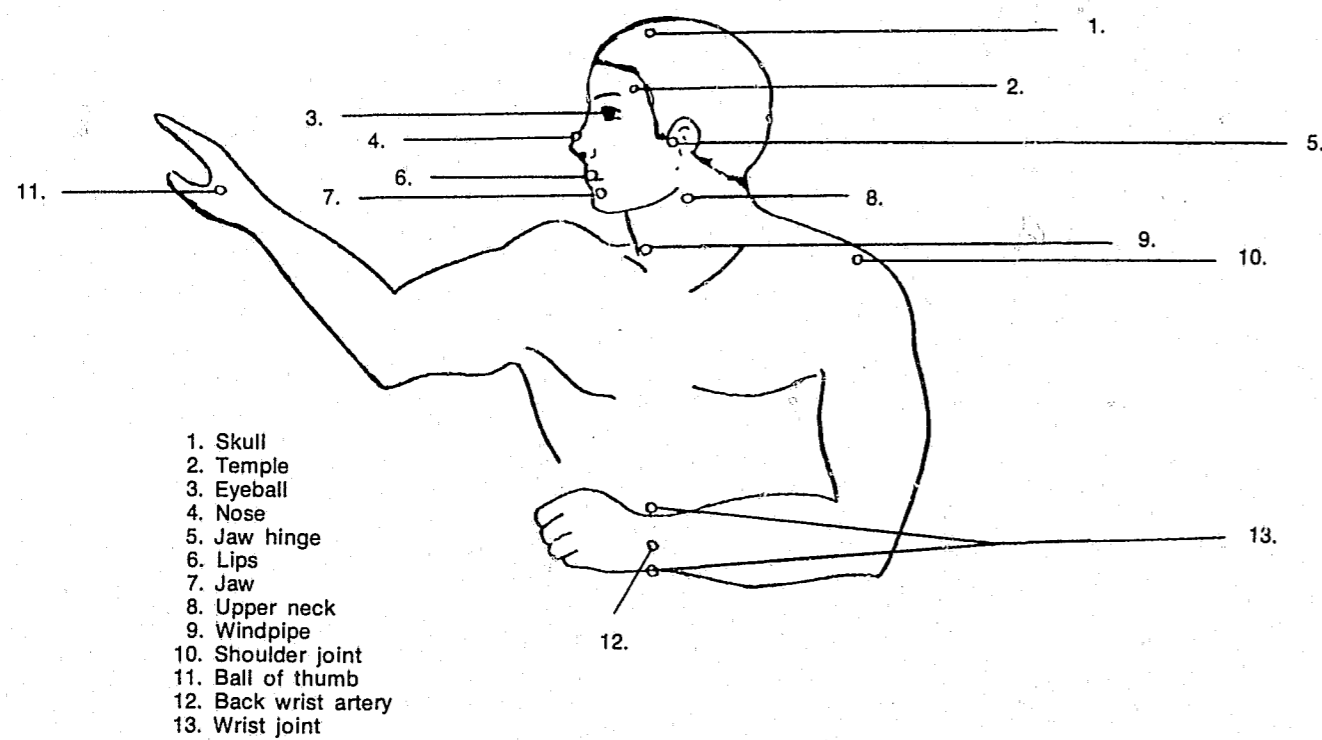
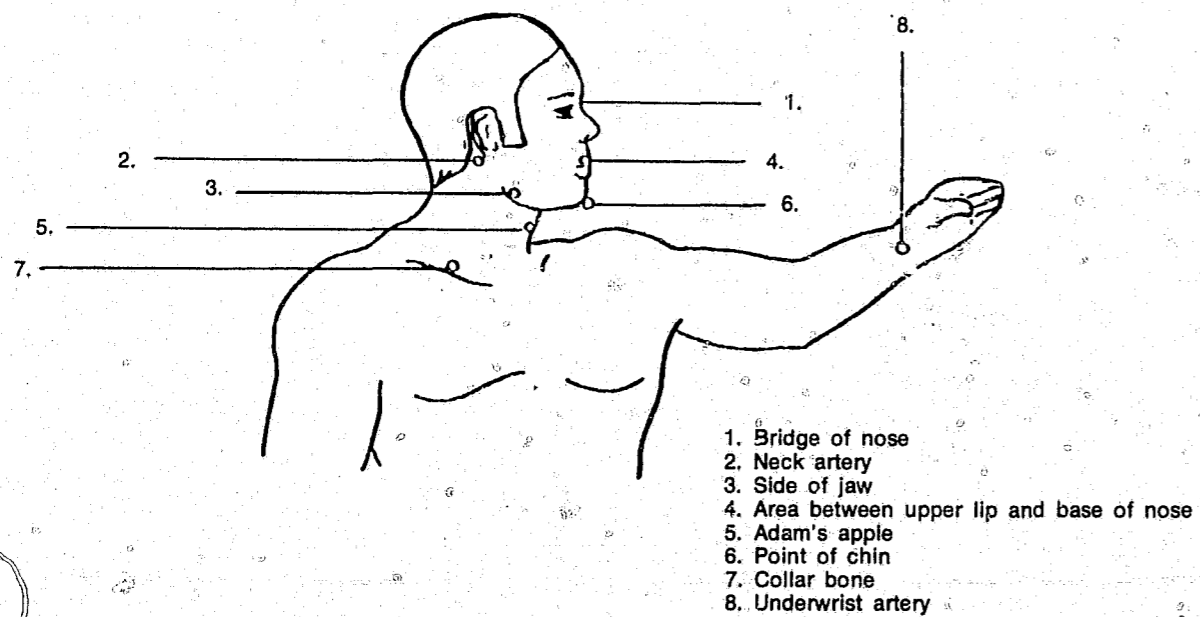


Figure E

Target/Vital Areas: Side View — Right Upper Half of Body



END