



*S.F. Bay Area Rapid Transit District Police Department*  
***Arrest and Control***

**Impact Weapons Training  
2018 AOT Curriculum**

**MISSION:** Arrest and Control instructors will provide officers of this department with training regarding Impact Weapons.

**GOAL:** By utilizing hands-on guidance, Arrest and Control instructors will teach the Officers of this department the proper use of Impact Weapons. The instructors will give Officers techniques when responding to resistance during these techniques. The training will also include the proper techniques for de-escalation.

**1. Lecture**

**III (g,j,k)**

- A) Lead discussion of revised Use of Force Policy 300 & 308.
  - a. Officers are required to document and report all UOFs.
  - b. Sergeants have the task of which level of investigation they are to perform.
- B) Clarify administrative vs technical terms
  - a. Non-dynamic takedown vs takedown technique taught by staff
- C) Explain development of curriculum to make relevant to students
  - a. Curriculum vetted by one year of statistical analysis wherein nearly 75% of the UOFs involved Arrest & Control or attempt thereof
  - b. Curriculum vetted by observations of UOF Review Board showing deficiencies
- D) Strive for Minimum Force is a valid goal and concept. Critically analyze the policy and emphasize the many contingencies and factors to consider when using force
- E) De-escalation Techniques (Tactical Communications)
  - a. Critical Decision Making
    - i. Collect information
    - ii. Assess situation, threats, risks
    - iii. Identify options, determine best course of action (Do I have to act now, or can I wait?)
    - iv. Act, review, and re-assess
  - b. On-going evaluation of situation
    - i. Before, during, and after UOF
    - ii. When to slow down
    - iii. Situational awareness of scene – 360 environment

- c. WIN – What’s Important Now?
  - i. Use team concept
  - ii. Provide clear, single questions/commands

F) Graham v. Connor

- a. Officer with similar training and experience
- b. In similar situation
- c. Act in similar manner
  - i. Not best decision, but reasonable one

G) Scott v. Heinrich

- a. Force Options
- b. No need for escalation of force options

H) Safety Points:

- a. Injuries (Past, Present, & Future)
- b. Spatial Awareness
- c. Dangerous Conditions

I) Mindset

- a. Full contact chess analogy
- b. What are you prepared to do?
- c. Why are you doing it?

J) Report Articulation

K) MVR Activation: especially in context of current UOF reporting

L) Target Zones

- a. Zone 1, define
- b. Zone 2, define
- c. Joints and areas where skins is closest to the bone (lower arms and legs) are preferred
- d. How to articulate in a report
  - i. Example: I performed two zone 2 strikes. One strike apparently struck the suspect’s thigh area causing a deep bruise. One strike apparently struck the suspect’s lower arms. This was an apparent reflexive defense move by the suspect and resulted in a broken arm.

M) Areas to Avoid

- a. Head, Neck
- b. Spine
- c. Direct Jabs to the heart
- d. Groin
- e. Areas to Avoid unless Lethal Force is justified

## 1. Warm-up

III (a)

- Jumping jacks
- Neck rotations
- Shoulder rotations
- Arm rotations
- Side bends (left and right)
- Trunk twists (left and right)
- Hamstring stretch
- Quad stretch
- Lower back stretch
- Wrist stretches

## 2. Footwork (from POI)

III (b,h,i)

- Forward shuffle
- Rear shuffle
- Left shuffle
- Right shuffle
- Shuffle pivot

## 3. Impact Weapons

### A) Target Zones

- f. Zone 1, define
- g. Zone 2, define
- h. Joints and areas where skins is closest to the bone (lower arms and legs) are preferred
- i. How to articulate in a report
  - i. Example: I performed two zone 2 strikes. One strike apparently struck the suspect's thigh area causing a deep bruise. One strike apparently struck the suspect's lower arms. This was an apparent reflexive defense move by the suspect and resulted in a broken arm.

### B) Areas to Avoid

- a. Head, Neck
- b. Spine
- c. Direct Jabs to the heart
- d. Groin
- e. Areas to Avoid unless Lethal Force is justified

### C) Draws

- a. Cross Draw
- b. Power Draw
- c. Stepping forward or stepping back
- d. Advantages of gun-side forward strikes
  - i. Distance
  - ii. Gun protection

- iii. Back health
- D) Zone 1 strikes breakdown
  - a. Forehand
  - b. Backhand
  - c. Snap Strikes
  - d. Forehand to Backhand
  - e. With footwork
  - f. With commands
  - g. On standing bags with holder (safety 1<sup>st</sup>)
- E) Zone 2 strikes breakdown
  - a. All of Zone 1 with a lower center of gravity
  - b. Mixed strikes (Zones 1 & 2)
- F) Alternate strikes
  - a. One-handed jab
  - b. Two-handed jab
  - c. Zone 2 strike from “on guard”
  - d. Chop strikes from “on guard”
- G) Expandable Baton
  - a. Draws
    - i. On-side
      - 1. Hi
      - 2. Low
    - ii. Off-side
      - 1. Hi
      - 2. Low
  - b. Expanded strikes are same as Zone 1/ Zone 2 strikes above
- H) Closed format/ Emergency Impact Weapon Strikes
  - a. Yawara style (especially for flashlights)
    - i. Jab
    - ii. Backhand
    - iii. Bottom Fist (Hammer Fist)
    - iv. Slap Strike
    - v. Palm Up Hook
    - vi. Palm Down Hook
- I) In-hand retentions
  - a. Circle-In/ Circle-Out
  - b. Figure-8

#### **4. Introduction to FIST Suit**

A) Target Zones

- 1) Zone 1: chest pad
- 2) Zone 2: thigh pad

B) Non-Target Areas

- 1) Head & neck
- 2) Back
- 3) Any and all non-padded areas

C) Striking

- 1) start at 75% power
- 2) finish at 100%
- 3) The acceleration should be less than 10 strikes per student

#### **REMINDER**

**A memo must be completed and submitted to supervisor if an Officer is unable to perform any of the above listed Defensive Tactics/Arrest Control techniques.**

**END LESSON**

**NOTES:**