

ARREST AND CONTROL TECHNIQUES (CCN:20995) 4 HOURS

(Revised January 12, 2026)

COURSE GOAL:

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

By utilizing hands-on guidance, Arrest and Control instructors will teach the Officers of this department the proper control holds, searching and handcuffing techniques. The instructors will give Officers directions when responding to resistance during these techniques.

ARREST AND CONTROL

Minimum Topics/Exercises:

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation/Verbal commands– in exercise(s)
- e. Body balance/stance/movement patterns – in exercise(s)
- f. Search – in exercise(s)
- g. Equipment/Restraint device(s) use – in exercise(s)
- h. Subject's Actions and Officer's response to force
- i. Control/Takedown - in exercise(s) Verbal command
- j. Class exercises/Student Evaluation/Testing
- k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques
3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
 - a. Judgment and Decision Making
 - b. Officer Safety
 - c. Body Balance, Stance, and Movement
 - d. Searching/Handcuffing Techniques
 - e. Control Holds/Takedowns
 - f. De-escalation/Verbal Commands

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g. Effectiveness Under Stress Conditions

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

I Lecture

III(a,b)

- A) Lead discussion of revised Use of Force Policy 300.
 - 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) 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
- C) Overview of 835a PC
 - a. Officers shall use available resources and techniques
 - b. Reasonable force used:
 - i. Prevent escape
 - ii. Overcome resistance
 - iii. Effect an arrests
 - c. Define totality of the circumstance
 - d. Consideration for mentally ill, developmentally disabled individuals
- D) De-escalation Techniques (Tactical Communications) **III(d)**
 - 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
- E) Graham v. Connor
 - a. Reasonable officer standard
 - b. Crime, Threat, Resistance, Escape/Flight

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- F) Scott v. Heinrich
 - a. Force Options
 - b. Continuum of force

- G) Safety Orientation Address: **III(c)**
 - a. Injuries (Past, Present, & Future)
 - b. Spatial Awareness
 - c. Dangerous Conditions
- H) Mindset
 - a. Full contact chess analogy
 - b. What are you prepared to do?
 - c. Why are you doing it?
- I) Report Articulation
- J) MVR Activation: especially in context of current UOF reporting

II Warm-up exercises

III(c)

- A) Cardiovascular exercise and stretching
 - 1. Jumping jacks
 - 2. Neck rotations
 - 3. Shoulder rotations
 - 4. Arm rotations
 - 5. Side bends (left and right)
 - 6. Trunk twists (left and right)
 - 7. Hamstring stretch
 - 8. Quad stretch
 - 9. Lower back stretch
 - 10. Wrist stretches

- B) Break falls
 - 1. Front fall
 - 2. Side fall
 - 3. Back fall

- C) Footwork (from POI) **III(e)**
 - 1. Forward shuffle
 - 2. Rear shuffle
 - 3. Left shuffle
 - 4. Right shuffle
 - 5. Shuffle pivot

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III Control Holds/ Searching/ Handcuffing/ Self Defense

III(e,h,i,j)

A) Clinch Review

1. Positional Control
 - a. Base and balance
 - b. Over hook/under hook
 1. Arm control vs weapon retention
 2. Head control – push/pull
2. Response to Resistance
 - a. Protect head and close distance
 - b. Body fold takedown
 1. Disengage and go to tools
 2. Side control

3. (Low risk) Hand Cuffing

- a. Test compliance
- b. Position of advantage
- c. Response to resistance
 1. Disengage and transition to tools
 2. Rear clinch takedown

III(f,i,g,j)

4. Standing Modified (**low/med risk**) Search

- a. review: systematic, quadrant, crushing search
- b. Response to Resistance during search
 1. disengage, de-escalate, transition to tools
 2. take down to rear (straight pull down)
 3. Elbow Compression
 4. Handcuffing
 - a. Contact & Cover (one-person) technique
 - b. 2-officers with kimura shoulder lock
- c. Rear Wrist Lock option
 1. emphasize pre-planning (clearing wrists)
 2. technique heavy option; requires more practice

III(d,e,f,i,j)

IV TESTING and REMEDIATION

III(j,k)

A.) Skills testing will occur after each technique is practiced.

B.) De-escalation testing will occur for each individual student upon completion of all techniques through an instructor led scenario.

C.) In the event of an injury POST shall be notified within 5-days at the following address: <https://post.ca.gov/Injury-Report-Form>

REMINDER

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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: