

1/21/20 JSO/CSO ACT/DeTac Class

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Warm Ups

1. Hand/wrist, arm, shoulder, and neck stretches along with leg stretches.
2. Movement exercises including getting away from Shinai, bamboo stick, strikes for movement practice.

SECTION A

JSO Training/ CSO training partners for cuffing/search

Searching/ Controlling/handcuffing

A. Searching/ Controlling Arrestee Tactics

1. Review/Teach Standing pat down, take down if necessary palm to chin (Osoto Gari), arm bar, then prone cuff # 3 below
 2. Cuffing, double locking
 3. Prone Cuffing
1. **Review Search THF (Suspect in Cuffs), *keep in mind the following***
 - Suspect faces away from officer
 - feet spread apart to off set balance toes out (**IMPORTANT**)
 - take control of the hand or interlaced fingers, step in close to calf
 - slightly pull down on hand(s) to take the suspect further off balance.*
 - Systematic search**
 - keep slight pressure down on the hands while searching
2. **Cuffing- always teach to:**
 - Clear the wrists of clothing
 - Quick cuffing technique at the wrist -**Double Lock**

Key Principle: You must take away your suspect's balance in order to maintain the tactical advantage. Do not take him too much off balance because that will tend to make him resist. If Suspect fights/resists

TAKE SUSPECT DOWN with hand to chin and keep control or create distance if necessary.

Resisting Suspect Techniques

Dojo Trainers

B. Sankyo Twistlock: Front, rear and seated (ACT/DeTac)

C. Armbar: From grab, efficient technique

3. Prone Control / Cuffing / Searching (If suspect goes sideways when cuffed for transport)

- After takedown on the ground
- Rotate the arm down towards the center of the back exposing the wrist, keep off back, partial weight on balls of feet and on suspect
- Pistol grip the cuffs and turn them over to cuff or quick cuff technique
- Switch hands holding the cuff, grab the free arm pull into position and cuff.
- **Double lock**

4. Application of “The WRAP” JSO/CSO

SECTION B

SELF DEFENSE

Yawara (Hand Techniques/Escapes)

- 1. Katate Hazushi (A) - Release from outside wrist hold**
- 2. Katate Hazushi (B) - Release from cross wrist hold**
- 3. Ryote Hazushi - Release from double wrist hold**
- 4. Morote Hazushi - Release from two hands grip on one wrist**
- 5. Ryoeri Hazushi - Release from front choke**
- 6. Yubi Tori - One finger hold (wake up)**
- 7. Moroyubi Tori - Applying all fingers grip into a come along**
- 8. Katate Tori - Wrist twist**
- 9. Tekubi Tori (B) - Break cross wrist hold & apply wrist twist**

10. Imon Tori – Defense from push
11. Ryoei Tori - Break double lapel grip & apply wrist lock twist
12. Kubi Nuki Shime - Break from a headlock (variations)

SECTION C

Blocking/Striking

All of the self defense positions start with the hands coming up in front of the body. Moving the feet in a balanced movement is also important.

1. Self Defense: Straight punch, round house, variations include large muscle movement armbar

DEFENSE AGAINST A STRIAGHT PUNCH: Movement exercise w/ Shinai

- hands come up the center of the body
- Pivot around the lead hand moving to the corner.
- Move to arm bar or wrist throw or to carotid
- Prone control to cuff and search

DEFENSE AGAINST ROUND HOUSE PUNCH: Move to corner, block, cuts 50% of opponent's power

- Hands come up the center of the body
- Step at an angle towards the punching arm and take away the power.
- With your free hand come up under the chin with an open hand drive the head back, take down by head motion and or sweep

BAG WORK and Red Man Drills

STRIKING: Teach use of body for power, proper striking and kicking methods

Officers may have to use strikes for self defense. Our department prescribes to the practice of using open handed strike when using the hands. Fists if not trained tend to break easily

PERSONAL WEAPONS: Teach proper techniques for strikes, hand, thumb, finger position. Foot position and body position for max power

- Open Hands, thumb/finger position
- Elbows, point, sides, etc
- Knees, top/side
- Low Kicks, never kick above the waist, you lose balance and power. Ball of foot or point with good boots.

TARGET AREAS: Learn vital points

- Soft areas of the body, solar plexus, abdomen, groin, knees (back/front) etc.
- Avoid striking to the throat (Unless lethal force is needed)

Focus Pads and Large Bag Practice

- A. **Open Hands** (Palm Strikes), thumb/finger position (Fists not trained prone to injury)
- B. - **Elbows** (Point, sides, rear, etc)
- C. - **Knees** (Top/side)
- D. - **Low Front Kicks** (Never kick above the waist, you lose balance and power. Ball of foot or point with good boots.
- E. **Back Kicks**
- F. **General Target Areas: Soft areas like solar plexus, abdomen, groin, knees, legs and chin, neck, etc if necessary.**

SECTION D

Red Man Drills

1. **Palm strikes chin, side jaw, eye poke, etc.**
2. **Groin kicks ½ power to full power under pressure**