

**SANTA CLARA POLICE DEPARTMENT
ARREST AND CONTROL TACTICS
In-House Training ACT/Defensive Tactics Outline**

Warm Ups

1. Hand/wrist, arm, shoulder, neck stretches along with leg stretches.
2. Movement exercises
3. Teach safe falling

SECTION A

Searching/ Controlling/Arresting Tactics

A. Searching/ Controlling/Arresting Tactics

Cooperative and Resisting Suspect Techniques

1. Standing Cuffing /Searching
2. Kneeling Cuffing/Searching
3. Prone Cuffing/Searching

Control Techniques

Control Holds: Standing

Teach standing front, rear and seated suspect hand and arm control holds

SECTION B

SELF DEFENSE

Hand positioning and moving drills

1. Defense from various punches, Self Defense and variations
2. Weapon retention ground & standing
3. Multiple Officer on 1 Suspect methodical application
4. Hobble application

STRIKING: Teach use of proper striking and kicking methods

PERSONAL WEAPONS: Teach proper areas of the body for use in striking

TARGET AREAS: Teach proper target areas for striking and kicking

SECTION C

GROUND DEFENSE TECHNIQUES

1. Teach methods to avoid being taken to the ground
2. Teach falling properly and defending yourself from the ground
3. Teach ground escape techniques
4. Teach ground adaptation techniques

SECTION D

Weapon Retention Techniques

1. Bilateral standing weapon retention
2. Bilateral ground weapon retention

SECTION E

CAROTID CONTROL HOLDS: CAROTID RESTRAINT

Teach proper application of Carotid Restraint, safety protocols and follow through

SECTION F

BATON

Teach proper baton techniques through prearranged exercises and individual striking and immobilization techniques

End of Training: Arrest Scenario Testing with Adrenal Stress Sustained Resistance