TURLOCK POLICE DEPARTMENT (2870)
ADVANCED GROUND CONTROL

Revised: 07/06/2020

COURSE TITLE:  GROUND CONTROL (23502)

COURSE NUMBER:  23502

COURSE HOURS:  8

COURSE GOAL:  Participants will learn basic ground control and ground fighting principles/techniques. Students will learn escapes and arrest techniques.

AUDIENCE:  Sworn Peace Officers

NOTE:  The training will consist of a classroom review, practical exercises, demonstration and scenarios. A safety orientation and warm-up exercises will be conducted prior to the start of the practical portion. Minimally, another warm up session will occur once the practical session resumes after lunch.

COURSE OBJECTIVES

Under the supervision of a qualified instructor, and using an approved law enforcement impact weapons, each student will:

I. Demonstrate their understanding of ground control principles

II. Review of the agency policy as it relates to Use of Force

III. Demonstrate the ability to perform movements and strikes as they relate to personal defense weapons while in positions on the ground (not standing)

IV. Demonstrate a proficiency to gain control and escape control positions while on the ground
EXPANDED COURSE OUTLINE

I. Classroom (Lecture)
   A. Instructor Introduction
      I. Registration/Sign in
      II. Discussion class rules and safety policy
          i. No Horseplay
          ii. Review of Safety Guidelines
      III. Discussion of prior, restrictions and injuries
          i. If injured limit activity to what is safe
   B. Policy Review
      I. Department Policy and 835a P.C.
   C. Ground Control Principles
      I. Establishing Control
          i. Space equals escape and contact equals control
          ii. Emphasis on gross motor skill vs. fine motor skill
      II. Getting to a Position of Advantage
          i. Escape or back mount to handcuff
      III. Physical Conditioning
          i. Know your physical limitations
          ii. Be reasonable about specific facts regarding your size, skill level, and physical
              condition versus the suspects
          iii. Understand that ground fighting is a very physically demanding event
          iv. Importance of good cardio and core strength

PRACTICAL EXERCISE/DEMOnSTRATIONS

I. Table Tilt Drills
   A. Basic Position
      I. Officer on all fours, suspect on officer’s back
      II. Bring suspect’s hand to officer’s chest
      III. Take same side should and drop it to the ground
   B. Stir Over
      I. Obtain basic table tilt position
      II. Roll suspect onto their back
      III. With free hand obtain twist lock
      IV. Stir that hand over officer’s head, rotating suspect onto their stomach
      V. Obtain prone control
   C. Over Shoulder Break
      I. Obtain basic table tilt position
      II. Roll suspect onto their back
      III. Use arm bar to escape
II. Sprawl/360 and Hip Switch Drills
   A. Take Down Defense (sprawling with hip press)
      I. Keep suspect head down
      II. Create distance
      III. Used to avoid ground confrontation
      IV. It is fast, dynamic technique
   B. 360 Drill
      I. Stay on toes, keep pressure on suspect
   C. Hip Switch Drills
      I. Fast dynamic technique
      II. Keep pressure on suspect

III. Sprawl/Hip Switch Techniques
   A. Outside Arm Grab (Prone Control From Hip Press)
      I. Suspect on stomach
      II. Officer in hip press
      III. Grab arm away from hip press with matching hand
      IV. Officer’s free hand/forearm pins suspects head to the ground
      V. Officer rotates away from the grip, stopping at suspect’s first shoulder
      VI. Changes hands
      VII. Obtain cross shoulder prone control
   B. Inside Arm Grab
      I. Grab to the inside/under arm away from hip press with matching hand
      II. Officer’s free hand/forearm pins suspects head to the ground
      III. Hip switch, officer pivots towards the grip stopping at the suspect’s first shoulder
      IV. Maintain the hold
      V. Obtain prone Control
   C. Two-On One Rock-Out
      I. Suspect’s arms are concealed under their body
      II. Displace suspect’s head with strikes and or by pushing with elbow
      III. Grab suspect’s wrist with same side hand (inside grab)
      IV. Rotate towards the grab
      V. Stop at Shoulder
      VI. Add Second hand to grip, pull out to Prone Control

IV. Leg Traps
   A. Single Leg Trap
      I. Suspect on Stomach
      II. Approach from suspect’s side
      III. Trap suspect’s ankle with both hands
      IV. Place suspect’s ankle on officer’s opposite side quadriceps
      V. Lean forward
   B. Figure Four Leg Lock
      I. From leg trap position
      II. Use same side arm to push suspect’s ankle into opposite knee joint
      III. Fold straight leg to trapping ankle
IV. Officer rides down suspect’s trapping leg by placing that ankle on officer’s same side quadriceps

V. Swing same side heel in front of suspect’s locked ankle

VI. Lean forward

V. Cross Body Pins
   A. Basic Cross Body Position
      I. Suspect on back
      II. Officer gets into hip press position
      III. Officer uses leg to trap suspect’s arm
      IV. Officer uses hands to control suspect’s other arm
   B. Figure Four From Upper Arm-Lock
      I. From basic position
      II. Officer uses hand closest to suspect’s head to grab the suspect’s wrist
      III. Officers uses other hand to reach under suspect’s tricep/bicep area and grabs own forearm
      IV. Pull suspect’s arm down and elbow up
      V. Transition to mount
      VI. Step out on the same side as the hold
      VII. Raise suspect’s arm to their chest area
      VIII. While maintaining a hold on the wrist, use your other hand to cap that elbow
      IX. Push suspect onto their stomach and move into prone control
   C. Figure Four From Lower Arm-Lock
      I. From basic position
      II. Officer uses hand closest to suspect’s feet to grab the suspect’s wrist
      III. Officer uses other hand to reach under suspect’s tricep/bicep area and grabs own forearm
      IV. Scissor kick up to a prone position (scissor kick if needed)
      V. Rotate suspect onto their stomach
      VI. Release hand from forearm and move to prone control

VI. Escapes
   A. Headlock Escape
      I. Officer on their back
      II. Suspect sitting out with officer in a headlock
      III. Officer push the suspect’s head away
      IV. Hook leg across suspect’s face
      V. Pull suspect down with officer’s leg
      VI. Kick out and escape

VII. Charging Attacks
   A. Shoulder Wrap Takedown
      I. Pivot away from attack
      II. Lead arm hook under suspect’s same side armpit
      III. Officer’s other hand behind suspect’s same side armpit
      IV. Officer’s other hand behind suspect’s head/neck area
V. Pivot away, place subject onto the ground on their back
VI. Step away

B. Groin Stretch Takedown
   I. As officer gets bear hugged
   II. Officer gets double under hooks
   III. Lunge to one side with lead foot to outside of suspect’s foot
   IV. Officers trail leg to stay straight
   V. Pull/rotate suspect’s body over straight leg
   VI. Place suspect’s body over straight leg
   VII. Place suspect on their back
   VIII. Step away

VIII. Closing Remarks and Review