

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