COURSE TITLE: GROUND CONTROL (20996)

COURSE NUMBER: 20996

COURSE HOURS: 8

COURSE GOAL: Participants will learn basic ground control and ground fighting principles/techniques. Students will learn escapes and arrest techniques. This course provides updated legislative content of Penal Code Section 835a.

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.

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. Case Law & Legislative Update/ Policy Review/Penal Code updates
      i. Tennessee v Garner
      ii. Graham v Connor
      iii. AB392
      iv. SB 230
      v. Revisions to 835a
   III. Discussion class rules and safety policy
      i. No Horseplay
      ii. Review of Safety Guidelines
   IV. Discussion of prior, restrictions and injuries
      i. If injured limit activity to what is safe

B. 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. Ground Positions
   A. Officer In Suspects Guard
      I. Good Posture
      II. Allows you to strike
   B. Suspect in Officer’s Guard
      I. Helps you retain control
      II. Use Leverage to gain control over their body
      III. Closed guard allows you to keep them close
      IV. Open guard may allow for officer to escape
   C. Officer In Mount Or Top Control
      I. Keep a strong base
II. Takes away suspect’s strength
III. It can be an offensive position
IV. Allows for officer to strike suspect or escape
D. Officer in Back Control
   I. Keep a strong base
   II. Allows for officer to escape
E. Officer in Side Control
   I. Keep a strong base
   II. Allows for officer to escape
   III. Can control the suspect with control/pressure

II. Injury Reduction Techniques
A. Break Fall Techniques
   I. When falling do not post with one arm
   II. Be aware of your surroundings (grass vs cement)
   III. Disperse energy by slapping the ground
B. 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
C. Base Ups
   I. Allows for 360 degree defense
   II. Is a safe way to get to your feet
   III. It has offensive capabilities (kicks)

III. Escapes/Sweep/Passing the Guard
A. Shrimping Drills
   I. Switching from hip to hip
B. Bridging Drills
   I. Bridge from shoulder to shoulder, pushing off with both legs
C. Officer Escape from Side Control
   I. Keep your back off the ground
   II. Turn into them
   III. Create distance by shrimping out, push out with top leg
D. Officer Passing Suspect’s Guard Option One
   I. Gain body control by grabbing suspect’s belt line and posting a knee to center of suspect’s butt
   II. Posture up
   III. Use nerve stimulation to inside of suspect’s thigh’s with elbows, then step out and escape
E. Officer Passing Suspect’s Guard Option Two
   I. Gain body control by grabbing suspect’s belt line and posting a knee to center of suspect’s butt
   II. Hook arm under suspect’s leg and throw over your head to escape
III. This is a dynamic technique

F. Officer Escape from Mount Option One
   I. Capture suspect’s arm
   II. Post same leg as arm you captured
   III. Bridge that direction to put suspect on his back

G. Officer Escape from Mount Option Two
   I. Keep your back off the ground
   II. Roll to one hip
   III. Push away with your bottom knee to gain distance and escape
   IV. Keep your head tucked during technique and your hands up

H. Sweep Suspect When Their In Officer’s Guard
   I. Bring them close to you
   II. Roll to one hip
   III. Block their same side leg
   IV. Trap their same side arm
   V. Scissor kick them over to full mount or escape

IV. Strikes from the Ground
   A. Target Areas/Areas to Avoid (Throat, Spinal Column, Kidney Areas, Heart, Xyphoid Process, Eyes, Groin)
   B. Special Considerations (i.e. Caution as to not punch the ground)
      I. Consider using elbows or heel palm strikes
      II. Consider striking abdomen as their head is a moving target and strikes their face may causing bleeding
   C. What You Want to Accomplish By Delivering the Strikes
      I. Escape
      II. Submission to authority
   D. Bag Drill
      I. Timed Event
      II. Emphasis on above striking considerations

V. Handcuffing
   A. Cuffing From Back Control
      I. If they submit to authority, handcuff with prone control technique
      II. If they do not submit to your authority gain distance and escape

VI. Gun Retention While Suspect Is In Officer’s Guard
   A. Special Considerations
      I. Understand this may now be a lethal force situation
   B. Figure Four
      I. Complete same side grab of suspect’s hand that is on your weapon
      II. Bring them close to you
      III. Pass your arm over their attacking arm to a figure four lock
      IV. Pull that arm over to do a shoulder lock pain compliance technique
V. Once completed, a possible escape is to roll to opposite side of gun grab and shrimping out

C. Strikes and Alternate Tactics
   I. Consider using your backup weapon
   II. Consider using emergency impact weapons
   III. Consider all areas of the suspect's body may now be open to strikes as this may be a deadly force situation