



DEFENSIVE TACTICS PROGRAM

**Alaska
Department of Public Safety**



Defensive Tactics Manual

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Alaska Department of Public Safety

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DEDICATION

This manual is dedicated to Alaska's Law Enforcement Officers who have been slain in the line of duty.

Chief Alvin G. Miller
Fairbanks Police Department
November 2, 1908

Officer Doris Barber
Sitka Police Department
July 28, 1960

Chief Thomas C. Dillon
Bethel Police Department
November 19, 1972

Officer Jonathan P. Flora
Anchorage Police Department
September 8, 1975

Trooper Edgar Chevalier
Alaska State Troopers
April 4, 1982

Trooper Troy L. Duncan
Alaska State Troopers
May 19, 1984

VPSO Ronald E. Zimin
Village Public Safety Officer- South Nankeg
October 21, 1986

Trooper Bruce A. Heck
Alaska State Troopers
January 10, 1997

Officer Justin T. Wollam
Anchorage Police Department
July 9, 2001

Chief John J. Sturgis
Anchorage Police Department
February 20, 1921

Officer Kenneth G. Nauska
Craig Police Department
January 30, 1966

Trooper Dennis F. Cronin
Alaska State Troopers
February 18, 1974

Officer Richard J. Adair
Juneau Police Department
April 17, 1979

Officer Louie G. Mizelle
Anchorage Police Department
June 6, 1982

Patrolman Ignatius J. Charlie
Alukanuk Police Department
May 10, 1985

Officer Anthony C. Jones
Dillingham Police Department
February 12, 1992

Officer Kevin Lamm
Fairbanks Police Department
January 1, 1998

Trooper Hans-Peter Rolle
Alaska State Troopers
November 23, 2001

Chief Harry C. Kavanaugh
Anchorage Police Department
January 3, 1924

Officer Benjamin F. Strong
Anchorage Police Department
January 4, 1968

Officer Earl R. Hoggard
Ketchikan Police Department
March 30, 1974

Officer Jimmy E. Kennedy
Juneau Police Department
April 17, 1979

Officer Gordon B. Bartel
Kodiak Police Department
January 15, 1983

Officer Harry B. Hanson Jr.
Anchorage Police Department
July 17, 1986

Officer Dan R. Seely
Anchorage Police Department
October 26, 1996

Officer James A. Rowland Jr.
Palmer Police Department
May 15, 1999

Officer John Watson
Kenai Police Department
December 25, 2003





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FORWARD

This manual is dedicated to the Alaska law enforcement officers who paid the ultimate sacrifice and gave their lives for us. We should be truly thankful for not only their sacrifice but also the things they have taught us. The purpose of this manual and the Academy Defensive Tactics program is teach law enforcement officers the skills and techniques that will hopefully keep them safe while fulfilling their important role in our society.

Many hours have gone into the making of this manual. Trooper Rick Pawlak spent many hours while stationed at the Academy writing this manual and starting the entire project. Sergeant Tony April, Corporal Matt Hightower, Corporal Jim Helgoe, and Mr. Mike Leccese have all contributed time, input, energy and vision into this manual. Many others helped in editing and proof reading this manual. Thank you to Ms. Jaye Forst, Education Assistant; and Mrs. Kasey Roberts for assisting in the proof reading and editing of this manual.

This manual will be updated and revised from time to time. The lead defensive tactics instructor at the academy is responsible for the manual and supervising the revisions. The dates in the Table of Contents and at the bottom of each page indicate when that chapter was last revised. These dates will be updated as the manual is. Please contact a defensive tactics instructor at the academy for assistance in obtaining a manual or an update to the manual. The Department has several DT instructors stationed throughout the state. Please seek them out for clarification or help with defensive tactics.

Stay safe.

Corporal Chad Goeden
and
Sergeant Rick Roberts



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A INTRODUCTION

There is an inherent danger associated with the law enforcement profession. Whether you are in a metropolitan area or a rural community, wearing a badge and a gun will put you in dangerous situations.

In 1792 the first law enforcement officer, Deputy Sheriff Isaac Smith was killed. Since then more than 16,000 officers have lost their lives in the line of duty. On average one officer is killed somewhere in our country every 57 hours. There are 65,000 assaults committed against officers every year, resulting in more than 21,000 injuries.

Of these officers killed, over 822 were federal officers, more than 317 were correctional officers, and some 114 were women.

“All of the 65 officers killed in the U.S. in 1997 were males. The average age of officers slain was 37. One victim was under the age of 25; 17 were between the ages of 25 and 30; 23 were ages 31 through 40; and 24 were over 40 years of age. Fifty-two of the slain officers were white, 11 were black, 1 was Asian/Pacific Islander, and 1 was American Indian. The law enforcement officers killed in 1997 averaged 10 years of police experience. Eighteen officers had over 10 years of law enforcement service; 31 had 5 to 10 years of service; and 11 had 1 to 4 years. Four officers had less than 1 year of service. Years of law enforcement service was not reported for one law enforcement officer.”¹

In 2001, 232 law enforcement officers were killed in the line of duty. Of those deaths, 143 were killed feloniously.

According to the National Law Enforcement Officers Memorial Fund, 147 officers were killed in the line of duty in 2002. Of the 147 killed, 55 were shot, 44 died in automobile accidents, 14 were struck by automobiles, 8 succumbed to job related illnesses, 7 died in motorcycle accidents, 7 were killed in aircraft accidents, 3 officers drowned, 2 officers were struck by a train, 2 officers were beaten to death, 2 officers were stabbed to death, one was killed in a bomb related incident, 1 was killed by a falling object, and 1 officer was killed in an accident involving a horse.

As of 2003, Alaska has lost 42 of its law enforcement officers in the line of duty. Twenty-six of those deaths were by gunfire or assault.

It is clear from the data that no particular group is immune to being slain in the line of duty. Whether you are a rookie or well-seasoned officer, the nature of police work can be fatal.

¹ This paragraph is selected text from the Federal Bureau of Investigations, Uniform Crime Reports on Law Enforcement Officers Killed and Assaulted 1997. The number of officers killed refers to felonious deaths and does not include accidental deaths.



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1. ARTICULABLE FACTS FOR THREAT ASSESSMENT

Threat assessment is the sizing up of a situation to make a determination about the risks involved. Any suspect can potentially be assaultive and use deadly force. However, approaching every suspect in a high-risk mode (i.e., guns drawn) would be unreasonable. The threat assessment or “officer’s reasonable perception” is based on the totality of the circumstances known at the time of the incident. Threat assessment can be based on many different articulable facts. Some of the facts used in this judgment decision are listed below. It is by no means an all-inclusive list.

- National Crime Information Center (NCIC) Lookout/Information
- Be On the Look Out (BOLO) –Local Alerts.
- Physical actions
- Suspicion level –Some or Mere/Reasonable/Probable Cause
- Time of day
- Number of officers/suspects
- Size & ability of officers/suspects
- Prior history/Criminal History
- Officer’s experiences
- Age –Officer vs. Suspect
- Visible awareness –visible weapons / unusual bulges / unusual nervousness / hands in view.
- Frailness of suspect
- Physical/mental disability of suspect

Some of the facts above can be aggravating or mitigating. For example, if the suspect is elderly his/her age could be a mitigating factor causing you to lower your perceived threat level. But remember no matter what age a suspect is, guns are the great equalizers. In 1997 at Calexico, California, a seventy-four year-old man was going to be searched after a Customs Canine Enforcement Officer's dog alerted on his vehicle for narcotics. In the search room the elderly man shot two officers. One of the injured officers returned fire and did stop the attack. His shots killed the suspect.

Besides the prior list there are also a number of articulable verbal and nonverbal signals that indicate an assault is probable or even imminent. It is critical for an officer to recognize and react to aggressive verbal and physical actions of a person. Recognizing verbal and nonverbal aggressive behavior signals will aid an officer in de-escalating situations. It will also mentally and physically prepare the officer to take immediate counter actions should a physical assault occur.

Before physical action by an aggressor occurs, that individual usually begins to threaten to attack, in an attempt to intimidate the opponent, through a process commonly called posturing or ritualized combat.



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2. SIGNALS THAT AN ASSAULT IS POSSIBLE

- Verbal aggression -yelling, swearing, etc.
- A change in posture -stands taller, sets head and shoulders, moves away/moves closer,
- Points, forms fist and/or loads the arm.
- Face becomes red, lips separate to show teeth, breathing becomes faster,
- Perspiration appears on the skin.
- Individual ignores you, looks away or stares through you.
- Creates a false sense of security by becoming very cooperative or acting incapacitated.
- Aggression redirected to something/someone else, such as breaking pencils, kicking, chairs, yelling at bystanders.

3. SIGNALS THAT AN ASSAULT IS IMMINENT

- Individual's stance changes -blades body, lowers center of gravity, shifts weight.
- Lips become tight as breathing, though still rapid, deepens. The face loses it's flush to become pale.
- Hands tighten, open or closed, arms and shoulders will shift.
- Individual may bob or rock while shifting eyes to possible targets.
- Individual may stop all motion in defiance.
- Head will come down, chin tucked, eyebrows tightened and dropped.
- Individual removes hat, watch, etc.

4. COUNTERMEASURES

Authoritative verbal commands or other communication tactics may be enough to cause the individual to back down. Try to create distance and get cover/concealment/barrier between you and the suspect. Assuming a fighting/defensive stance, in combination with the authoritative commands, creates a more powerful officer presence. However, officers should be aware that a smart suspect might use the ploy of showing signs of submission in order to attack when the officer is less forewarned. Be prepared for anything.



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5. SUBMISSION

If you are successful in recognizing the behavioral signals of an assault and posture yourself mentally, verbally and physically to counter any aggressive action against you, you may see the individual "back down" in submission. Signs of submission may include:

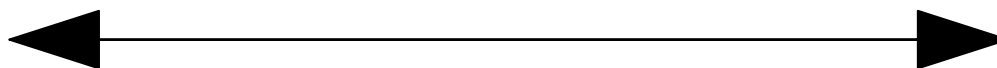
- Saying, "OK" or "I give up" while pulling the hands in front of the body with the palms out.
- Speaking slower and with less volume.
- Relaxes posture, head may bow, eyes lower to the ground.
- Individual may turn completely away or crouch.
- Individual begins grooming gestures or simply rubbing hands together and backing away in fear.
- Face may pale in fear, eyebrows may lift and forehead may wrinkle in fear or anxiety.

It is very important for officers to recognize verbal and nonverbal aggressive behavior signals. Realizing that aggressors rarely engage in a physical encounter without first threatening to attack, an officer can use the behavior warning signals to prepare himself. The officer who is mentally and physically prepared for an assault is better able to de-escalate the situation or respond appropriately to the attack. Non verbal communications must be read carefully in context and grouped in order to arrive at a satisfactory conclusion. For example, if you are walking down the street and notice someone running towards you breathing heavy with a red face and tight lipped expression it could be they want to assault you but more likely they have just about reached the limits of their jogging workout.

To understand the significance of behavior signals it is important to understand the role of the signals as it relates to physical aggression. For simplicity we can categorize aggression as either affective or predatory. In affective aggression the confrontation usually exhibits many behavior signals and posturing. The primary reason is to intimidate and establish dominance. In the animal kingdom you can liken this behavior to that which may occur between two wild dogs that hunt in the same pack. The dogs may eventually fight to establish leadership or the hierarchy within the pack. The important thing to remember is very rarely will this aggression lead to death. It would be contrary to the pack's survival for this to occur. On the opposite end of the spectrum is predatory aggression. In this aggression the behavior signals are usually not present. In fact there may be little or no emotional arousal. The aim is not intimidation but to stalk and kill. The same wild dogs when hunting for food can easily stalk and kill large prey yet would not kill each other. Human aggression can be thought of to exist as a continuum with affective aggression on the far left and predatory aggression on the far right. The greater chance of mortality occurs in predatory aggression and there may be no behavior signals to warn of an attack. When an officer is attacked without the presence of aggressive behavior signals the more likely it is to be lethal on the part of the attacker.

AFFECTIVE AGGRESSION

PREDATORY AGGRESSION





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6. LAW ENFORCEMENT OFFICERS ASSAULTED

In 1997, an average of 11 of every 100 law enforcement officers in the Nation were assaulted. For the year, 49,151 line-of-duty assaults were reported by 8,692 agencies covering 75 percent of the total United States population. These agencies employed a total of 451,980 officers. Assaults resulted in personal injury to 13,105 law enforcement officers in 1997. The 1997 rate of 3 per 100 continues a downward trend over the past 5 years.

During 1997, 4 of 5 law enforcement officers assaulted were on vehicle patrol at the time they were attacked. Sixty percent of all assault victims were assigned to 1-officer vehicles, while 23 percent were assigned to 2-officer vehicles. Five percent of those assaulted were on detective or special assignment, and 11 percent were performing other duties. Fellow officers assisted seventy- two percent of the victims at the scene of the incident.



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7. LAW ENFORCEMENT OFFICERS KILLED

Law Enforcement Officers Feloniously Killed

Type of Weapon, 1997-2006

Weapon	Total	1997	1998	1999	2000	2001 ¹	2002	2003	2004	2005	2006
Number of victim officers	562	70	61	42	51	70	56	52	57	55	48
Total firearms	521	68	58	41	47	61	51	45	54	50	46
Handgun	380	50	40	25	33	46	38	34	36	42	36
Rifle	105	12	17	11	10	11	10	10	13	3	8
Shotgun	36	6	1	5	4	4	3	1	5	5	2
Knife or other cutting instrument	5	1	1	0	1	0	1	0	1	0	0
Bomb	1	0	1	0	0	0	0	0	0	0	0
Blunt instrument	2	0	0	0	0	1	0	1	0	0	0
Personal weapons	2	1	0	0	0	1	0	0	0	0	0
Vehicle	31	0	1	1	3	7	4	6	2	5	2
Other	0	0	0	0	0	0	0	0	0	0	0

- ¹The 72 deaths that resulted from the events of September 11, 2001, are not included in this table.



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LEOKA*

2007 Deaths - Total Line of Duty Deaths: 181

9/11 related illness: 7
 Accidental: 3
 Aircraft accident: 3
 Animal related: 1
Automobile accident: 47
 Boating accident: 1
 Bomb: 5
 Drowned: 3
 Exposure to toxins: 1
 Fall: 2
 Gunfire: 64
Gunfire (Accidental): 4
 Heart attack: 7
 Heat exhaustion: 1
Motorcycle accident: 5
 Struck by vehicle: 9
 Vehicle pursuit: 6
 Vehicular assault: 10
Weather/Natural disaster: 2



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Officer Down Memorial Page*

2008 Deaths (As of 01/31/08) - Total Line of Duty Deaths: 13

Automobile accident: 2

Gunfire: 5

Gunfire (Accidental): 1

Motorcycle accident: 1

Struck by vehicle: 1

Vehicular assault: 3



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FUNDAMENTALS OF DEFENSIVE TACTICS

The responses available for an officer to choose from cover the entire spectrum of force options, from officer presence to using a firearm or other deadly force techniques. Threat assessment is the key for determining officer positioning. Positioning provides safety but must be balanced with efficiency. For example, when issuing the driver of a vehicle a speeding ticket, you notice a weapon. It is likely that you would go from a position of low hands ready to a position of cover/distance and a high firearms ready position. Why not take the position of cover before seeing the weapon? Safety vs. efficiency; you could not issue a routine traffic ticket from behind cover. However, by being alert you can maximize your safety even during face-to-face encounters. Remember your positioning changes based on your threat assessment because different situations necessitate different positioning by an officer. No two situations are exactly alike.



F.I. Stance

1. FIELD INTERVIEW (F.I.) STANCE

The purpose of the F.I. position is to give the officer a proactive, non-aggressive approach to self-defense. Officers should be in an F.I. position whenever they are armed and near any member of the public. To be in this stance, blade the trunk of your body with the firearm side turned away from the person addressed. Position your feet about shoulder width apart, with the knees slightly bent to have good balance. Your non-firearm side leg is forward and the firearm side leg back. Distribute your body weight equally to allow for quick movement in any direction. Keep your arms close to your sides, your gun side elbow close to your handgun, and your hands near your centerline. The non-firearm side hand is used for gesturing if necessary. This position keeps the officer's firearm away from a potential threat.

2. LOW READY STANCE

The low ready stance is similar to the F.I. stance, but is used when a contact begins to get slightly more agitated. The hands are kept near waist level, but his palms are turned out/down, which serves two purposes. First, it is the universal sign of non-aggression, and it shows the contact and any witnesses that you are trying to diffuse the situation. Second it prepares the officer to respond defensively if necessary by blocking or parrying any strikes from the contact.



High Ready

3. HIGH READY OR OFFENSIVE READY STANCE

Extend the front leg and move forward to widen the base. (NOTE: Moving forward allows the officer the momentum necessary to stop a sudden attack. Moving to the rear allows the subject to gain momentum, which may assist in knocking the officer to the ground.) Bend the knees and lean slightly forward approximately a 55% to 45% split having more body weight positioned on the front leg and \ remaining on the balls of feet. Raise the hands and arms to protect the vital areas of the body. Keep the elbows in close and the hands in the centerline of the body. (Note: keeping the hands and elbows in the centerline of the body will force most attacks to the outside, which is easier to defend.)

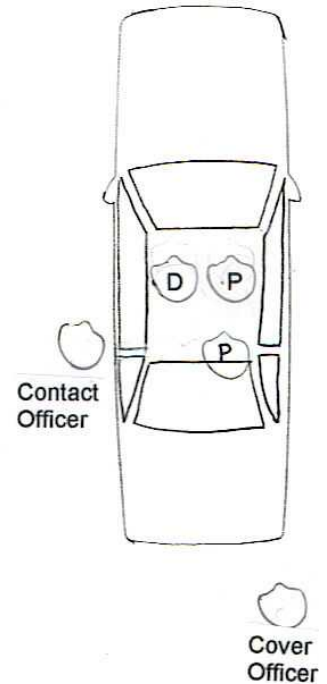


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4. CONTACT AND COVER OFFICERS

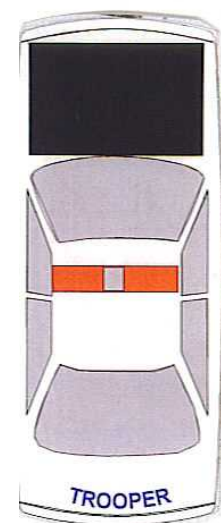
Designated roles of contact officer and cover officer are given so the responsibilities of the officers at the scene of an enforcement situation are clearly defined. Having clearly defined responsibilities will provide greater safety for all officers. The contact officer is responsible for communication with the suspect and such things as recording incident information, searching suspects, issuing citations, and radio communications. The cover officers are there for scene safety, to witness/backup the contact officer, for control of all suspects, and to assure integrity in the chain of custody for evidence. This diagram is an example of contact and cover officers' positioning in a low threat investigative stop. The contact officer is closer to the suspect and the cover officer is in a position further away to see the big picture. Although it is not the preferred ratio of officers to suspects, the officers do not break from the contact and cover roles while the suspects are compliant. A common error is to have both officers interviewing a suspect. The ideal position for a cover officer provides a clear view of the suspects as well as a view of the surrounding area. In some situations the contact and cover roles will change between officers due to circumstances. For example; the suspect may refuse to talk to the initial contact officer but is more than willing to cooperate with one of the cover officers who he has dealt with on previous occasions. In some high risk arrests the cover officers will keep their firearms pointed towards suspect while the contact officer holsters his/her firearm to handcuff the suspect.



5. COVER

The term "cover" for law enforcement officers means an object or barrier that stops, deflects or substantially slows down bullets. Cover is better than concealment for officers in a high-risk situation because it provides better protection. Cover will change depending upon the type of weapon and bullets used. A 50-caliber rifle, such as the one used by David Koresh's cult in Waco Texas, can penetrate most objects normally associated as cover. The Uniform Crime Report, prepared annually by the FBI, identifies handguns as the most common firearm used to kill officers. The most common handgun cartridge types used against officers in 1997 were the .38 caliber and 9 millimeter. These two weapons jointly accounted for 43 percent of the handgun deaths. These two cartridge types form the basis for assumptions about cover and concealment identified below. Another assumption is that the rounds have regular loads and are not armor piercing bullets. Be aware the felonious use of rifles is on the rise. The following are some examples of cover that are used by law enforcement officers:

- ballistic shields
- car engine blocks
- car tires (brakes and brake drums)
- metal or concrete structural columns
- corners of buildings





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- large trees
- mail boxes

If you know the suspect's weapon is a long gun or if you are fired upon from an unknown source you may want to consider the projectile is from a 30-06 cartridge with an armor piercing bullet. This is the most penetrating round liable to be encountered by law enforcement. Military technical manuals give the following minimum cover thickness for protection from this type of round as:

- 7 inches of concrete
- 20 inches of broken stone
- 24 inches of dry sand
- 40 inches of earth packed or tamped

Finally, remember that a study by a large California police department showed that over 90% of officers who sought cover during armed confrontations survived the encounter. If available, cover should always be sought first in high threat situations.

6. CONCEALMENT

The term "concealment" means something that can hide a person from view but that would not stop bullets. Concealment is better than being in Plain view for officers in a high-risk situation. The following are some examples of concealment:

- darkness/shadows
- car doors
- residential trash cans
- shrubs and small trees
- most office walls, made of concrete blocks or sheet rock
- partitions

The nature of law enforcement work does not necessitate the use of cover and concealment during routine administrative work. For many administrative duties there is a face-to-face meeting with no significant physical barrier. The important thing to remember is that during a high-risk situation, an officer needs to identify and use cover or concealment. If no cover or concealment is available, use movement and create distance.



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7. BARRIERS

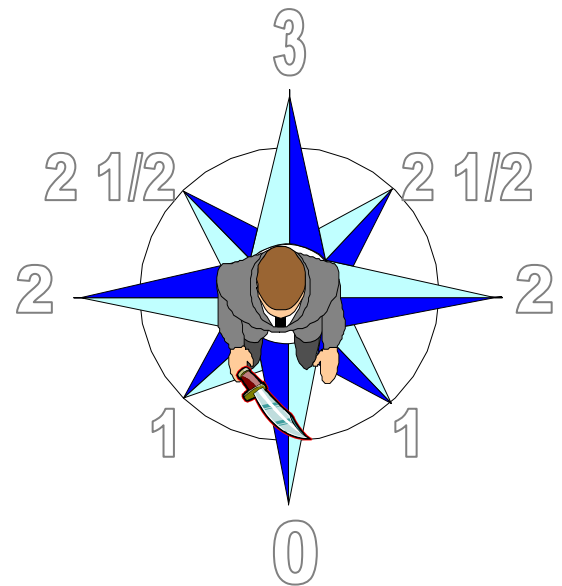
A barrier is an object that will stop a suspect from having a clear path to the officer. Barriers can be as simple as a table, a desk, a car or any other object that a suspect would have to go around or over before a hand-to-hand attack. A barrier is very useful during routine administrative functions and in lower threat enforcement situations. By using a barrier, the suspect might never successfully attack an officer even though the suspect has the ability and intent to do so. Using a barrier can prevent the suspect from having the opportunity to assault and may allow an officer control options other than the use of deadly force.



A barrier may not necessarily stop bullets or provide concealment. Therefore, good cover should be sought in those situations. A barrier is also useful when facing a suspect with a knife or other weapon that is used in close quarter attacks. There is a valid argument that a knife can be thrown but nearly all persons must slash, cut or stab with a knife for it to be an effective weapon. Natural weapons such as hands and feet are effective only if the assaulter is close to the officer. A barrier might allow an officer to use a lower level of force such as verbal communication tactics or OC spray. When facing a suspect with a knife, even if behind a barrier, be prepared to use deadly force.

8. RELATIVE POSITIONING

Relative positioning is a way to describe the placement of officers in comparison to the suspect. One method used to describe the relative positioning uses the number zero as the position directly in front and three as the position directly behind the suspect. The number two represents the position out from either shoulder. Regardless of the numbering system used, the approach and subsequent contact of any suspect should be initiated from specific angles or avenues to provide the officer with a physical advantage and a greater margin of safety. These angles are used in enforcement situations where a distance interval has been established with the suspect such as during an interview or when an attempt is being made to control a suspect using an intermediate weapon. For an officer with a firearm aimed at a suspect, the changing of the officer's relative positioning may allow for target isolation (no innocent persons in the sight picture).





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9. DISTANCE

The enforcement situation often predetermines the distance between an officer and a suspect. The duties of many officers will bring them close to persons during administrative functions such as writing a ticket or answering general questions. During these administrative functions, position yourself where you are visually aware of the person and the surroundings. The distance between you and the person should allow you to focus clearly on his/her head and neck area although initially you should visually be sure the hands are clear. During the face-to-face meeting you should also see the person's hands and feet with your peripheral vision.

Visual awareness is extremely difficult while people are in a vehicle.

Because it is difficult to achieve visual awareness of vehicle occupants, it is easy to understand why the Supreme Court ruled in *Maryland v. Wilson* 519 U.S. 408, 412 (1997) that officers may direct all persons out of a vehicle during routine traffic stops. During an arrest, officers usually have more discretion about distance and position. The most important thing to remember about distance is the farther away you are from a person, the safer you are. Conversely, safety decreases as you get closer. Unfortunately, for many job functions required of officers, extended distance is not an option. Most law enforcement officers are killed at a distance of 0-5 feet from their assailant. This should heighten your awareness during all enforcement situations.

10. TACTICAL MOVEMENT

Tactical movement describes a movement technique that allows the officer to watch the threat (usually the suspect) and not the ground, and to move without tripping.

a. Forward

To move forward tactically is to keep visual awareness of the suspect, the surrounding environment, and maintain balance. This is accomplished by using a technique referred to as the "step and drag" or "shuffle step." The support side leg steps forward and the weapon side leg "drags" forward.

b. Backward

To move backward tactically is to maintain balance during movement and keep visual awareness of the suspect and the surrounding environment without looking down or over the shoulder. The officer's weapon side leg is back, the weapon side leg steps backward and the support side leg "drags" backwards.

c. Left

To move tactically to the left is to maintain balance during lateral movement and keep visual awareness of the suspect and the surrounding environment. The officer's left foot, regardless of whether the officer is left or right handed, initiates movement to the left. The officer will take a lateral step with the left foot and "drag" the right foot to the left.



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d. Right

To move tactically to the right is to maintain balance during lateral movement and keep visual awareness of the suspect and the surrounding environment. The officer's right foot, regardless of whether the officer is left or right handed, initiates movement to the right. The officer will take a lateral step with the right foot and "drag" the left foot to the right.

11. MOVING OFF-LINE

Given enough time and distance an officer has many options to prepare for a weaponless assault. The officer could call for backup, draw an - intermediate weapon, or create distance. Many assaultive situations do not allow for that amount of preparation. By the very nature of an assault, the attacker will wait for an opportunity when he can succeed. However, even with short warning and a limited reactionary distance, the officer may be able to step off-line from the oncoming aggression, causing it to pass.

During an assault try to direct your movement to the outside of the adversary's body line. This may place the officer in an excellent position to assess the situation and select and strike an available target. Try to avoid meeting force with force unless you possess a far superior strength or tactical advantage. In any situation where the first movement of the officer is the result of an action on the part of the suspect, the officer's reaction is not one of retaliation, but rather one that would stop the oncoming threat.

12. COMMUNICATION SKILLS

An officer's communication skills can be broken into three categories; officer presence, verbalization, and listening.

a. Officer Presence

Officer presence describes the tactic of calling for backup as well as an officer's nonverbal and symbolic communication. This includes things like facial expressions, appearance, posture, gestures, and eye contact. Like actors, officers need to change their nonverbal and symbolic communication for varying situations. In some situations, an officer must be a compassionate and caring friend to a victim while other situations may require the stoic enforcement of an unpopular law. Remember, it is human nature to make judgments about how someone looks and everything else being equal, a suspect is more likely to challenge an officer who looks inattentive and weak. Remember, up to 97% of your effectiveness is through your professional presence.

b. Verbalizing

How and what you say as an officer is based on the situation.

Obviously you will verbalize differently during an assault than during an interview. Do not let others provoke you with their language. "They can say what they want as long as they do what you say."



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b.1 During an Interview

There are many different interview techniques but generally you should employ the following suggestions. Make the questions relevant to the listener. Use simple words and ideas, in short sentences. Structure your thoughts and then your words. Repeat important points. Use analogies and metaphors to gain understanding. Be aware of the meanings of words over and above their literal sense.

b.2 During a Low Threat Enforcement Situation

During a low threat enforcement situation the same verbal skills used in an interview should be used. Avoid slang words like "freeze" or using profane language. Use a firm clear voice. Be sure to identify who you are, usually by agency, and why you are there. Avoid words that could be interpreted as provoking. If a suspect is not under arrest but will be handcuffed, be sure to tell him that he is not under arrest and will be free to go in a short time.

b.3 During a High Threat Enforcement Situation

Suspects and officers will sometimes experience auditory exclusion during extremely stressful situations. Auditory exclusion is when a person's natural reaction to stress is to limit or even shut down the ability to hear or discern noises. For that reason, during most high threat situations (rapid raids, suspect with a weapon) officers should speak loud, clear, and concise using short repetitive commands. Officers should identify themselves as the police to keep it simple and clear. In extreme situations such as an assault, be sure to yell commands loud enough to warn innocent bystander and to alert backup.

b.4 Emotionally Disturbed Persons

Entire books have been dedicated to the topic of handling emotionally disturbed persons but they usually boil down to this: speak slowly, softly, and simply. By doing this you are more likely to gain their confidence.

c. Listening

c.1 During an Interview

Many interview techniques now recommend that you listen to the response without interruption. Take notes if necessary to ask follow-up questions.

c.2 During a Low Threat Enforcement Situation

As long as the suspect is not a threat there is usually plenty of time to seek cooperation. You will decrease the chance of a sudden and unexpected assault if you listen and respond to any legitimate questions. However be sure to listen for clues that an assault is likely so you can increase your threat assessment.

c.3 During a High Threat Enforcement Situation

During high threat enforcement situations you should be listening for a number of specific things. Is the suspect stating, "I give up", or is he telling you the opposite by saying he is going to kill you. Listen for other officer's commands to be sure that you are not contradicting what they are saying. For example, one officer tells the suspect "don't move" when the other officer says, "get down on the ground."

Listen for the other officer's warnings and directions such as for a multiple officer takedown of a suspect.



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c.4 Emotionally Disturbed Persons

In many cases, an emotionally disturbed person wants someone who will listen to him. A conversation with some EDP's may seem like complete nonsense but by listening you can deescalate the situation and get the person to be more rational.

13. Response with Weapons

LAW ENFORCEMENT OFFICER'S RESPONSES INCLUDING NATURAL WEAPONS, INTERMEDIATE WEAPONS, AND FIREARMS.

A. NATURAL WEAPONS

The term natural weapons refer to any strike or physical technique done without the use of a tool. The use of natural weapons may be necessary to defend yourself, protect an innocent person or to detain/arrest a suspect.

B. INTERMEDIATE WEAPONS

Although an intermediate weapon is used at a lower level of force, it should be drawn with no less forethought than a firearm. Batons, Tasers, and OC spray are the most widely used intermediate weapons. Like a firearm, they should only be taken out to prepare for their eventual use. Never threaten with an intermediate weapon unless you are prepared to use it if the threat does not change the subject's behavior. As with the firearm, it is prudent for an officer to have the weapon ready before it is actually used. Officers should draw an intermediate weapon if it is likely that they may need to use it. Articulate facts known at the time of the incident will determine the reasonable officer's judgment. In unique situations, some types of intermediate weapons may be used on a passively resisting suspect although intermediate weapons are much more likely to be used on suspects displaying active resistance, assaultive or deadly force behavior. During lower levels of force by the suspect (passive resistance), make sure to exhaust verbal communication attempts before using an intermediate weapon. As long as the suspect is not actively resisting, there is usually time to try many communication tactics.

C. FIREARMS

Law enforcement officers carry handguns to protect themselves or innocent persons in deadly force situations. Common sense says not to draw a handgun indiscriminately. A weapon drawn will usually frighten the public and could provoke violence in situations where other tools and tactics may be better suited. Remember that introducing an easily accessible deadly weapon into an otherwise non-lethal situation can have unnecessary consequences. Officers must re-holster their firearm if it becomes unlikely the weapon will be needed. A better tactic may be to move quickly away or to try a weapon take away if you are close to the suspect.



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D. WEAPON RETENTION

Attempts to take officer's weapons by suspects are on the rise with the increase in assaults and violence perpetrated against law enforcement officers. Therefore, officers must understand that weapon retention is a mindset that can be broken down into two categories. The proactive mindset begins the moment an officer places a weapon (any weapon, not just a firearm) on and prepares for duty. Before placing the weapon in its holster, the holster should be inspected to make sure that it has no defects that may allow the retention devices to fail. Once on duty, the officer must continue to be proactive by always being alert to his weapons in relation to his surroundings. Because an officer always has his gun with him on duty, every call they go to becomes a gun call. This is why the officer must always be cognizant of their surroundings, and perform skills of basic weapon awareness and retention at all times.

If an officer becomes careless and complacent when contacting a suspect, they are likely to compromise their position and expose their weapon. If a suspect reaches for an officer's gun, the officer must immediately become reactive in their weapon retention mindset, and if the officer is not mentally prepared to do so, they will lose valuable reaction time. The next chapter will cover reactive weapon retention in detail.



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REMOVING VISIBLE WEAPONS & HAND CLEARING

1. IMPORTANCE

Situations where a suspect has a visible weapon are extremely dangerous. Officers must make split second, deadly force judgments based upon their threat assessment. If deadly force is not needed because the suspect is compliant (does not show intent), officers must safely recover the visible weapons from the suspect prior to handcuffing. It is critical the officers put themselves in a position of advantage (guns drawn/cover/distance) when a visible weapon is seen on a suspect. It is also critical to put the suspect in a position of disadvantage (hands visible, kneeling or prone, and away from cover). This section describes methods to recover visible weapons from compliant suspects. It focuses on directing the suspect to a position of disadvantage. This gives the officers an advantage to respond successfully should a suspect make an assaultive action.

The three techniques will cover:

- Visible weapons in the suspect's front pockets or front waistband.
- Visible weapons in the suspect's rear pockets or rear waistband.
- Visible weapons in the suspect's hand.

Although these are not the only places to have a visible weapon, it does cover the most probable scenarios. The term "visible weapon" means a knife, gun or other deadly instrument that you see on the suspect.

Weapons in pockets or concealed on the suspect may cause an outline on the clothes or an unusual bulge. A judgment decision has to be made by the officers whether to first retrieve the imprinted weapon or to handcuff and then retrieve the weapon. The judgement decision should mainly be based on the accessibility of the weapon to the suspect. The more accessible the weapon is, the greater the reason to retrieve the weapon before handcuffing. If the recovery would require more than a few seconds in the contact zone, handcuff the suspect first.

Also, it may be prudent to call for backup if other officers are not aware of the critical situation that has occurred. Call for backup prior to recovering a weapon from a suspect that has been shot. In some situations you should leave critical evidence in place to be marked and photographed for the effective investigation and prosecution of the crime. When officers approach a crime scene that is already safe, i.e. the rooms are already cleared and secured, evidentiary weapons should be left where they lie in order to best use them as forensic evidence. A weapon can also be left on the ground to handcuff the suspect prior to a weapon recovery when the suspect is moved far enough away from a dropped weapon so contact officers can respond successfully should the suspect become assaultive and try to move for the dropped weapon.

Ideally there should always be cover officers when doing a weapon recovery, however, many officers do not have back up immediately available. With multiple officers be very careful of crossfire positioning. If necessary, the contact officer verbally directs the suspect to a control position (kneeling or prone looking away) and then waits for backup. The suspect should not be in a standing position for a weapon recovery technique. If feasible and if to do so would not increase the danger to the officer or others, a verbal warning to submit to the authority of the officer should be given prior to the use of deadly force. During a weapon recovery situation, this is one of the reasons why the contact officer should say something to the effect of "if you move for the weapon I will shoot."



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The judgment of "shoot/don't shoot" involving suspects with weapons is critical but not the emphasis of this section. Also, there may be times when a weapon recovery is not done even though there is a weapon clearly visible. For example, officers need to use their common sense and not draw and aim their firearm in a low threat enforcement situation on a person who has a folding knife carried in the closed mode in a carrying case or clipped onto a belt or pocket. The knife in this situation would not turn an otherwise low threat situation into a high threat (i.e. guns drawn) weapon recovery unless there was intent to use the weapon.

Similar to the previous exception is when an officer is doing a regulatory inspection or investigative stop on a hunter who by the very nature of his avocation is carrying a gun. During this law enforcement situation the officer would not normally draw and aim his gun and do a high threat weapon recovery. One method to handle this situation is to identify yourself from a safe distance and order the persons to lay their guns on the ground or against a tree with the safety on, bolt or slide open, magazine out, and away from the weapon.

All weapons taken from the suspect should be secured by the searching officer or a backup officer unless it is too dangerous to handle. Handling contaminated syringes & needles or other sharp objects without the proper containers and gloves is an example of when an item is too dangerous to handle. If you are unfamiliar with how to make the weapon safe, do not keep it on your person. Instead put it in a locked box or container such as a car's glove box or trunk for safety and to ensure a proper chain of custody.

2. SAFELY CONTROL THE MOVEMENTS OF A COMPLIANT SUSPECT WHOSE HANDS ARE CROSSED, IN THE POCKETS, OR BEHIND THE BACK.

Generally, most initial contacts with a suspect will start with some type of verbal communication. In high threat situations your contact with the suspect should be from behind cover/concealment/barriers using distance and contact/cover principles. Verbal commands must be given that do not ask for movement that would bring a firearm toward you, another officer, or any innocent bystander. Also it is critical that you see and respond to visible weapons seen on the suspect. If the suspect has a deadly weapon the officer's firearm should be drawn.

a. Hands In the Pockets

When the suspect's hands are in his/her pockets, have the suspect slowly pull one finger at a time, from the pockets. Have him/her lock out his/her arms. Then have the suspect turn completely around with his/her hands still locked out over his/her head. If a weapon is seen on the suspect do not let him/her touch it.



Do not simply tell the suspect to remove their hands from their pockets. With this improper technique, your mind expects to see the subject's hands move, since that is the command you have given. If the subject quickly produces a weapon in that hand, you will not be able to mentally and/or physically react in time. **Remember that action is quicker than reaction!**



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b. Hands Behind the Lower Back

When the suspect's hands are behind his/her back, have the suspect widen their stance. Then have him/her bend over at the waist while keeping his/her hands behind his/her back. If the hands are not yet visible, have him/her lift his/her hands up, off his/her back. When the suspect's hands become visible and are free of weapons, direct his/her hands to his/her side. Once both hands are out, direct the suspect to stand up straight. Tell him/her to raise his/her hands slowly over his/her head. Have him/her lock out his/her arms. Then direct the suspect to turn completely around with his/her hands still locked out over his/her head.



c. Arms Folded Across The Front

When the suspect has his/her arms folded across his/her chest, first direct him/her to spread his/her feet wide apart. Next tell the suspect to spread his/her fingers while keeping his/her arms folded across his/her chest.

Now, direct the suspect to slowly raise his/her elbows until his/her hands become visible. When the suspect's hands are visible, and are free of weapons, direct his/her hands over his/her head.





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d. Hands in front, Laying on the ground

The ground turn over technique can be utilized when the suspect is laying on the ground concealing or trapping his hands. Approach the suspect from the side and place your knee close to the suspect's waist. Keep your other leg bent at a 90 degree angle. Reach across the suspect's back and grab the elbow. Pull the elbow up and toward you. Next, create a figure-4 by securing the suspect's wrist with your upper hand, reaching under the suspect's elbow with your lower arm, and grab the wrist of your upper arm. Stretch the suspect toward you to make the hands visible. You can now move the suspect's arm behind his back, and transition into a thigh lock.



3. VISIBLE WEAPON FRONT WAISTBAND

a. Identify

Your threat assessment may have forewarned you to seek cover and draw your firearm prior to the initial contact. However, if your gun is holstered, draw it immediately upon seeing a visible weapon on the suspect and seek cover. Identify yourself and verbally command the suspect, "Do not go for the weapon or I will shoot."

b. Position

Direct the suspect to raise his/her hands overhead with the elbows locked out straight. Keep the hands locked out high over his/her head. It is all right to turn the suspect to see if there are any other visible weapons however, the hands must be high over head. Turning the suspect is O.K. because seeing other weapons on the suspect is more important than keeping sight of the weapon in front. The suspect may be proned in any direction as long as a contact or cover officer always has sight of the suspect's hands. Verbally direct the suspect to get down on one knee and then the other. Have him/her bend slowly at the waist, putting the hands on the ground in front of him. Direct the suspect to keep his/her hands on the ground and move his/her feet and torso back until the body is flat on the ground. The suspect should move the feet back rather than having the hands move forward. Direct the suspect to interlace his/her fingers, keeping the hands flat on the ground in front of his/her head, elbows locked out. Move to one side of the suspect. Direct the suspect to cross the ankles and to roll up on his/her side, facing away from you. At this point, command the suspect not to move.



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c. Recovery

Maintain target acquisition (trigger finger management) while approaching the suspect from the back. Avoid line-of-fire situations with backup officers. Before reaching the contact zone (0-5 feet), retract your firearm to the hip or chest while maintaining target acquisition. Lower your elevation by bending at the knees. Grasp the suspect's weapon with your nonfirearm hand. After removing the weapon, quickly create distance and move out of the suspect's contact zone. Move back to a position of cover. Secure the suspect's weapon by de-cocking, removing the magazine, or unloading. You would prefer to place any recovered weapon in a controlled area such as the glove box of a law enforcement vehicle. If that is not available you may place a recovered firearm in your rear pocket or waistband or hand it to a backup officer. Sharp weapons such as knives with a non-folding or non-sheathed blade and syringes with a needle should **not** be kept on your person unless they are placed in a hard shell container. Once all of the suspect's visible weapons are recovered and secured, position the suspect for prone handcuffing.



4. VISIBLE WEAPON REAR WAISTBAND

There are two good positioning options for a suspect that has a visible weapon on his/her backside. Either place him/her in the prone position as described previously or in a kneeling position. In the prone position the same steps as described previously will apply, although it is not necessary to roll the suspect up on one side to take the weapon away. The weapon is accessible to the officer while the suspect remains face down on the ground. The following directions describe removing a visible weapon in the rear waistband area using a kneeling position.

a. Identify

Your threat assessment may have forewarned you to seek cover and draw your firearm prior to the initial contact. However, if your gun is holstered, draw it immediately upon seeing a visible weapon on the suspect and seek cover. Identify yourself and verbally command the suspect, "Do not go for the weapon or I will shoot."





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b. Position

Direct the suspect to raise his/her hands overhead with the elbows locked out straight. Keep the hands high up over his/her head. Turn the suspect around if you have not seen his/her front side. With the suspect facing away, (hands above the head, elbows locked out) direct him/her to drop to his/her knees, one knee at a time. Once on the knees, direct the suspect to bring his/her knees together, cross the ankles, and sit back on the feet. (Note: the toes should be pointed back toward you, not curled under in a ready position.) Once in the kneeling position, direct the suspect to keep his/her elbows locked out and fingers interlaced. Before moving close to recover the weapon, give the final command not to move.



c. Recovery

Approach from the suspect's backside with your weapon targeted on the suspect. Avoid "line-of-fire" situations with cover officers. Before reaching the suspect's contact zone, retract your weapon to your hip while maintaining target acquisition. Lower your elevation by bending at the knees. Grasp the suspect's weapon with the nonfirearm hand. After removing the weapon, quickly create distance and move out of the suspect's contact zone. Move back to a position of cover, and secure the weapon. Once all the suspect's visible weapons are recovered and secured, position the suspect for kneeling handcuffing.

5. VISIBLE WEAPON IN SUSPECT'S HAND

The following technique describes a situation where a suspect has a knife or a handgun. If the suspect has a long gun (i.e., rifle) use the same basic steps but have the suspect hold the rifle by the barrel and place the stock on the ground. Then direct the suspect to place the entire gun on the ground with the barrel pointed away from the officers.

a. Identify

Your threat assessment may have forewarned you to seek cover and draw your firearm prior to the initial contact. However if your gun is holstered, draw it immediately upon seeing a visible weapon on the suspect and seek cover. Identify yourself and verbally command the suspect, "Drop the weapon! Drop it now! In some situations you may have the suspect place the weapon on the ground instead of dropping it. Some firearms, notably shotguns and cheap handguns may accidentally discharge if dropped. Do not try to outdraw a drawn gun unless you are behind good cover. **You cannot outdraw a trigger squeeze!**



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b. Position

Once the weapon is dropped, direct the suspect to raise his/her hands overhead with the elbows locked out straight. Keep the hands high up over his/her head. Direct the suspect to step slowly away from the weapon. There is no exact distance the suspect must be positioned from the gun, your cover and other constraints may limit the distance.

Have the suspect turn his/her back to the weapon. Position the suspect so his/her weapon stays between the suspect and you. This is done by either directing the suspect to move, by moving yourself into position, or by both of you moving slowly at the same time in a circle, with the suspects back toward you

Use the option that allows you to remain behind cover if possible. Direct the suspect to the kneeling or prone position far away from the weapon as described before.

c. Recovery

Maintain target acquisition and move to recover the suspect's weapon. Keep "eye contact" on the suspect as you reach down to recover the weapon. Recover and secure all of the suspect's visible weapons before placing the suspect in the proper handcuffing position.

6. WEAPON RECOVERY DURING A TERRY STOP AND FRISK

If, during a pat down, you encounter something you believe to be a weapon, stop the pat down. If it is clearly identifiable as a weapon, identify the existence of the weapon by shouting out "gun" "knife" or whatever you believe the object to be. This is to clearly indicate to the suspect, your audio tape, your partner(s), and any witnesses that you have found a hidden weapon. Your next step depends on where on the person the object was located, but the most appropriate sequence is *usually* to push the suspect to their knees, handcuff them, and then retrieve the weapon. This could vary based on where the weapon is hidden, the suspect's level of cooperation, backup, etc. Once the weapon has been recovered, a decision needs to be made on whether to arrest or not. If an arrest is made, a thorough *search* needs to be done.

7. SUMMARY

For most officers, confronting a suspect with a visible weapon is uncommon. However, these situations have happened in the past and may occur with increasing frequency in the future. If this situation does arise, it becomes critical to react immediately and appropriately. Officers need to be both physically and mentally prepared to deal with the problem. Practicing the techniques described will prepare you to react appropriately.



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ESCORTS

1. UNHANDCUFFED ESCORT

This escort technique is for the lowest threat levels when a suspect is not handcuffed. To escort a suspect, the officer should never have his/her back to the suspect.

a. Basic Escort



Begin by moving toward the 2 1/2 position and cup the subject's arm just above the wrist and palm the subject's elbow with your opposite hand. Raise the subject's arm to form a 90° angle at the elbow. The subject is now caught in the pull of your lower hand and the push of your upper hand.

b. Escort position to an arm capture

From the Basic Escort Position, guide the subject's hand behind his back and continue into an arm and thumb lock. Secure the suspect's elbow into your armpit. Close the maneuver by capturing the opposite shoulder.



c. Two officer escort

This is the same as the "Basic Escort" hold except another officer gets a hold of the suspect's other hand and controls it in the same manner.



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2. HANDCUFFED "L" POSITION ESCORT

a. Physical Control



Stand behind the handcuffed suspect. Using a "C" clamp around the outside of the suspect's elbow, grasp the suspect's elbow. On the suspect's same arm, grasp the wrist so the suspect's knuckles are in your palm. Bend the suspect's elbow, placing the upper and lower arm in a position that looks like the letter "L."

b. Pain Compliance

Apply pressure inward on the elbow and inward on the hand. When the suspect complies with your verbal commands, reduce the amount of pressure but do not compromise the control position by releasing the control grip. Keep your weapon side away throughout the escort.

c. Two Officer "L " Position Handcuffed Escort

This is the same as the "L " Position Handcuffed Escort hold except another officer gets a hold of the suspect's other hand and controls it in the same manner.

3. SUMMARY

During enforcement situations officers will need to escort suspects from one place to another. Knowing and using the escort techniques in this section will lessen the risk of injury or escape.



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RESTRAINING SUSPECTS

1. IMPORTANCE

The purpose of this section is to describe how to position and temporarily restrain suspects. Temporary restraint can include hand control as well as tools such as handcuffs, or flex cuffs. The improper application of restraint can unduly jeopardize an officer's safety and open the door for legal action against the officer and the agency.

Your threat assessment of a situation will determine the position and restraint used on a suspect. It is very important to note that it is not merely the suspicion level that determines how a suspect is controlled. However, higher suspicion levels usually warrant a greater degree of control because the threat level is also higher.

RESTRAINT POSITION

1. Standing Hand Held
2. Standing Handcuffed
3. Kneeling Handcuffed
4. Prone Handcuffed

CONTROL LEVEL

Lowest



Highest

The mere application of handcuffs does not mean a suspect is under arrest. It is very important to tell a handcuffed suspect who is not under arrest that they are not being arrested. Usually suspects are not handcuffed for patdowns and frisks, however if the threat level is high the suspect should be handcuffed. Normally all suspects that are under arrest will be handcuffed. The period immediately preceding the physical control of the suspect's hands is critical. Suspects may perceive this time as one of their last chances for escape and the risk of fight or flight is high.

It should also be remembered that as the officer approaches the jail with the suspect in restraints, the officer's level of comfort increases just as the suspect's decreases. The naïve officer reasonably believes that all is going well, and doesn't foresee any problems this close to the jail. However, the suspect is quickly realizing that his chances for escape are quickly diminishing, and that when he is taken out of the vehicle and brought into the jail, it may be his last chance to break free. For this reason, the officer must be ever vigilant as they approach the jail and move the suspect into the booking area.

Handcuffing a suspect aboard a vessel may require slightly different tactics. For example, usually the prone position is considered the safest, however on smaller vessels the kneeling position with the suspect leaning on the gunwales and facing outboard may be the most practical. **All suspects handcuffed on a vessel must be given a personal flotation device that can be worn.** Usually a type 1 or 2 style PFD will work best. It may be necessary to temporarily handcuff the suspect with his/her hands in front, to enable the suspect to assist climbing into or out of a vessel.

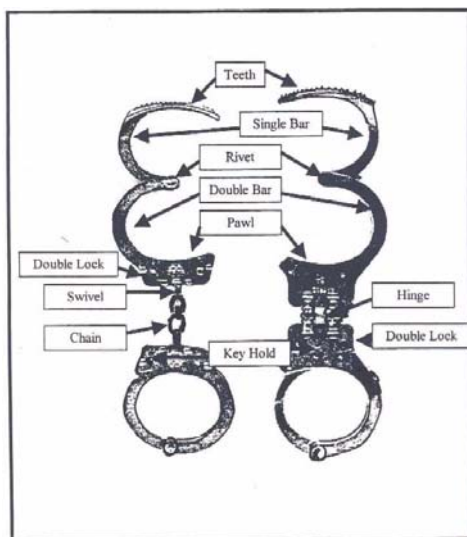


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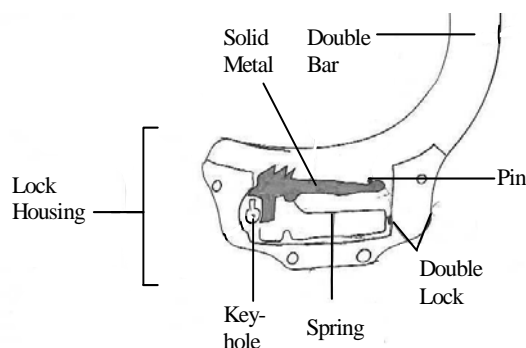
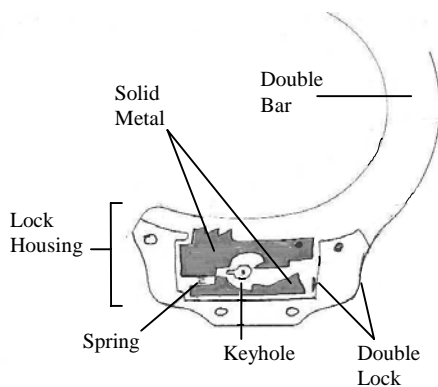
2. HANDCUFF NOMENCLATURE AND CARE, BASIC OPERATION, LOADING, AND CARRYING, OF STANDARD CHAIN AND HINGE TYPE HANDCUFFS, THE UNIVERSAL HANDCUFF KEY AND OTHER RESTRAINT EQUIPMENT.

Nomenclature and Care



Most handcuffs have a chain to connect the two bracelets although hinged handcuffs are also popular. Many officers prefer hinged handcuffs because they are generally tougher to step through, harder for the suspect to get access to the keyholes, and offer less mobility for a handcuffed suspect to reach a hidden weapon. However, they can be more difficult to apply to a suspect who is resisting.

It is important to check and clean your handcuffs periodically to ensure they work properly. Compressed air is used to clean the handcuffs (wear safety glasses). If the handcuffs become very dirty boiling them in a solution of three cups water and one tablespoon of ammonia can clean them. Dry the wet handcuffs with a blow dryer to prevent the prolonged exposure to water and air that will cause them to rust. Do not use oil to lubricate the handcuffs since this will attract dirt and dust and can gum up the handcuffs. Lubricate with a silicone, teflon or a graphite lubricant.



Loading Handcuffs



Loading the handcuffs refers to positioning the single bars so the tip just shows through the double bar. This allows the single bar a short travel distance during application. It also allows the handcuffs to fit in the cuff case properly.



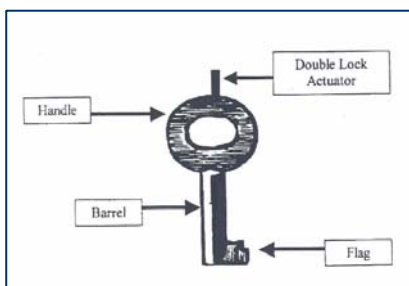
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Carrying Handcuffs

On uniformed officers handcuffs are generally worn on their duty belt in a handcuff case matching the style of their other equipment (leather with leather, nylon with nylon). The style of handcuffing will dictate where the handcuff case is positioned. For dominant side handcuffing (speedcuffing), position the handcuff case next to the firearm holster. With non-dominant side handcuffing (FLETC handcuffing method), position the handcuff case on the opposite hip of the firearm holster. The most important things regarding positioning the handcuff case is that it does not restrict the drawing of a weapon or other tools and that it allows for the officer to get the handcuffs out easily. For consistency in drawing the handcuffs, place the handcuffs in the handcuff case with the single bars forward and the double bars back. Place them chain or hinge downward and the keyholes together. Non-uniformed officers sometimes carry the handcuffs with one bracelet tucked in their rear waistline.

Handcuff Keys

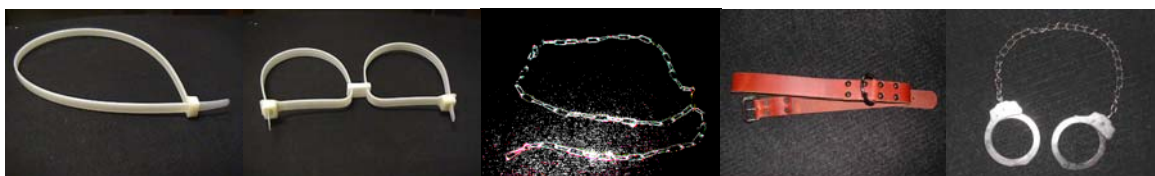


The keyholes and locking mechanisms on handcuffs dictate the type of key used. Most handcuffs use a universal type key. That same key works for almost all handcuffs. For safety purposes some officers/departments have chosen to use handcuffs that have a non-standard key. Keys come in various lengths and recently long keys with a large grip have become popular. A problem with long keys is when the handcuff keyholes are positioned toward the suspect's back and the longer key may not allow much room to insert the key into the key holes to release the handcuffs. Also, longer keys usually have a bigger handle giving the officer more torque but may lead to the flag breaking off inside the handcuffs. Often

times this will render the handcuffs useless and they must be cut off the person's hand.

Other Restraint Equipment

Officers who often transport suspects need to be familiar with belly chains, leather waist restraints, and leg irons. Also, flex cuffs and other restraining equipment such as rope or a belt may be very useful to officers who encounter multiple compliant suspects, and for suspects with large or small wrists. Flex cuffs are used when there are many suspects to be restrained or when traditional handcuffs do not fit the suspect. Flex cuffs are sold by a number of different companies. They are made of nylon and sometimes have a wire molded around the outer edge. Some come in one piece with two loops pre-made for the suspect's hands. Others are an individual loop and must be used by putting two together to form the bracelets for the suspect's hands. The practice of using one loop for both hands is not recommended because suspects may be able to slip out of the flex cuff. They are a one-time use item and are applied around the suspect's wrist in the same manner as handcuffs. After flex cuffs are tightened, the excess material that has been pulled through the one way block is cut off so the suspect can not tighten the restraints. Wire cutters are normally used to cut the flex cuffs off the suspect and to cut the excess material. Flex cuffs may not be as strong as metal handcuffs but remember, given time any restraining device can be defeated.



Single Loop Flex Cuff

Double Loop Flex Cuff

Chain Restraints

Belt Restraints

Leg Irons



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3. PRINCIPLES OF HANDCUFFING A SUSPECT

a. Position Of Advantage/Disadvantage



Before attempting to apply handcuffs on a suspect the officer should be in a position of advantage. This usually means the officer is behind the suspect and the suspect is positioned standing with his feet spread wide, toes out, leaning slightly forward, looking straight ahead, and hands behind his/her back. The kneeling position of disadvantage is with the suspect's knees together, ankles crossed and sitting back on his/her ankles with his/her arms behind the back. The prone position of disadvantage is with the suspect's feet spread wide, toes out, arms out to the side with his/her palms up, and looking in the opposite direction the officer is going to approach from.

When positioning the suspect for handcuffing the officer should have cover officers and distance (minimum of >5 ft. for low threat) and if necessary using cover/concealment/barriers. During a face-to face interaction that spontaneously becomes a handcuffing situation it is unlikely that distance or cover will be used. Instead the officer would likely keep close contact to the suspect and direct him to the proper handcuffing position.

Speed Counts

Once in the contact zone (0-5 feet) and the decision to handcuff has been made, get the handcuffs on quickly. Do not get caught up about what direction the keyholes are facing. It is important to have the suspect's thumbs up and palms out, but during a non-compliant arrest even this consideration is not weighted heavily.

Handcuff Suspects Behind Their Back

For different handcuffing styles the suspect's hands may start in a different position (i.e. on the head), but once both handcuffs are on, the suspect's hands must finish behind his/her back. Preferably with the palms out and thumbs up. If the suspect can not bring his/her wrists close together behind his/her back then two sets of handcuffs secured together may work.

Physical restrictions of the suspect, length of time in the handcuffs, court orders and other considerations may justify handcuffing the suspect with his/her hands in front even though it is less safe. If handcuffing in front, consider using a martin chain (belly chain) or restraining belt.

Proper Placement



Apply the handcuffs around the notches at the wrist, not up the forearm. Ensure they are properly tightened so that circulation is not cut off to the suspect's fingers and so the suspect cannot slip out of the handcuffs. Never leave handcuffs applied over the suspect's clothing i.e., jacket sleeves, because it gives a false sense of tightness and the suspect may easily slip out of the cuffs.



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Double Lock the Handcuffs

Always double lock the handcuffs before transporting a suspect. This is usually done immediately after tightening although during multiple arrests and other extenuating circumstances it may be better to temporarily delay double locking the handcuffs for tactical purposes. Most handcuffs double lock by depressing the pin at the top center of the handcuff. The pointed end of the handcuff key (the double lock actuator) or a pen can be used to activate the double lock. Other handcuffs may double lock differently. For example, the Smith and Wesson Model 100 handcuffs double lock by sliding down the springs located near the keyholes. Examples of two types of double locks can be seen below, and the internal workings can be seen on page E-2. After activating the double locking mechanism, always check by physically pushing the single bar into the double bar to determine if the double locking mechanism did engage. Double locking prevents the suspect from tightening the handcuffs and later claiming police brutality or negligence. Lawsuits have resulted from injuries that occurred when tightened handcuffs caused nerve damage. Double locking also prevents suspects from shimmying the handcuffs. The process of double locking the cuffs is not completed until you have verified that each cuff is double locked by squeezing it to ensure that it doesn't tighten.





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4. STANDING HAND HELD POSITION / TERRY PATDOWN

The suspect is directed to turn away so his/her back is toward the contact officer. The contact officer verbally directs the suspect to move his/her feet apart. The feet are moved wider than shoulder width with the toes pointed outward. This helps to take away some of the suspect's balance. The suspect is then directed to place his/her hands behind the lower back, palms together, with the fingers interlaced. The last positioning step is for the suspect to turn the palms downward keeping the fingers interlaced. The contact officer grasps the suspect's hands, wrapping his/her hand around the pinky edge of the suspect's hand. To pat down the other side, simply change hands. If a weapon is discovered, see chapter H "Removing Visible Weapons & Hand Clearing" for guidance on how to remove it.

5. STANDING HANDCUFFING

a. Position



Advise the suspect that they are or are not under arrest, whichever is correct. Direct the suspect to turn and stop with his/her back toward you. Verbally direct the suspect to look straight ahead, widen their stance (wider than shoulder width), point their toes outward, and lean forward slightly at the waist to take away some of his/her balance and mobility. Direct the suspect to place one hand at a time to the lower back area, with the fingers pointing outward and the knuckles together. If they are wearing long sleeves, it is usually helpful to have them pull their sleeves up toward their elbows while they have their hands behind them. After the officer has told them not to move any more and determined that the suspect is being compliant, the officer can move into position for cuffing. The two ways handcuffs can be

applied from this position differ only in which hand is used to hold the cuffs when they are applied. Holding the cuffs with the nonfirearm hand is called the FLETC method, and holding them with the firearm hand is called the FBI method. The technique for applying them is otherwise the same.

Extracting Handcuffs

Watch the suspect, not the handcuffs, when extracting your handcuffs from their case for application. Open the handcuff case with your nonfirearm hand. Using your nonfirearm hand, pull the handcuffs out from the cuff case. Hold the bracelets between your thumb and index finger.

Bring the handcuffs to a position in front of you next to your waist. Let the bracelet on the thumb side swing down. Orient the bottom bracelet with your firearm hand so the single bars of both bracelets are forward. Get chain control of the handcuffs by sliding the fingers of your nonfirearm hand around the chain.





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Approach

After getting chain control, tactically approach the suspect from behind. Get close enough that you can remain balanced on both feet and be able to reach the suspect with your firearm hand while keeping your firearm side positioned away.

Push Bracelet and Pull Hand



The left bracelet will go on the suspect's left hand at the base of the thumb and the right bracelet at the suspect's right hand at the base of the thumb. Using your firearm hand (FLETC method), reach across to the suspect's far hand and grasp his/her hand by covering his/her thumb. As soon as you grasp the suspect's hand, pull the hand upward and push downward with the matching bracelet. Try to get the single bar to spin completely around and catch by aggressively pushing and pulling but do not slam the handcuffs on. If the single bar does not catch use the hand not holding the chain to insert the single bar.

Apply Second Bracelet



Now grasp the other hand of the suspect and cover his/her thumb. Place the other bracelet at the base of the thumb of the suspect's corresponding wrist and push and pull the hand and bracelet in the same manner.

Tighten and Double Lock

After applying the handcuffs and while maintaining chain control, check for tightness using the little finger of the firearm hand. The tip of the little finger should just fit between the top of the double bar and the base of the thumb. Another method is to have chain control and hold each hand down while covering the thumb to see there is about a ¼ inch gap between the base of the thumb and the double bar. While maintaining chain control, tighten or loosen the bracelets as needed. The handcuffs should not be able to slip above or below the notch at the wrist.



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6. SPEEDCUFFING STANDING HANDCUFFING

a. Position

The standing speedcuffing position is similar to the FLETC standing position except that the suspect's arms are extended straight back with the palms up.

Handcuff Pistol Grip



The handcuffs are held at the chain in the dominant hand with one bracelet turned a quarter turn relative to the other bracelet. The handcuffs are held in a similar hand position that a grip of a handgun is held (vertical) rather than the horizontal method described earlier for the FLETC style. Also, the handcuffs can be held in a top load or bottom load position. In a top load position the second bracelet to be applied is rotated so it faces opposite of the first bracelet (and turned a quarter turn). In a top load, the second bracelet is applied at the base of the thumb and pulled down from the top. A bottom load means the bracelets are positioned so the second bracelet is pushed up at the base of the pinky finger. A top load may be better when the officer is taller than the suspect is and for kneeling handcuffing.

Grasp Thumb/Push First Bracelet



Simultaneously grasp the suspect's thumb (same arm as the side which you are holding the handcuffs) and push the top bracelet on at the base of the pinky.

Grasp Hand/Push or Pull Second Bracelet



To apply the second bracelet, quickly grasp the suspect's unsecured hand and either push the bracelet on at the pinky for a bottom load or pull the bracelet down at the thumb for a top load.

Tighten and Double Lock



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7. KNEELING HANDCUFFING

The kneeling handcuff position puts the suspect in a greater position of disadvantage than the standing. Be aware that some suspects still maintain a fair degree of control and balance in this position. Either the FLETC or Speed cuffing method may be utilized.

a. Position

Direct the suspect to turn and stop with his/her back toward you. Verbally direct the suspect to kneel. Direct the suspect to bring his/her knees together, cross the ankles and then sit back on the ankles. Also have the suspect place his/her toes flat on the ground, rather than curled under his/her feet. Note: people who are obese, elderly or who lack flexibility may have problems crossing or sitting back on their ankles. In such a case continue to the next step.



Direct the suspect to bring one hand at a time to the lower back area, fingers pointing outward and the knuckles together. Then direct the suspect to look forward and not to move.

Extract handcuffs

Same as standing.

Approach

Same as standing.

Push and Pull Bracelet and Hand

Same as standing.

Apply Second Bracelet

Same as standing.

Tighten and Double Lock

Same as standing.





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8. PRONE HANDCUFFING

The prone handcuffing position is one of the safest handcuff application positions because it provides maximum security to the officers by putting the suspect in a greater position of disadvantage. For non-compliant suspects that are taken to the ground, the handcuffing is almost the same as described below except the handcuffs are applied once the suspect's arms are locked out.

a. Prone Handcuffing From Thigh Lock



- The prone handcuffing is accomplished only after you have gained control of the suspect. The positioning commands for the prone handcuffing are very simple.
- Verbally tell the suspect to raise his/her hands in the air and to face away from you.
- Verbally direct the suspect to get down on his/her knees.
- Direct the suspect to bend slowly at the waist and to place their hands on the ground in front of them. Have the suspect slowly lie flat on the ground.
- Direct the suspect to extend their arms to the side and to place the backs of their hands on the ground. Direct the suspect to widen their legs and to place their inner ankles on the ground with their toes pointed outward.
- The last step is to have the suspect look away and direct them not to move.
- Re-holster your weapon (if drawn) and approach empty handed, approaching from the suspect's head at 45 degrees off the shoulder.
- Your hand closest to the suspect's head, your inside hand, captures the suspect's wrist. Simultaneously cradle the suspect's arm with your outside arm, placing your hand on the suspect's back. Place your inside hand on top of your outside hand. Apply pressure down with your hand and away from the suspect's body with your elbow, straightening his arm. From this arm and shoulder lock, move into the thigh lock

Prone Handcuffing From Thigh Lock Cont.



position, ensuring your shin moves to the mastoid first. Push the suspect's arm down so their hand goes into the small of their back. Secure the opposite arm at the elbow. Remove your handcuffs from your belt and apply to the suspect's wrists.



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Prone Speedcuffing



- Have the suspect slowly lie flat on the ground as described in the prone handcuffing from a thigh lock, making sure they are looking away from you.
- Direct the suspect to extend their arms to the side and to place the backs of their hands on the ground. Direct the suspect to widen their feet and to place their inner ankles on the ground with their toes pointed outward.
- Have the suspect look away and direct them not to move.
- Reholster your weapon (if drawn) and approach from the suspect's head at a 45 degrees angle between the head and the shoulder. Bend at the knees. With your outside hand scoop the suspect's hand and turn it so the thumb is facing upwards. Immediately apply the first handcuff. Keep the suspect's arm straight out, about a foot off the ground.
- Move into the thigh lock position, ensuring your shin moves to the mastoid first. Push the suspect's arm down so the hand goes into the small of their back.
- Secure the opposite arm, at the elbow. Apply the second handcuff.

9. RECOVERY

When it is time to have a handcuffed suspect stand from the prone position, either before or after searching, have the suspect roll on his/her side with their back towards you. Have the suspect bring their legs straight out in front of their body to form an "L". Utilizing a handcuffed escort position (see chapter G "Escorts"), assist the suspect to a sitting position. Have the suspect tuck one leg inward. Assist the suspect to a kneeling position. From kneeling direct the suspect to place one foot flat on the ground in front of them and assist them in standing.





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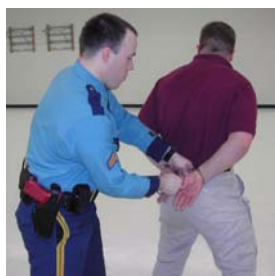
10. REMOVING HANDCUFFS

Handcuffs are normally removed from a suspect in one of three situations. The first is when the suspect is allowed to go free and is no longer under detention or arrest. The second is when a suspect is unhandcuffed after being placed in a holding cell or booking area. The third is when the suspect is turned over to another agency. Removing handcuffs in the first two situations is normally done with a standing handcuff removal method. The third situation is different than the first two since a second set of handcuffs is put on the suspect prior to the first set coming off. If a second officer is used for a two-officer release, the cover officer can get an "L" position handcuffed escort hold (see chapter G "Escorts") on the hand to be released first.

a. Position

Have the suspect turn with his/her back toward you. Direct the suspect to spread his/her feet as wide as possible with the toes pointed outward. Have the suspect lean forward at the waist and look ahead. Tell the suspect to raise his/her arms off his/her back and to spread his/her knuckles outward so the keyholes are accessible.

Release Bracelets



Normally the suspect's hand on the same side as the officer's firearm side is released first. This allows the officer to back up slightly to uncuff the other side, and should the suspect twist, he will not be able to twist toward the officer's weapon side. Get chain or hinge control with an overhand grip using your nonfirearm hand and insert the key into the keyhole with your firearm hand. If the keyholes are toward the suspect or the single bars are toward the top, you may need to use an underhand grip on the chain or hinge. Turn the key to release the double lock. In the speedcuffing style of handcuffing, one or both of the single bars will be on the top. The FLETC handcuffing style will have both single bars toward the bottom. Identifying the single bar position is important because to release the single bar, the suspect will need to roll his/her hand up if the single bar is up; or roll his/her hand down if the single bar is down. Turn the key to release the single bar from the double bar. Verbally command the suspect to roll the hand out of the handcuff being released and place it behind the lower back. When the suspect's hand is out of the bracelet, reinsert the single bar back into the double bar. An option when releasing the second bracelet if the single bar is up is to turn the entire handcuff so the single bar will face downward allowing for an easier release. Remain behind the suspect and avoid stepping out to the side. Release the double lock. Turn the key to release the single bar and verbally command the suspect to roll the hand out of the handcuff being released and place it behind his/her lower back. After the bracelets are released, tell the suspect to take a large step forward, while simultaneously moving away from the suspect to create a reactionary gap.



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SEARCHING

The following are principles of doing a hands-on search of a suspect. Individual techniques will vary, but these general principles should be followed.

1. POSITION OF DISADVANTAGE

Based on the threat assessment the suspect must be in a position of disadvantage. There are four positions of disadvantage described in this manual; the standing hand held, the standing handcuffed, kneeling handcuffed, and prone handcuffed positions (Restraining Suspects). These positions are used to allow for an easier search and to prevent the suspect from harming the officers.

2. HOLSTERED WEAPON

The searching officer must not search with his/her firearm drawn although cover officers may have a weapon drawn under appropriate circumstances. If prior to the search your firearm is out, such as during a weapon recovery, the firearm must be holstered securely prior to any searching of the suspect.

3. ASK ABOUT SHARP OBJECTS

Ask the suspect if he/she is carrying any syringes/needles or sharp objects before the search begins. This question is not a violation of *Miranda* regardless of whether the *Miranda* rights have been read or invoked. Visually inspect personal property before physically searching.

4. WEAR GLOVES

If you do not have gloves on and you encounter soiled/possibly contaminated clothing, wash or wipe your hands immediately and put on a pair of gloves before continuing the search. If it is necessary to handle soiled articles as the search continues, do so with extreme caution. If a hypodermic needle, knife or other sharp object is found, the best option is to carefully place it in a puncture resistant evidence container.

5. ONE SEARCHING OFFICER

Only one officer should conduct the search of the suspect, otherwise areas may be overlooked. A backup officer can help to restrain the suspect, but should not be doing a search.

6. SYSTEMATIC AND THOROUGH

The search should be done in a systematic and thorough manner. There must be a logical sequence to the search or you will miss something. Head to toe and back to front is a simple systematic method. Looking where you are searching will also help. Break the body into 8 areas, dividing at the waist, head to toe, and front to rear. Always begin your search in the areas accessible to the suspect's hands.



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7. FEEL, CRUSH, AND TWIST

To prevent accidental punctures the technique of feeling, crushing, and twisting the clothing is used. Conduct a lighter feel search of the areas where needles and sharp items may be located before employing the crush/twist search. Never reach into a pocket without first feeling the outside.



There should not be any hand to skin (underneath clothing) contact unless necessary to recover something during the search. ***Whenever an officer performs a search, they should use the back of the hand or the blade of the hand when searching the groin, buttocks, or breast areas. Consider conducting the search in view of a witness, a video camera and/or with an audio recorder if possible.***

8. SECURE ITEMS

All items taken from the suspect should be secured by the searching officer or a backup officer unless it is too dangerous to handle. Handling contaminated syringes/needles or other sharp objects without the proper containers and gloves is an example of when an item is too dangerous to handle. Syringes that are too dangerous to be immediately secured by an officer should be placed out of harms way and on the ground so it can be retrieved at a later time when the proper equipment is available.

9. STANDING HAND HELD PATDOWNS OR *TERRY* FRISKS



The standing hand held technique is usually used for a patdown or *Terry* frisk. All of the other searches follow almost an identical search pattern, head-to-toe and back-to-front. The only major differences are the positioning, the control, and the extent of the search. For example, grasping the interlocked hands of the suspect accomplishes the *Terry* frisk and the extent of the search is usually limited to searching for weapons. The description of the standing hand held search position begins with some basic assumptions. You have restrained the suspect's hands by having a good grip of the suspect's unhandcuffed. The suspect has his/her feet spread out wide with the toes pointed out.

a. Check the Area Accessible To The Hands

From a position behind the suspect, maintain a full-hand grip on the suspect's unhandcuffed hands. Check the sleeve cuffs, hands, and fingers of the suspect. Check the outside waistband, and inside waistband from side seam to side seam in the back including the belt. Check the back pockets and possibly the front pockets and waistband.



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b. Check the Back Side

Feel for any objects. Search the entire lower back. Use your other hand to maintain hand control. Search the right side seam of the suspect's pants. Begin at the waistband, feel down to the foot, around to the back of the leg and up to the right rear pocket. Do the left side the same way by changing hands on the hand held grip. You can move the suspect's hand with your control hand to better search these areas. Bend at the knees not the waist when searching the lower leg areas of the suspect. Have the suspect squat slightly when searching their lower legs to make it easier.

c. Check the Front on One Side

After the back area is searched, use the steps below to complete the search. Remain standing behind the suspect but move to the right keeping hand control with your left hand. Go down the outside of the suspect's arm, back up inside to the armpit, down the side of the body to the hip. Now place your hand on the top of the chest and work down to the waist, (use the buttons as a dividing line), search the bra with the back of the hand and the chest area. Continue searching to the inside of the leg, down to the foot and then up the front of the leg.

d. Check the Front on the Other Side

Move to the other side of the suspect from behind. Do the other half of the suspect's front side in the same way. Remember, on the suspect's left side, you will have hand control with your right hand.

After you have completed the search, shake out their clothing to allow anything that may have been jarred loose to fall to the ground. Watch the ground closely as they begin to walk where you escort them to see if anything falls from their clothing.

10. STANDING HANDCUFFED SEARCH

a. Check the Area Accessible to the Hands –Similar to standing hand held except with chain or hinge control.

From a position behind the suspect, maintain a full-hand grip on the suspect's handcuffed hands. Check the sleeve cuffs, hands, and fingers of the suspect. Check the outside waistband, and inside waistband from side seam to side seam in the back including the belt. Check the back pockets and possibly the front pockets and waistband.



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b. Check the Entire Back –Similar to standing hand held except with chain or hinge control.

Starting at the suspect's upper shoulders, place one of your hands on the suspect's back. Feel, for any objects. Search the entire back from upper shoulders to the lower back. Use your other hand to maintain hand control. Check the outside waistband, and inside waistband from side seam to side seam in the back. Search the right side seam of the suspect's pants. Begin at the waistband, **feel, crush and twist** down to the foot, around to the back of the leg and up to the right rear pocket. After feeling and crushing the outside of the pocket, it is "*flagged out*" using two fingers to ensure there is nothing left inside. By running a pen through the pockets you can safely check pockets that will not turn inside out. Do the left side the same way by changing hands on the hand held grip. You can move the suspect's hand with your control hand to better search these areas. Bend at the knees not the waist when searching the lower leg areas of the suspect. Place your hand between the buttocks and search the groin area. Before checking the buttocks and groin area, let the suspect know that you intend to search those areas. Be sure to use only the knife edge of the hand when searching the groin.

c. Check the Front on One Side



Same as standing hand held except with chain or hinge control and the officer may get elbow control once he has moved to the side (see chapter G "Escorts"). The elbow control technique may be useful if the suspect is taller than the officer is. It may allow for a better search without putting the officer's head close to the suspect's elbow. However, be aware that without controlling the chain or hinge the suspect may be able to reach unsecured areas or try to slip the bracelets off. After the back area is searched, use the steps below to complete the search. Remain standing behind the suspect but move to the right keeping hand control with your left hand. Remove and search any hat and check the suspect's head and hair. Glasses may be removed but be sure to safely control them so they are not damaged. Check the hair, ears, nose, and mouth. Use the feel, crush, and twist method and check the collar down to the shoulder to the end of the sleeve Go down the outside of the suspect's arm, back up inside to the armpit, down the side of the body to the hip. Now place your hand on the top of the chest and work down to the waist, (use the buttons as a dividing line), search the bra with the knife edge of the hand, and the chest area. Remove the suspect's belt and check the inside and outside of the waistband from side seam to zipper. Tell the suspect that you are going to search the groin area again. Start at the zipper and work down, using the back or knife edge of the hand. Continue searching to the inside of the leg, down to the foot and then up the front of the leg. Carefully, feel, crush, and twist the front pocket and then "*flag*" it out.



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d. Check the Front on the Other Side

Maintain control of the suspect and move to the other side from behind the suspect. Same as previous.



Proper Chain Control



Improper Chain Control

11. PRONE HANDCUFFED SEARCH

In the prone search position the suspect is handcuffed in the prone position.

Kneel down on one knee, with the knee that is closest to the suspect's head on the ground near his/her shoulder.

❖ Positional Asphyxiation Warning

Always be alert for signs of positional asphyxiation with suspects subdued or searched in the prone position.

Positional asphyxiation occurs when someone cannot breathe because pressure does not allow his or her lungs to expand and take in air. There have been a number of in custody deaths due to positional asphyxiation. Many of those deaths occurred when a suspect's hands and feet were bound together behind their back and the suspect was lying on their stomach. Although it is less likely to occur when the feet are not hobbled and bound to the hands, there is a slight chance of positional asphyxiation occurring when a suspect is arrested or searched in the prone position.

Signs of positional asphyxiation include extreme shortness of breath, violent attempts to roll over, or sudden stillness.

You may decide, if the situation permits, to stand the suspect up and complete a standing search once you've cleared the areas accessible to the suspect's hands. This decision may be made if there is a lower risk of concealed weapons, inclement weather, or suspect's physical condition.

a. Check the Area Accessible to the Hands

Same as standing.

b. Check the Entire Back

Same as the standing.



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c. Check the Front on One Side.



Reach across to the suspect's far elbow and role him toward you and onto his/her side. Get elbow control on the suspect's top elbow by pushing it downward. Direct the suspect to bring his/her top leg back and then hold his/her leg in place by placing your foot on the other side of the suspect's leg. Have them kick their bottom leg forward to prevent them from rolling over. The sequence of the search is the same as standing hand held.



d. Check the Front on the Other Side



To check the other side, release the suspect's leg and role him to his/her stomach. Walk around the head keeping a hand on the suspect's upper shoulder. **Do Not** step over the suspect's back. Have the suspect look away from you and kneel down next to the suspect on the other side. Reach to the suspect's elbow and role him onto his/her side. Check the front on this side just like on the other side.



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STRIKING, KICKING, AND DISTRACTING TECHNIQUES

(NOTE: The following techniques can be utilized from various angles and positions. The officer should have weapon awareness whenever executing a strike or kick.)



1. PALM HEEL STRIKE

The fingers of the hand should be curled back to expose the meaty portion of the heel of the hand. The strike should be executed with the heel of the hand becoming the striking surface. When executing a palm heel strike, the officer should simultaneously extend the striking arm, rotate the hips and shoulder into the target, and drive the body off of the back foot. This technique can be accomplished with either the lead or rear hand. Be prepared to follow up with another technique possibly even drawing your O.C. or baton.



2. ELBOW STRIKE (CLOSEQUARTER TARGET)

The arm should remain bent at the elbow joint and swung in the direction of the target. The striking surface will vary dependant of the area being struck and the angle of attack, but is generally the 3 inches closest to the elbow joint.

Strikes can be delivered across the body, upwards, or in a downward blow.



3. KNEE STRIKE

Either knee may be used while in a close encounter with the target. The officer will forcefully thrust the knee upward into the selected target. The hips and torso will rotate with the striking knee to increase the amount of kinetic energy generated. The striking surface will be the area above the kneecap. The strike is much more powerful and controllable if the suspect is pulled toward the officer by the body or shoulders as the strike is being delivered. Targets include the common peroneal or femoral nerve areas.





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4. FRONT SNAP KICK (FRONT FOOT)

The front leg/support leg is lifted and extended in a rapid manner into the target. The striking surfaces are the top, bottom or ball of the foot depending on the selected target.



5. REAR SNAP KICK (REAR FOOT)

The rear leg is lifted and extended in a forceful manner into the target. The body also rotates along with the shoulders and hips into the target. The striking surfaces are the top, bottom or ball of the foot depending on the selected target.



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6. SHIN KICK (ROUND HOUSE KICK)

The leg is to be utilized when using a shin kick. The Officer will raise the leg toward the target, rotating the foot so the top of the shin faces the target. The foot on the support leg should turn (open out) to release pressure on the knee joint. (This allows for a greater rotation of the hips). The student should rotate his or her torso, hips, and striking leg into the target. The striking surfaces extend from the lower bony portion of the shin to the top of the foot. Targets include the common peroneal, hamstring and calf muscle areas of the legs.

7. TECHNIQUE

Striking and kicking techniques are considered hard hand techniques. When utilizing strikes you should remember to strike soft target areas with hard striking surfaces. For example if you found yourself needing to utilize a head butt, you would strike with your forehead (hard) into the target area of the suspect's face (soft).

With knee strikes and elbow strikes, you should strike large muscle groups or areas where you might induce "hydro- shock" in the muscle tissue. The nerves that control the muscles in your body travel like electrical wires through the tissue. When the control box for the electrical wiring is struck or stunned the wires or nerves cannot transmit correctly. This can cause the muscle tissue to momentarily stop functioning correctly. By striking a nerve center (control box) and "sticking" the strike, you can render a muscle group inoperative for a moment. This can greatly aide is stopping an attack.



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BLOCKS, DEFLECTIONS, AND REDIRECTIONS



1. INTERCEPTION/SHOULDER BLOCK

The interception technique is used to block a close-in “*sucker*” punch. The officer will extend both arms in front of their face. The forearms and pinkie side of the hands will face out, bladed 45 degrees towards the subject. The officer’s head will be down between the arms and he will look between/through the hands. The officer moves forward, interrupting the subject’s attack. The ideal points of contact will be across the suspect’s chest, from the collarbone to the solar plexis, with the inside forearm. The outside forearm will block the suspect’s arm around the bicep area.

2. X BLOCK

The X block is used to block an overhead or over hand strike from a suspect. The officer should raise both arms over their head, crossing their arms near the wrist or lower forearm. The officer should step into the attack in an effort to either stop or slow it down. The officer should catch the weapon, arm or hand of the attacker between the officer’s pinkies and the top of the “X” made with the officer’s arms.



3. HAND CHECK

With this technique, the officer simply parries the subject’s arm with a downward check and counters with a palm heel strike, elbow, or forearm.



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4. LEG CHECK

With this technique, the officer simply parries the subject's leg inward or outward with their hand and counters with a follow up leg or hand strike.



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EXTRACTIONS

Extraction techniques are used to remove a suspect off of another person. These techniques are used when a higher use of force, such as a baton isn't feasible or authorized. Each of the four techniques covered will start with the officer approaching the suspect from the rear.

1. CROSS FACE



With this technique you secure the suspect's head by placing your thumb, wrist, and forearm along side the suspects jaw to the Mandibular Angle (See Pressure Points Below), and up to the Posterior Border of Ramus (See Pressure Points Below). Rotate the head and secure the suspect's chin to his/her shoulder.

2. INFRALABIAL SULCUS/BOTTOM LIP



With this technique you secure the top of the suspect's head with one hand as your opposite hand covers the suspect's chin. Your index finger stops at the crux of the chin at the base of the lower lip. Apply pressure inward and upward toward. Avoid covering the suspect's mouth to prevent being bitten.

3. BLIND FOLD



With this technique it is important that both of your hands work simultaneously. Your top hand covers the suspect's eyes and bridge of the nose. Turn the suspects head the direction your fingers point. Your bottom hand cups the chin with you thumb stopping at the Infrolabial Sulcus. Secure the suspect's head against your body, this will require you to squat behind the suspect, and move him/her to the ground.



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4. PUSH-PULL



This technique is so named because of the similarity to the later phases of the Push-Pull Takedown. Your hand slides under the subject's armpit while the back of the opposite hand secures the subjects jaw. Pull the subject into you, locking the shoulder from under the armpit and stretching the subject's upper body by pinning his chin to the opposite shoulder.

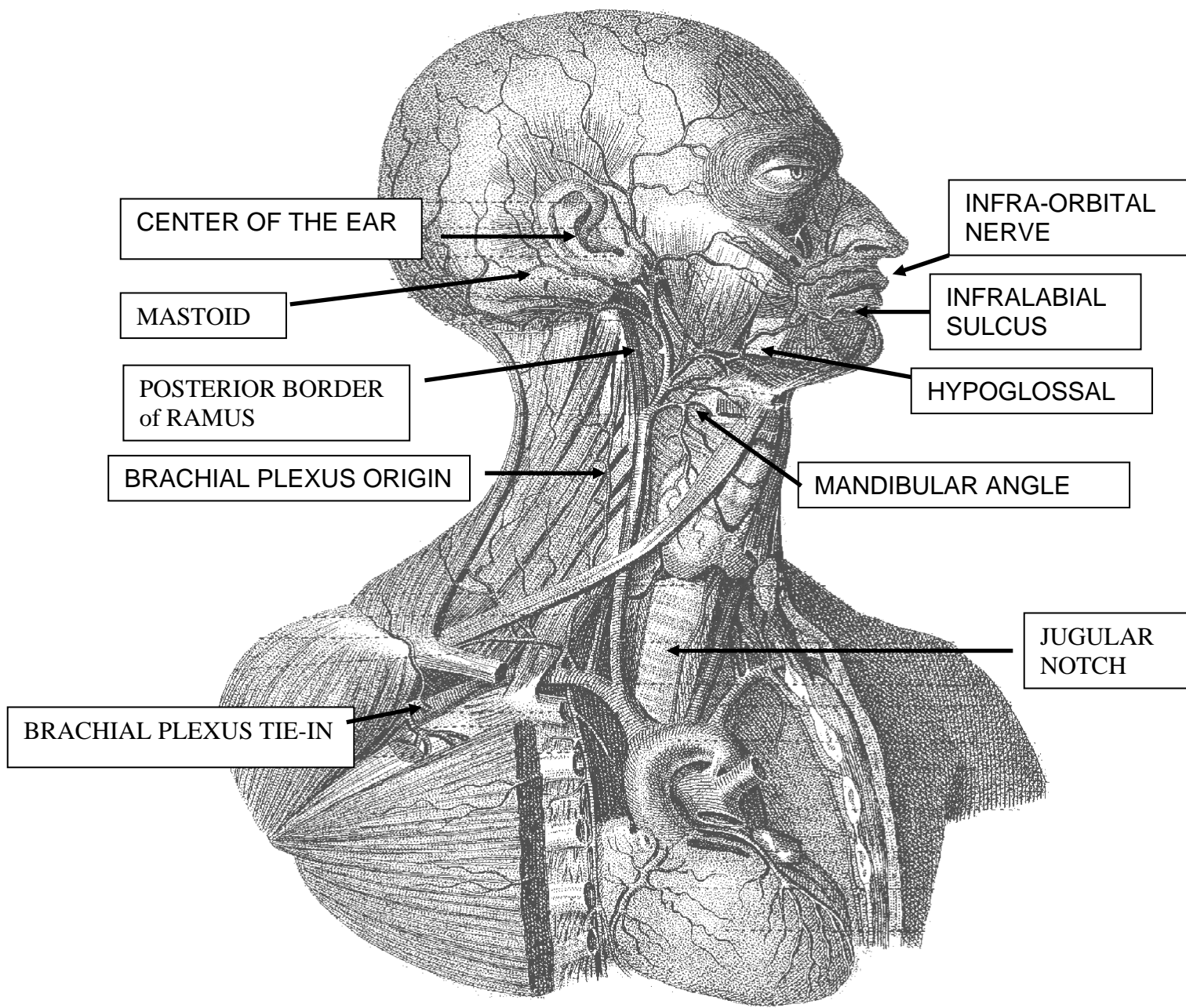




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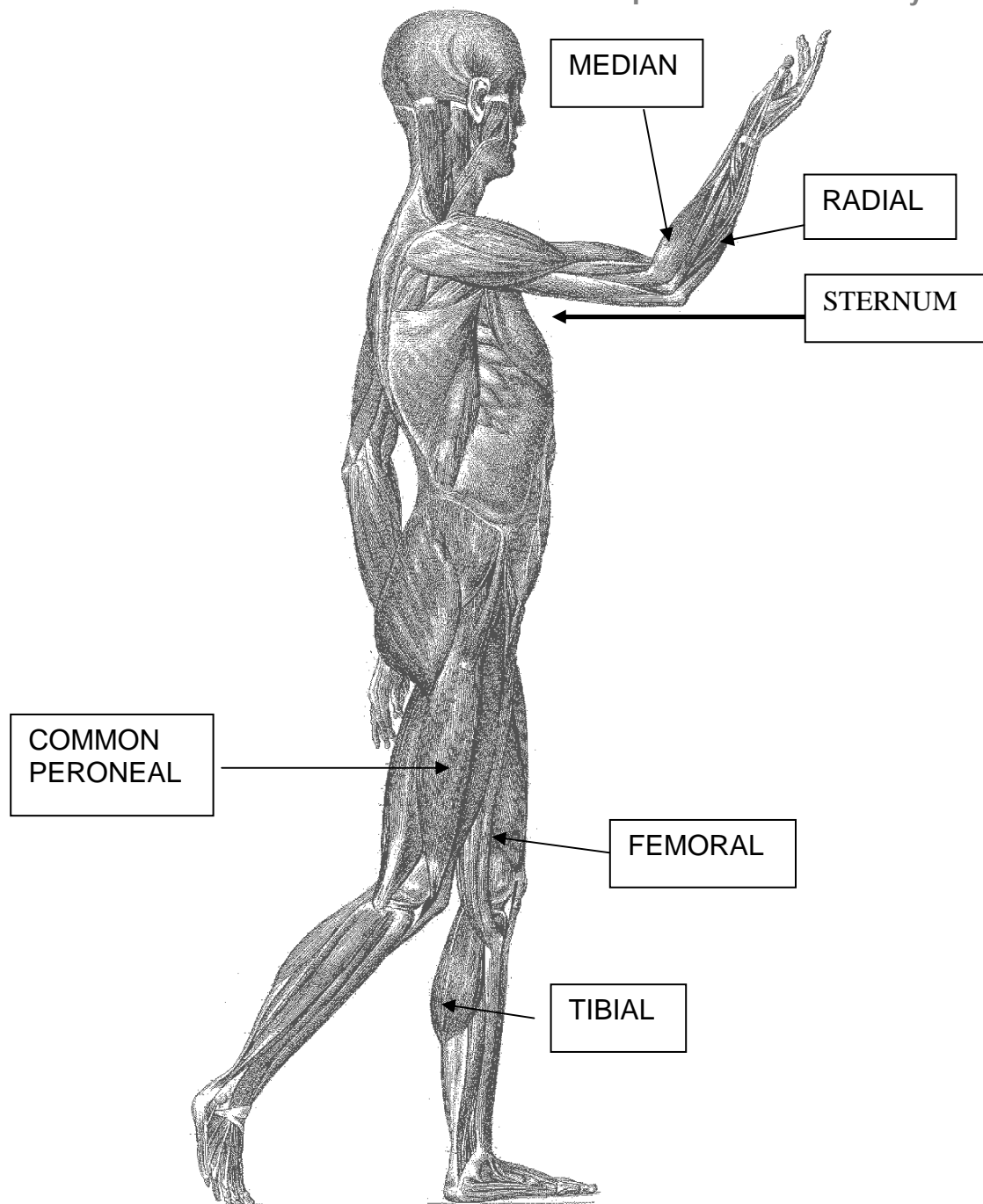
PRESSURE POINTS





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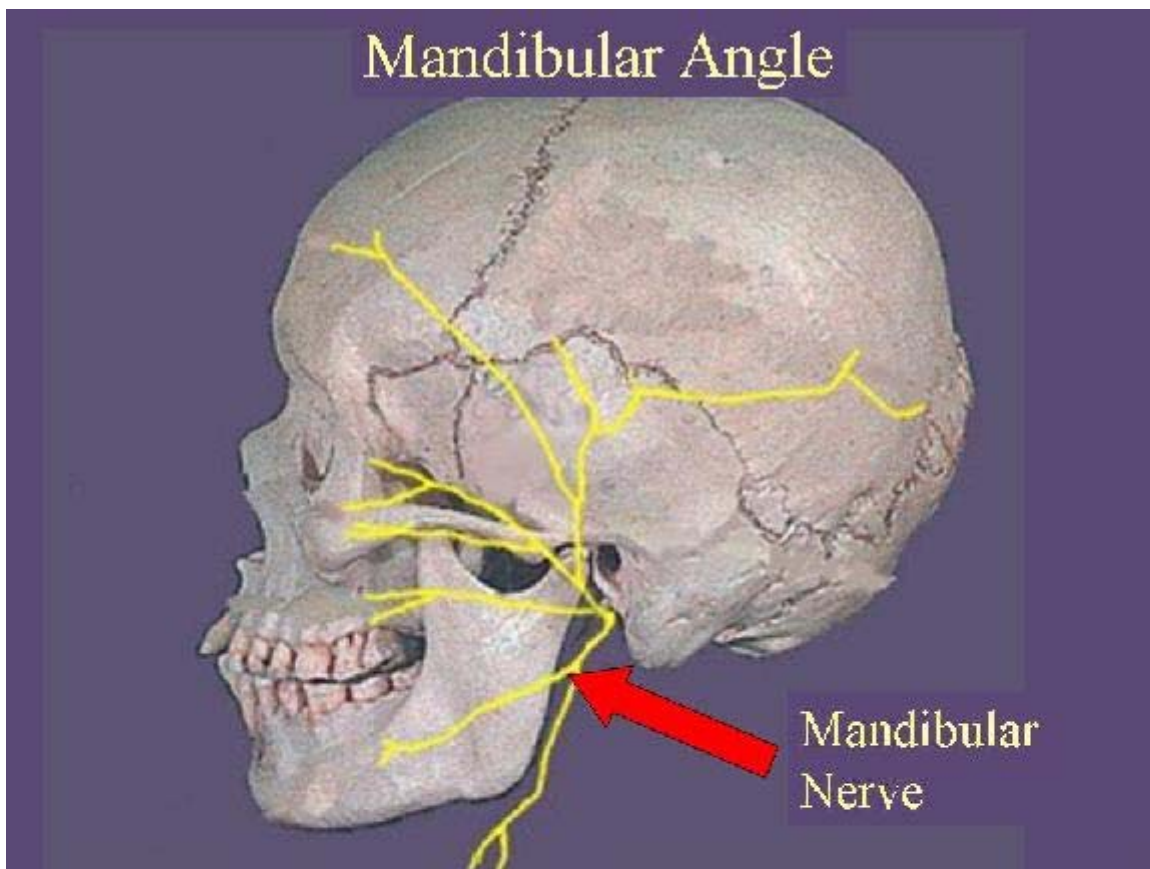
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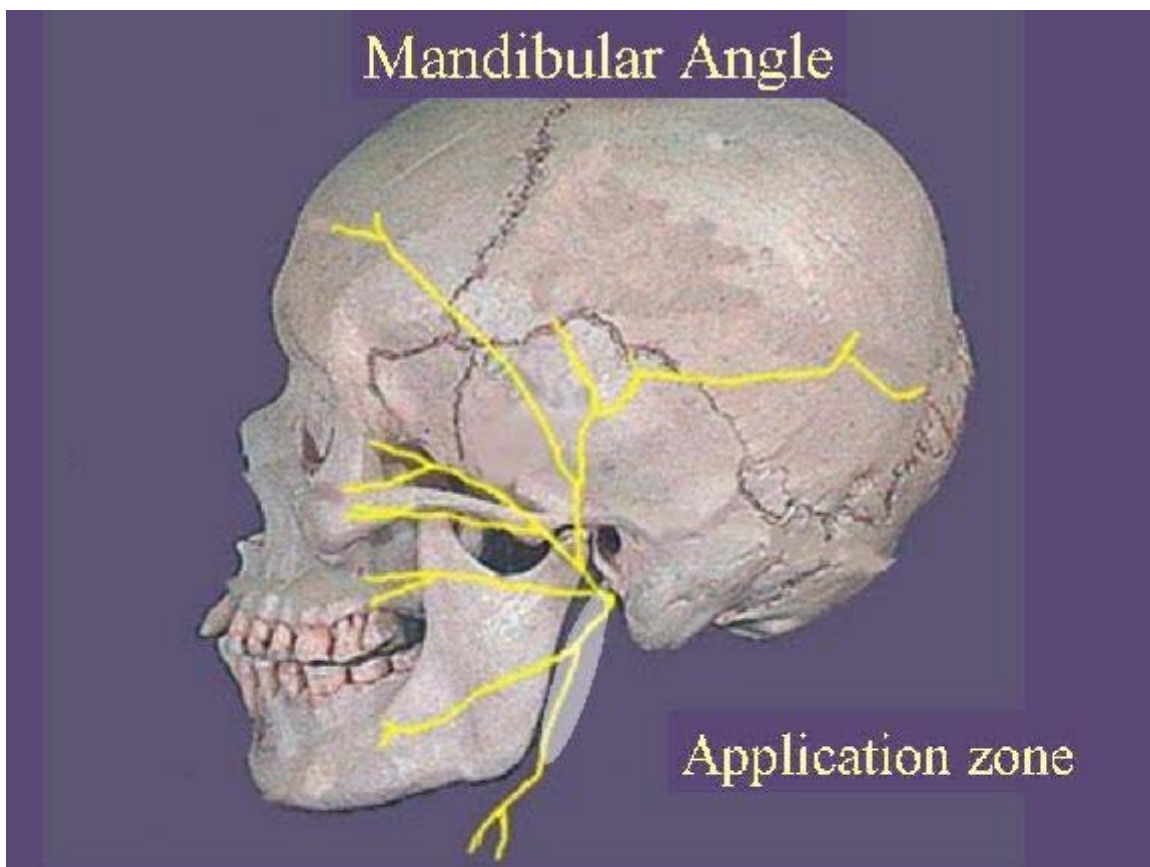
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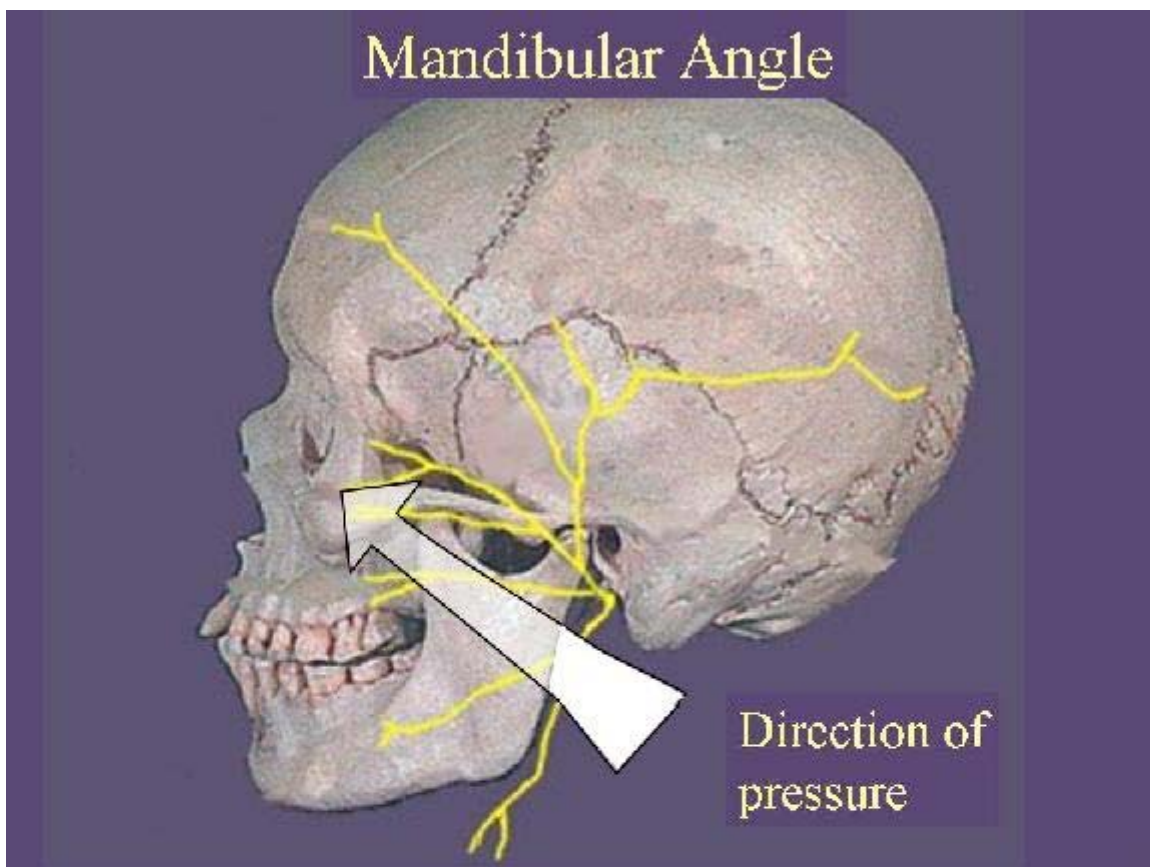
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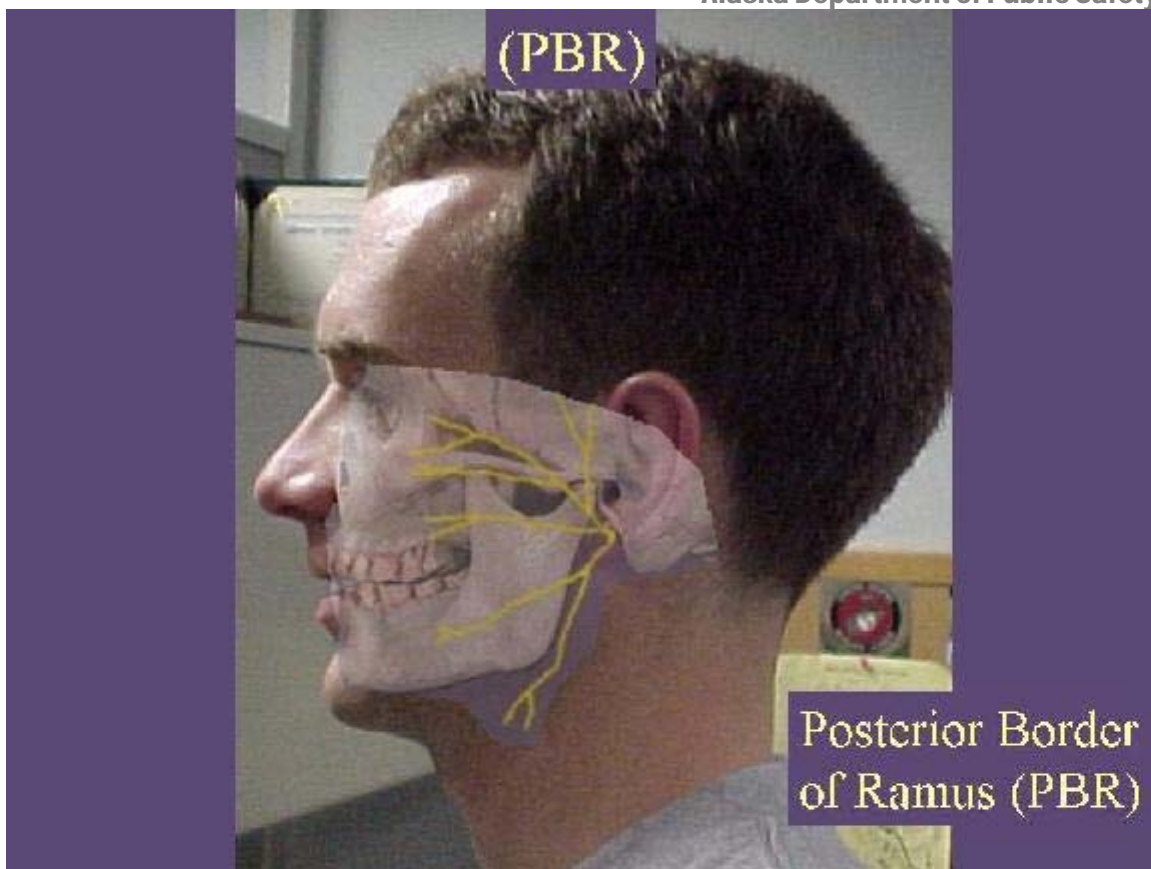
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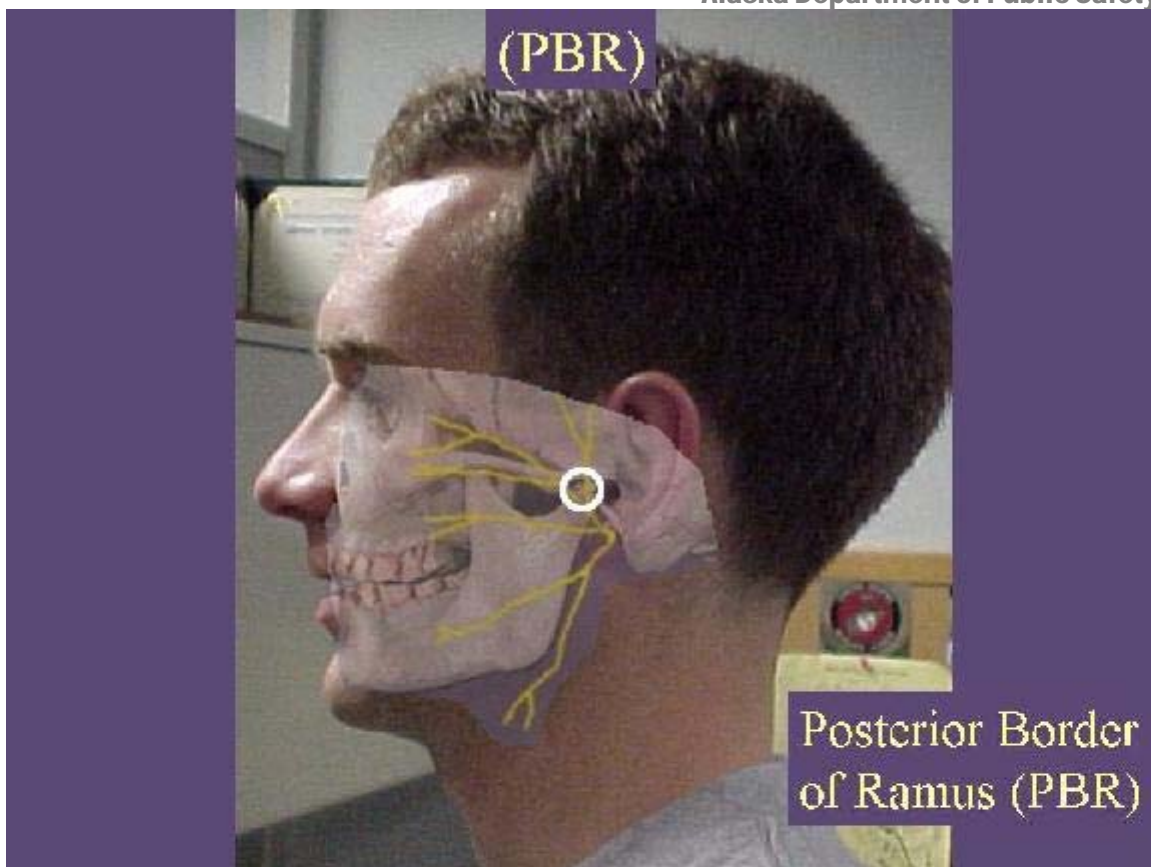
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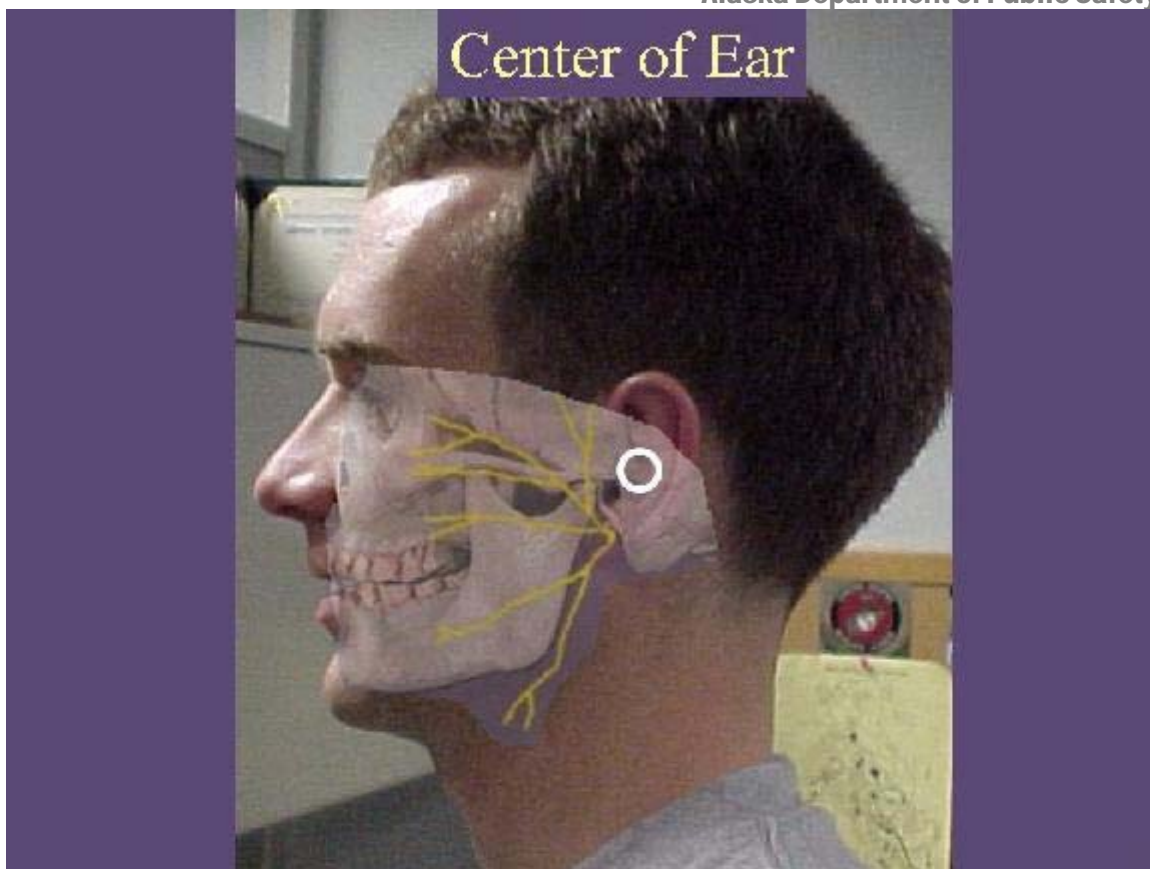
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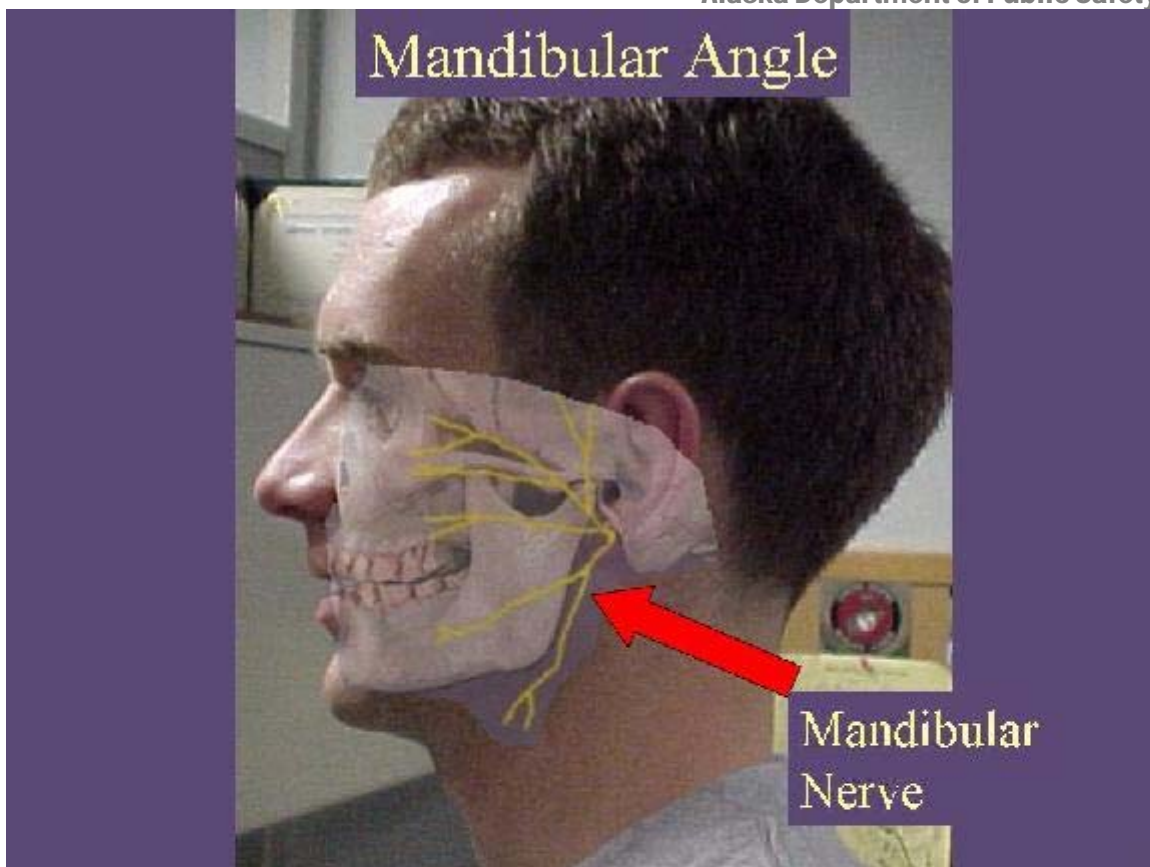
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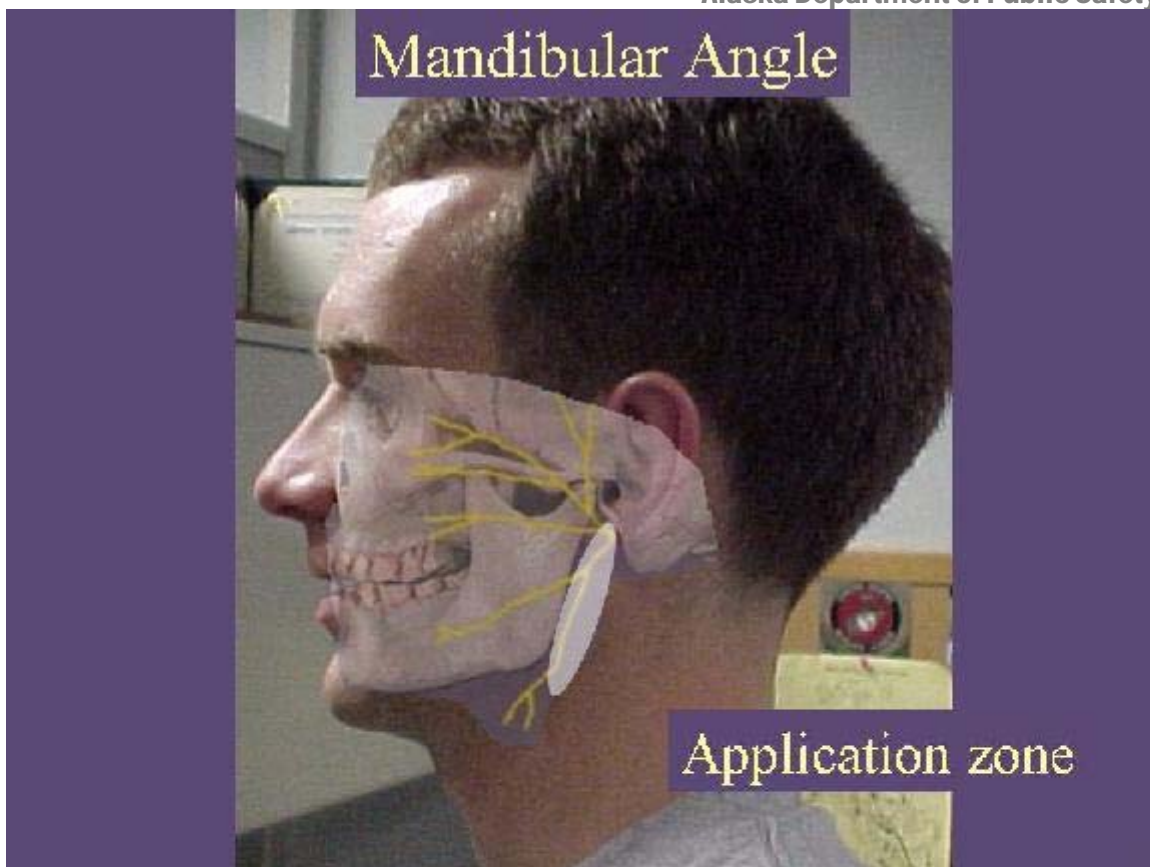
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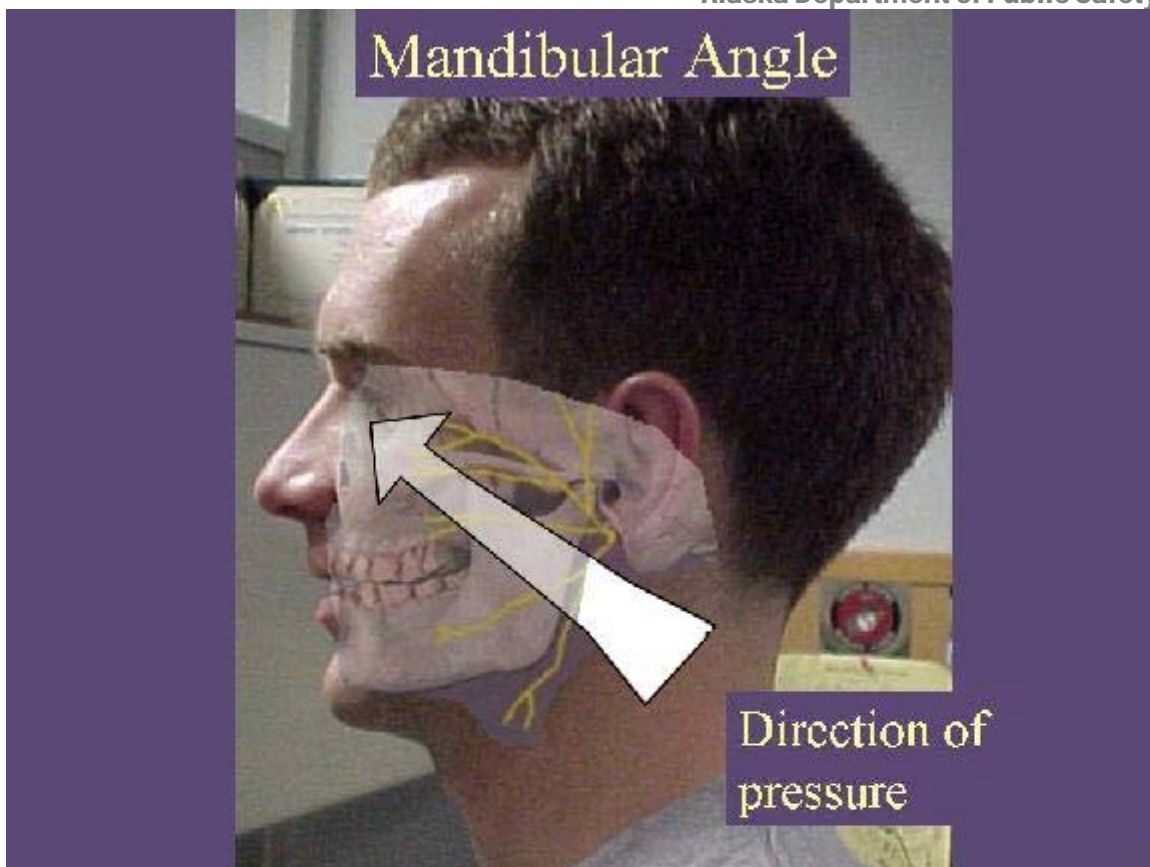
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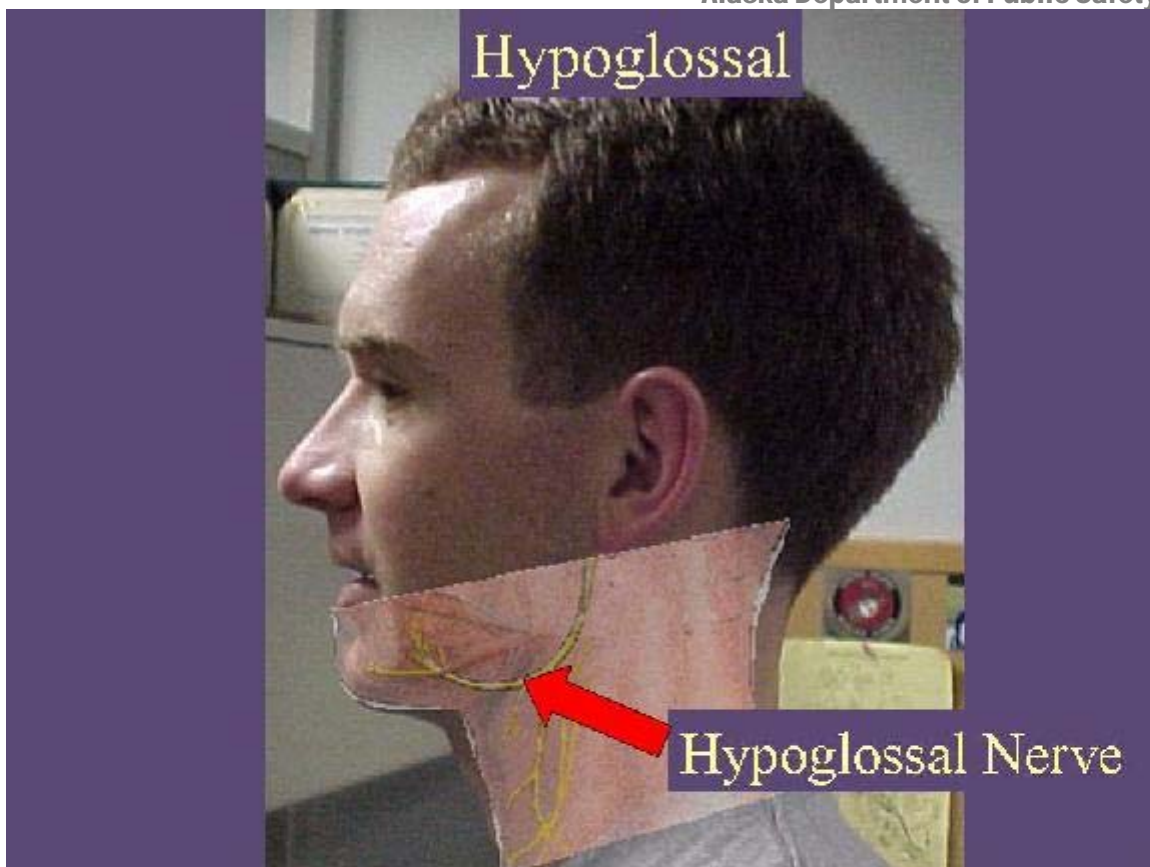
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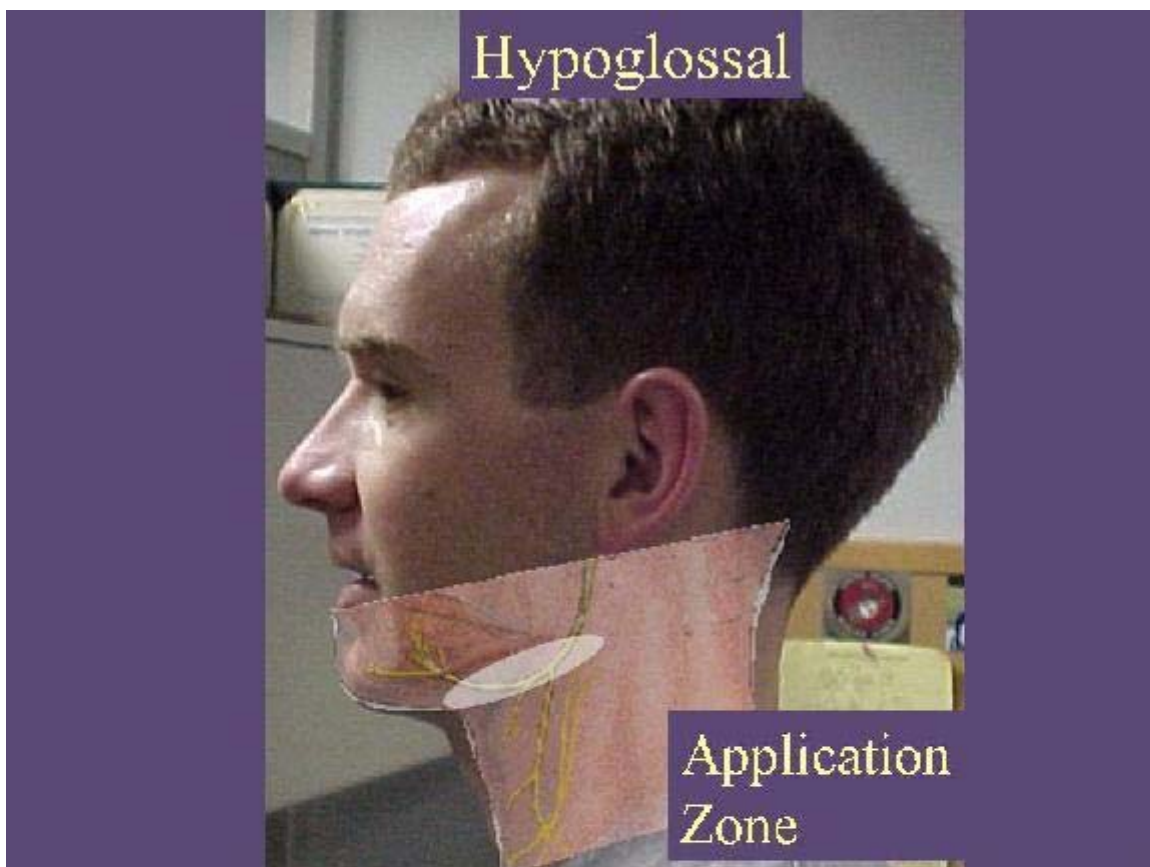
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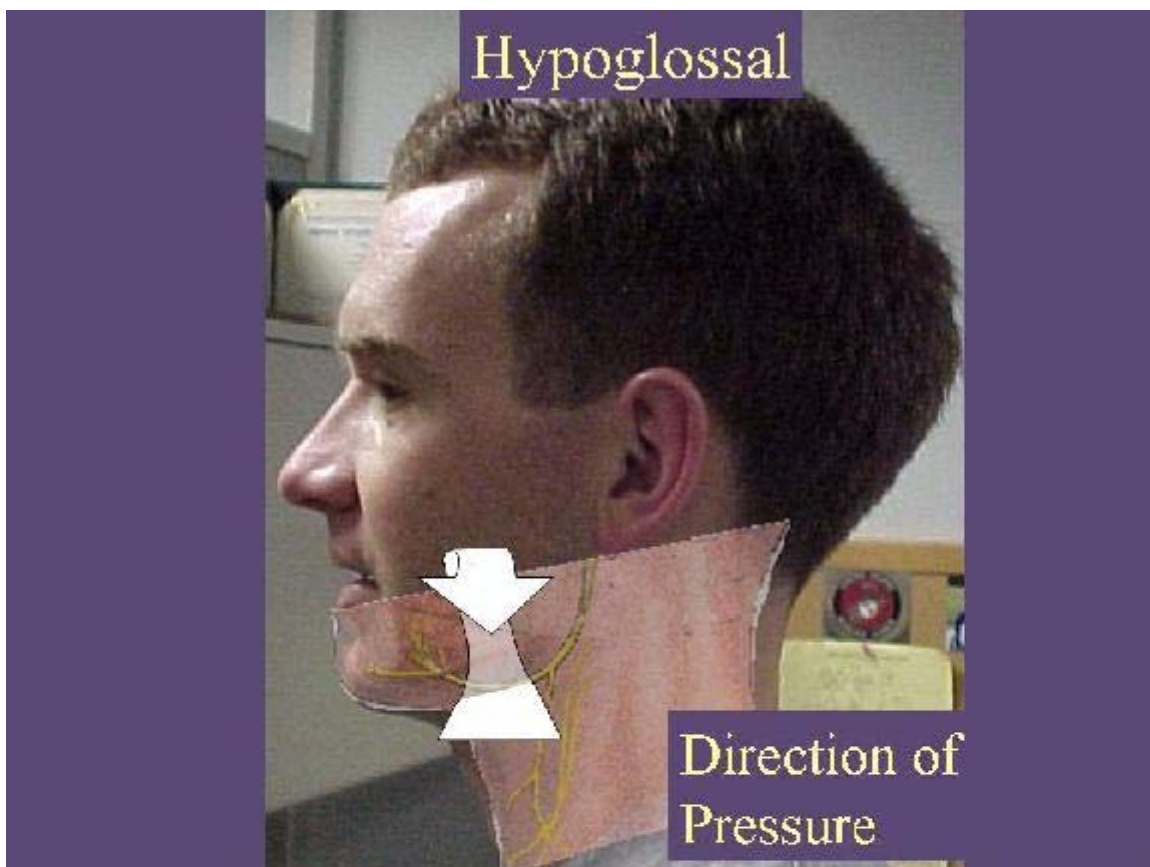
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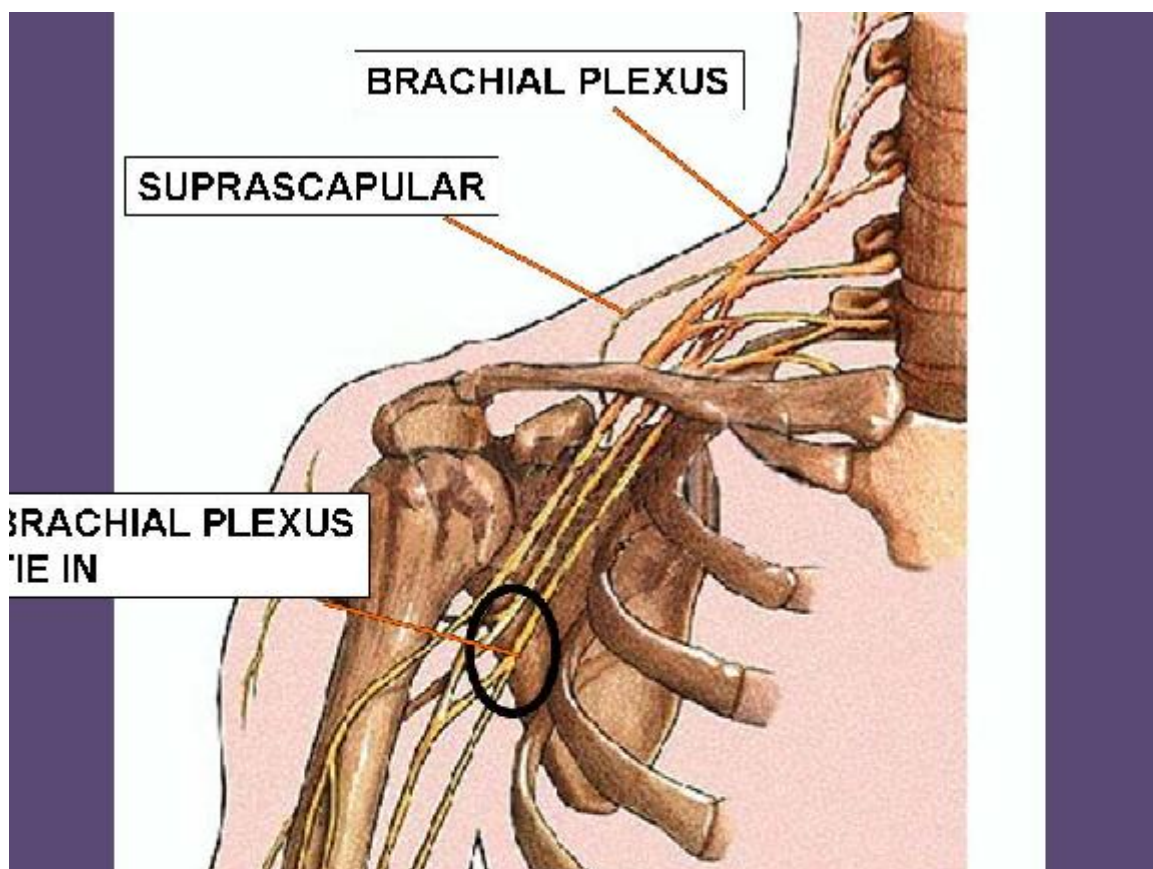


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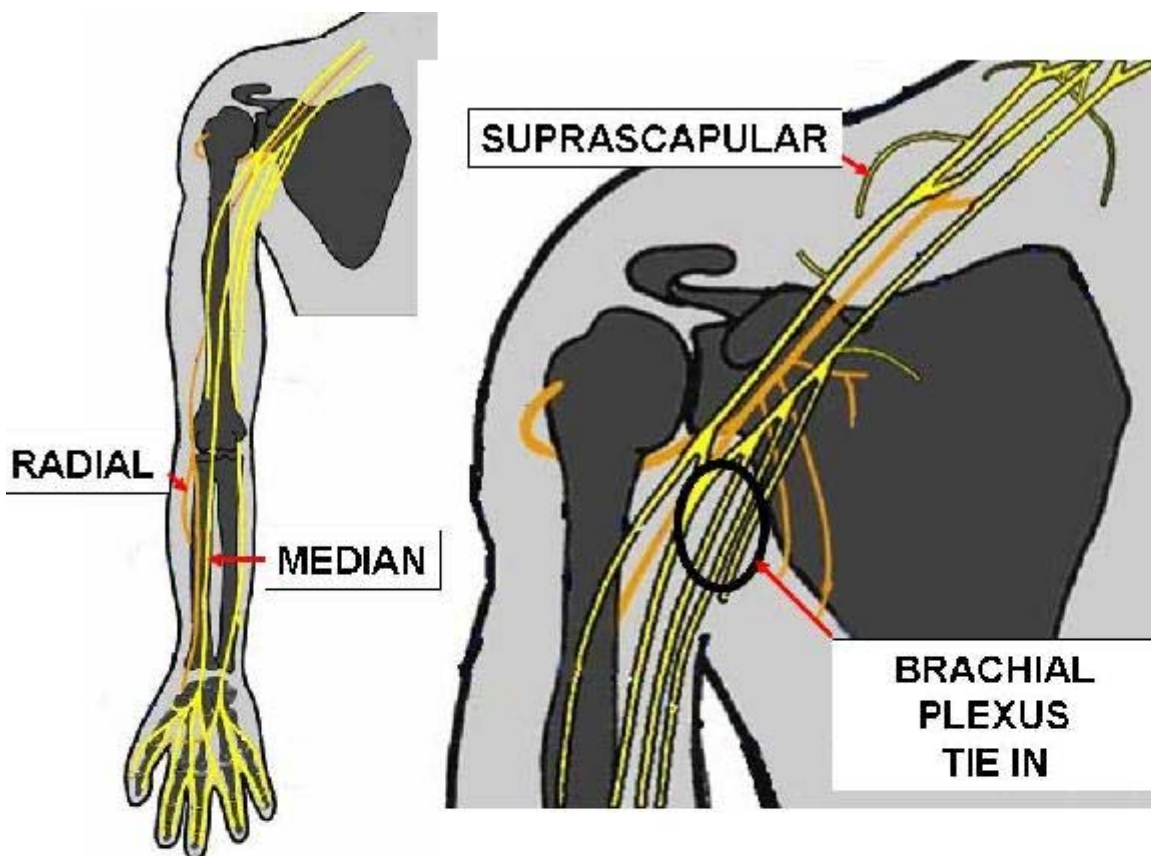
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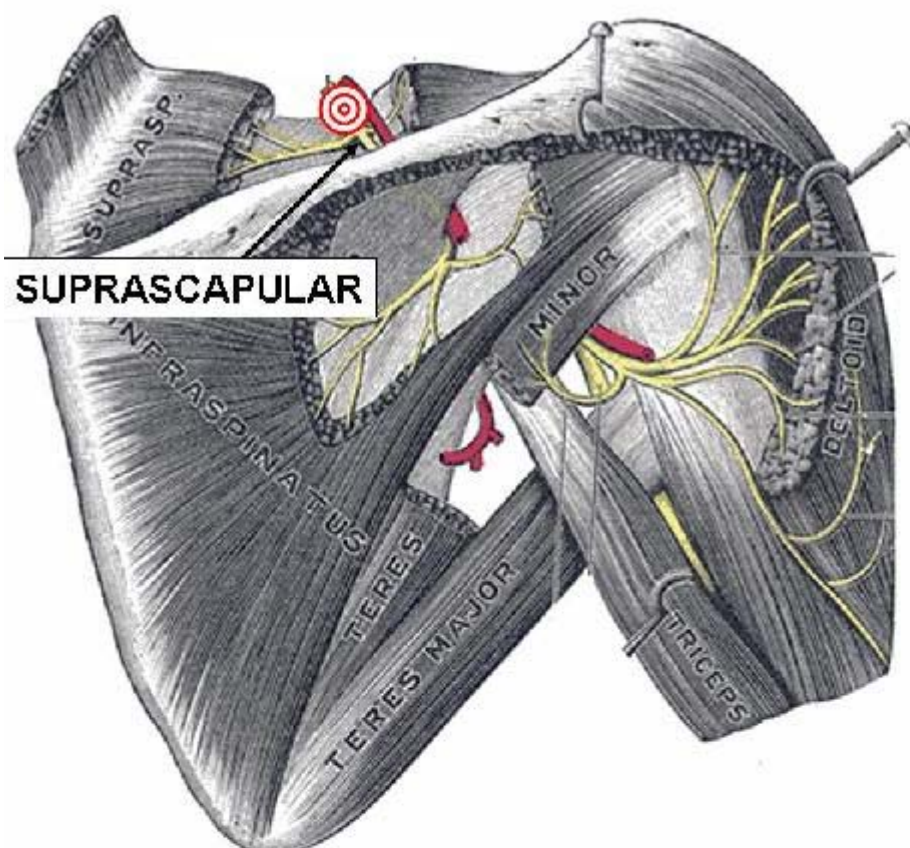
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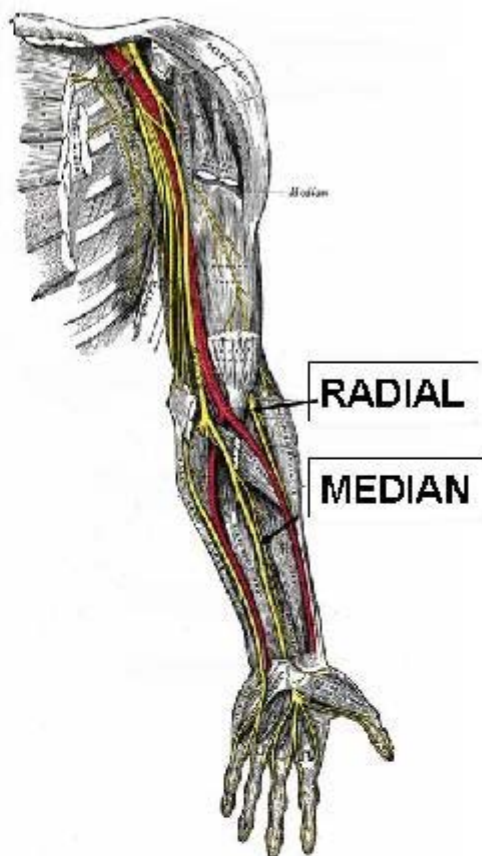
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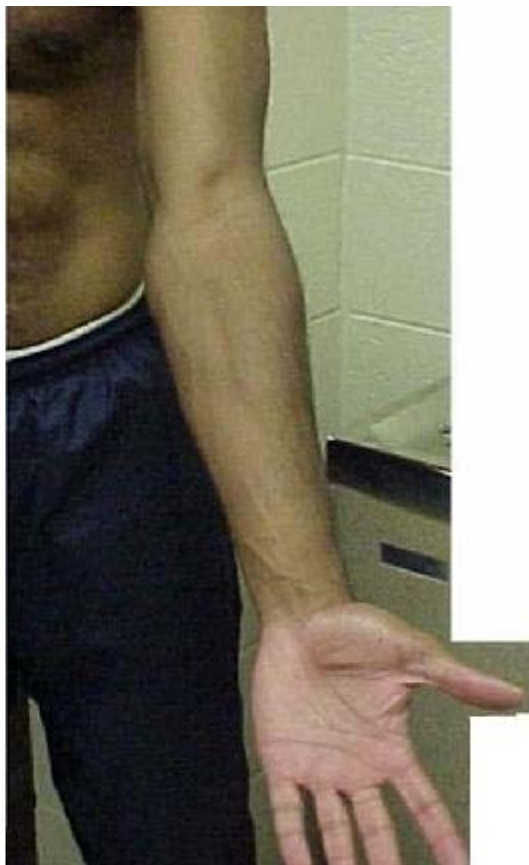
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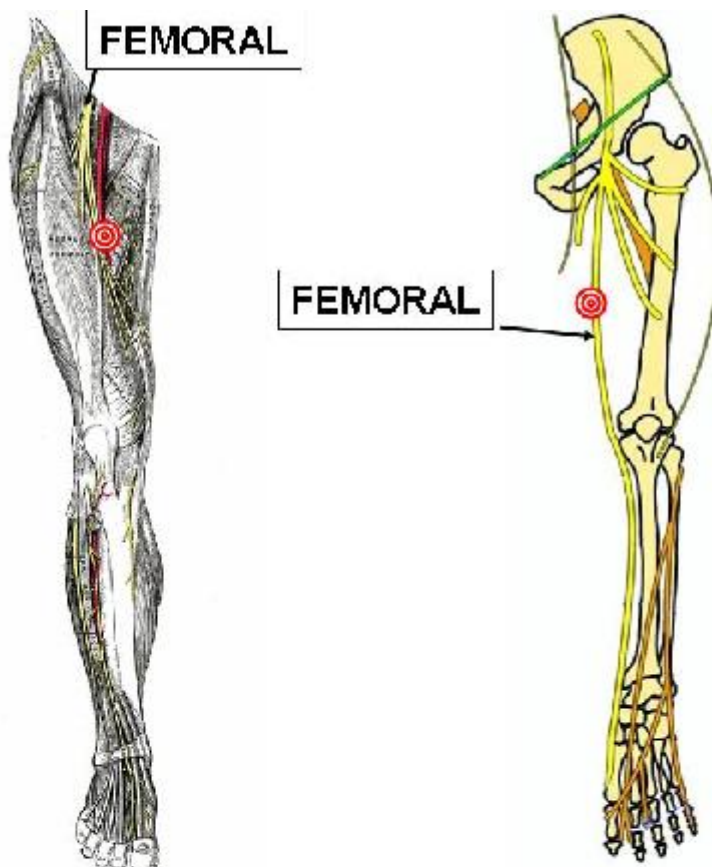
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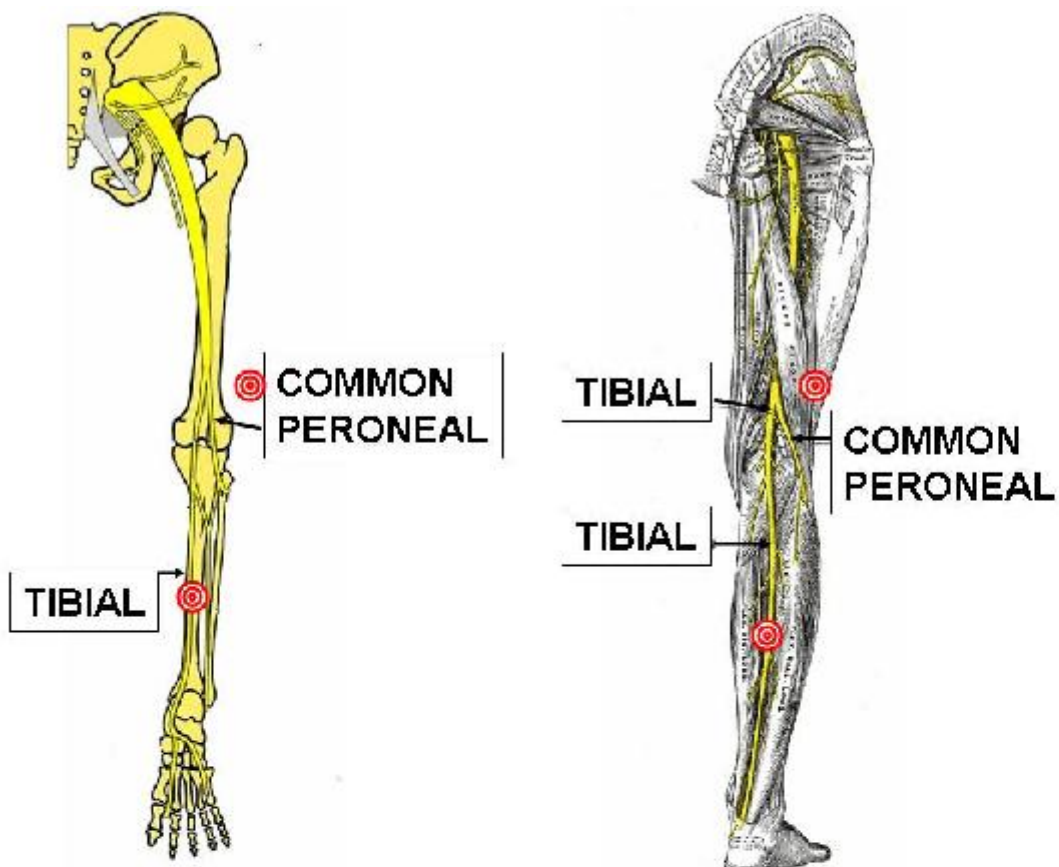
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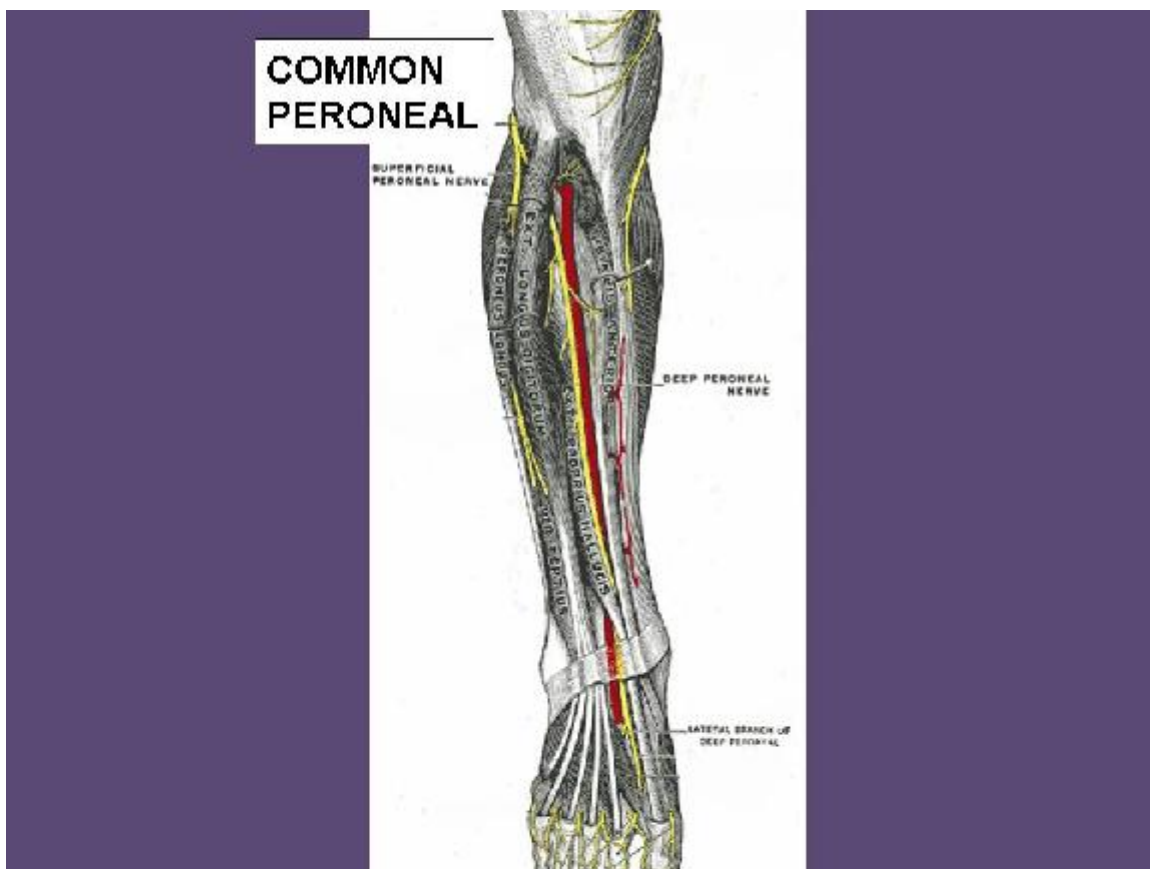
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TAKE DOWNS

1. ARM BAR TAKE DOWN

From the escort position, straighten the subject's arm with a sharp, jerking motion. From this position use another jerking motion to imbalance the subject by pulling his arm downward at 45 degrees while leading his arm away from his body and towards his head

While leading the subject's arm down and away, lower your own center of gravity to a $\frac{3}{4}$ squat. Pull the subject into a prone position. While the subject is in the prone position, maintain your $\frac{3}{4}$ squat while applying pressure to the subject's tricep, just above the elbow as you lift upward on the wrist. This will lock the subjects arm.

Command the subject to look away and then move into the thigh lock position.

Position the subject's arm by bending the elbow and placing the back of the hand into the small of his back.



2. POCKET TAKE DOWN

The pocket take down similar to the arm bar take down, is accomplished from the escort position, but can be accomplished in tight or confined areas.

As resistive tension is felt, lock the subject's arm and secure the back of his hand at your outside hip, or "*pocket*" with the subject's thumb facing upward.

Place a bladed hand on the subject's tricep. Step forward 45 degrees with your outside foot while quickly placing the inside knee to the ground.

Your bladed hand is rolled forward, driving the subject into a prone position.

Maintaining the subject's arm in the locked position, transfer his hand toward your inside hip while moving into the thigh lock position.





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3. PUSH-PULL TAKE DOWN

This technique is used against uncooperative subjects. It begins when the distance between the subject and the officer suddenly decreases. Keep your hands open, palms outward, and toward the subject. As you initiate this maneuver, you must be aware of the subject's foot placement. If his feet are parallel, you can turn him in either direction. If his feet are one behind the other, you must push on the shoulder over the rear foot and pull on the front shoulder. This will rotate the subject toward his rear foot. As the subject rotates you must move into the 3 position directly behind the subject. The pulling hand slides under the subject's armpit while the back of the pushing hand secures the subjects jaw. Pull the subject into you, locking the shoulder from under the armpit, stretching the subject's upper body, and pinning the chin towards the opposite shoulder. If the subject continues to resist, take him to the ground.

This is accomplished by stepping back and rotating in the direction you are securing the subject's jaw. Maintain your position behind the subject, maintain control of the shoulder, and release the jaw lock. As the subject falls, maintain your $\frac{3}{4}$ squat, preventing the subject from rolling into you.

Transition into a figure-4 followed by the Thigh Lock.



4. HAIR TAKE DOWN

This technique is used against uncooperative subjects. It should begin from the Offensive Ready Stance. The officer grasps the subject's hair with both hands. Either scalp hair or facial hair of a long beard can be utilized. The officer should attempt to curl his fingers into a fist, rolling the middle knuckles of his fingers into the subject's scalp/skin. The officer then pulls the subject's head downward while simultaneously moving backward. The officer lowers his center of gravity by obtaining a $\frac{3}{4}$ squat and pulls the subject into a prone position. Transition into a Thigh Lock.





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5. LEG SWEEP TAKE DOWN

From an Interception/Shoulder Block, wrap and secure the suspect's arm with your outside arm. Step or slide into the suspect, ensuring your outside foot is forward. Keeping your body straight, bring your rear leg forward, pointing your toes straight ahead, parallel to the ground. Utilizing your hip, keeping the leg locked, sweep the suspect's leg with yours. Your sweeping leg needs to follow through, high behind you. The suspect's feet should be headed in one direction while his/her body is headed in the other direction. You can release the suspect allowing him/her to fall to the ground or control the suspect's arm and follow through to a thigh lock.



6. IRON WRIST DRAG

This technique is used when a suspect resists after the first handcuff is placed on his wrist on. You should maintain control of the handcuff, leveraging the base of the cuff upward, locking the suspect arm while simultaneously moving forward at a 45° angle. With your opposite hand, secure the suspect's arm above the elbow at the tricep, similar to the arm bar take down. Maintaining a ¾ squat, pull backward at a 45° angle while forcing the suspects arm to the ground. Transition into a thigh lock and complete the cuffing.





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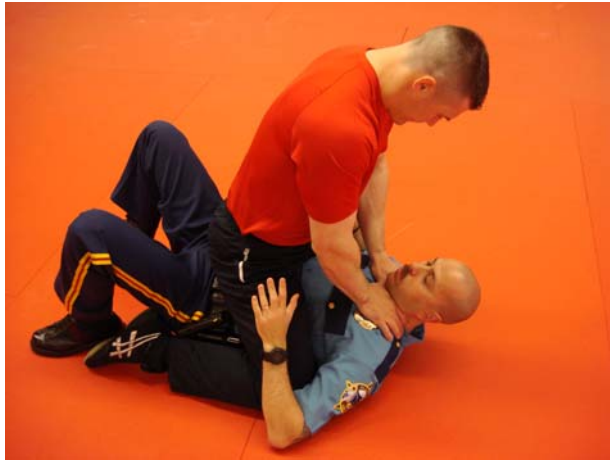


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Ground Defense – Trap and Roll Escape (Standard Variation)

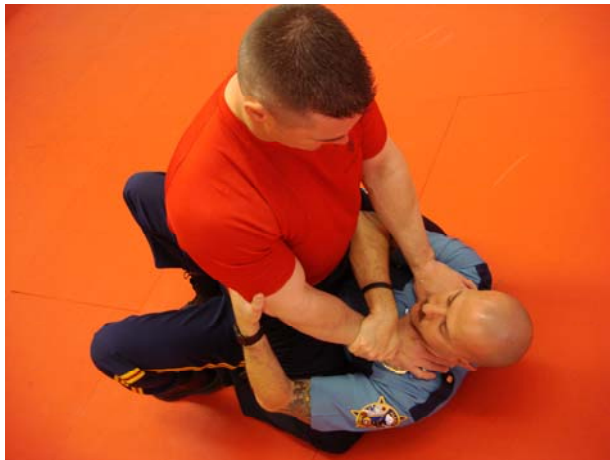
1) Suspect mounted on top



2) Trap leg, arm at wrist, and arm behind elbow



3) Bridge to the side that arm and leg is trapped



4) Bridging continued



5) Bridge turns into rollover



6) Roll on top and stay low, don't extend arms





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Trap and Roll Escape (Standard Variation) - Continued

7) To disengage, stay low and don't extend arms



8) Scoop leg with arm



9) Throw a punch at 45 degrees to toss leg and



10) Disengage body by pushing off and away



Trap and Roll Escape – Standard Variation

The indicator for a trap and roll escape is when the subject grabs for your throat or places their hands on your chest when they are mounted on top. Immediately trap the subjects arm and leg on the same side. Trap the arm at the wrist to hold the subjects arm to your body using a thumbless grip. Trap the subjects arm behind the elbow as if you were holding a glass of water. This keeps the subject from pulling their arms away. Trap the subjects foot/leg by bringing your leg close to your body. Bridge up and over powerfully to the same side of the body you have trapped the leg and arm. Roll on top of the subject and stay low. Disengage if needed by staying low and scooping a leg of the suspect. Throw a punch at a 45 degree angle with the arm that scooped the leg to toss the subject. Disengage by pushing off the body of the subject (one hand high near the shoulder blade).



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Ground Defense – Trap and Roll Escape (Punch Block Variation)

1) Suspect Mounted on top and punching



2) Plant feet to ground and wrap up subject



3) Pull subject down using your feet and arms



4) Grab the shoulders of the subject



5) Pull yourself north using shoulders of the subject



6) Bring arm out and over while keeping subject close





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Trap and Roll Escape (Punch Block Variation) - Continued

7) Trap arm and foot of subject



8) Bridge to the side of trapped arm and leg. Use free arm for additional power.



9) Roll on top and stay low



Trap and Roll Escape – Punch Block Variation

The indicator for a trap and roll escape (punch block variation) is when the subject bases up to throw a punch from the mounted position. Immediately take away the space created and wrap the subject up with both arms. Plant your feet to the ground and bring the subject down. This could force the subject to plant their arms in front of their body. Grab the shoulders of the subject and pull your body north. Swim one arm up and over the subjects arm and trap it to their body. Bring your foot close to your body to trap their leg on the same side the arm is trapped. Bridge up and over powerfully to the same side of the body you have trapped the leg and arm. Use your free arm to generate additional power and to assist in the bridge and roll. Roll on top of the subject and stay low. Disengage if needed by staying low and scooping a leg of the suspect. Throw a punch at a 45 degree angle with the arm that scooped the leg to toss the subject. Disengage by pushing off the body of the subject (one hand high near the shoulder blade).



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Ground Defense – Trap and Roll Escape (Headlock Variation)

1) Suspect mounted on top with headlock



2) Trap arm and foot/leg of subject



3) Bridge to the side that arm and leg is trapped



4) Bridging continued



5) Bridge turns into rollover



6) Roll on top and stay low, don't extend arms





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Trap and Roll Escape (Headlock Variation) - Continued

Trap and Roll Escape – Headlock Variation

The indicator for a trap and roll escape is when the subject has you in a headlock. Immediately trap the subjects arm and leg on the same side. Trap the arm that is wrapped around your head/neck. This keeps the subject from pulling their arms away. Trap the subjects foot/leg by bringing your leg close to your body. Bridge up and over powerfully to the same side of the body you have trapped the leg and arm. Use your free arm to generate additional power when you bridge. Roll on top of the subject and stay low. Disengage if needed by staying low and scooping a leg of the suspect. Throw a punch at a 45 degree angle with the arm that scooped the leg to toss the subject. Disengage by pushing off the body of the subject (one hand high near the shoulder blade).



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Ground Defense – Trap and Roll Escape (Open Guard Pass)

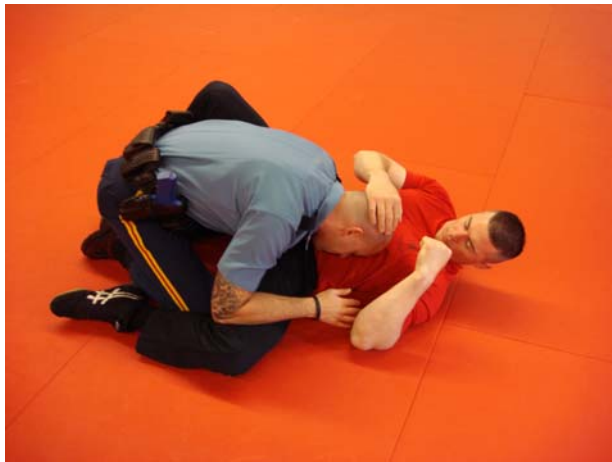
1) You are in guard of suspect after trap and roll



2) Push subject's leg down on the side you are facing



3) Keep your arm wide on subject's leg and stay low



4) Drive your knee over on inside of your elbow



5) Pin subject's leg to the ground and face away



6) Arm moves around subject's head as you drive other leg up and over





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Trap and Roll Escape (Open Guard Pass) – Continued

7) Stay low and use free arm to keep wide base



8) Insert hooks for positional control



Trap and Roll Escape – Open Guard Pass

After you have completed a trap and roll you end up in the guard. If the opportunity presents itself you may choose to move for positional control. Stay low to the subject and force the leg to the ground on the same side you are facing. Keep your arm wide on their leg and drive your knee up and over the leg of the subject on the inside of your elbow. Trap their leg with the crux of your ankle, stay low, and transition your arm around the neck/head of the subject while keeping your other arm wide for base. Bring your other leg over by driving through the middle of the subject's body (over their groin). Insert hooks and keep good hip pressure for positional control.



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Ground Defense – Positional Control (Mount)

1) Officer mounted with hooks in and arm wide for base. Arm is hugging neck to stay low on the subject.



2) Officer feels the subject struggle and inserts back hook with front knee open. The arm comes wide for base.



3) The back hook is fully inserted and is high into hamstring of opponent. Arm at 45 degrees for base.



4) Subject attempts to push the other direction and the Officer immediately switches hooks and arms.



Positional Control - Mount

If you find yourself in the mounted position it is important to have the ability to maintain the mount as the subject attempts to escape by rolling you. The most important thing to remember is to keep good hip pressure. Constant hip pressure puts the hips of your subject to the ground and doesn't allow them to generate power to bridge. You want to stay aligned with the subject beneath you. Staying aligned allows you to switch your hooks and hands easier. If the subject attempts to bridge in a particular direction, your back hook (leg) shoots high into the hamstring of the subject. Your knee should stay wide for base with heavy hips. The knees should barely be touching the ground which also makes it easy to switch hooks. You can switch your hands by trading them underneath the head of the subject and hug the neck. Hugging the neck will keep you low. Your posted arm should be out wide at 45 degree angle where it is strongest.

When the subject attempts to escape remember to keep a good anchor and base. The back hook should be in and the front knee open and wide. When the subject relaxes and attempts to push in the opposite direction the hooks immediately switch and the hands follow. The hooks (legs) should switch just before the arms.



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Ground Defense – Positional Control (Mount) – Low Swim

1) Officer mounted with positional control. The subject attempts to break your arm down.



2) Quickly swim around your elbow keeping your elbow in place



3) Bring forearm/hand inside keeping the elbow wide.



4) The forearm/hand of Officer comes inside the arm of the subject.



5) Immediately place arm to 45 degree strong point



Elbow Escape with Hook Removal

The indicator for a low swim from the mounted positional control is when the subject attempts to wrap up the arm you have posted wide for base. Keep your arm wide and posted at the 45 degree angle where you are the strongest. Your arms become weak if they are straight to the side or straight up overhead. Keeping your elbow in place, quickly swim around the elbow bringing your forearm/hand inside your opponents arm. Immediately place your arm back to the 45 degree strong point. Keep additional low swims unpredictable and switch to the other side if/when needed. Stay low on your subject.



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Ground Defense – Positional Control (Mount) – High Swim

1) Officer mounted with good hooks and wide base



2) Subject gets hands on inside and begins pushing up



3) Officer releases hooks and comes to knees



4) Rotate shoulders and bring one arm back



5) Shoot the arm to inside of subject arm to the ground. Rotate shoulder and bring other arm back at same time.



6) Swim second arm to inside all the way to the ground.





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Positional Control (Mount) – High Swim - Continued

7) Immediately work to regain mounted positional control



8) Mounted control with inserted hook and wide arm for base



Positional Control – Mount – High Swim

The indicator for the high swim is when the opponent gets their arms inside and begins to push up (either chest or neck). If you don't adjust you will be rolled. Release your hooks and come to your knees. Rotate your shoulders and bring your arm back to relieve that shoulder of any pressure. Shoot the arm you have pulled back to the inside of the subject all the way to the ground. Rotate the other shoulder, bring the arm back, and shoot the second arm to the ground on the inside of the arm of the subject. Attain mounted control by inserting the back hook for hip pressure, keeping front knee open, arm out to base at 45 degrees, and stay low by hugging the neck.



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Ground Defense – Elbow Escape

1) Suspect mounted and has solid base and control



2) Place hand/elbow to the knee of the subject and flatten leg to ground by turning onto your hip



3) Push down on knee and drive your leg through



4) Trap the leg, rotate hips, and shrimp out wide.



5) Push on other knee of subject



6) Drive your leg up. Your foot may get caught.





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Elbow Escape - Continued

7) Keep subject close with arms and freed leg



8) Rotate hips and shrimp out to free the foot



9) Wrap legs and keep subject close



10) Improved position from the initial mounted position



Elbow Escape

The indicator for an elbow escape is when the opponent has established a wide base and the trap and roll escape is not working. Push down on the knee of the subject with your hand/elbow. Rotate your hips to flatten your leg to the ground and drive your leg up while pushing down on the knee. Immediately trap the leg by bringing your foot over. Rotate your hips and shrimp out wide while keeping the subject close. Push on the subjects other knee and drive your leg through. Your foot may get caught on the thigh of the subject. Stay close, plant your foot and shrimp out to the side that the foot is caught. Wrap your legs and keep the head of the subject close. You have improved your position from being mounted to having the subject in your guard. This is a much improved position.



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Ground Defense – Elbow Escape w/ Hook Removal

1) Suspect mounted and has grapevines inserted



2) Straighten out leg at 45 degree angle to remove grapevine



3) Find heel of subject with your free foot



4) Push heel of subject to the ground



5) Roll to your hip, straighten leg, and lay leg in crux of ankle



6) Bring leg flat to the ground and find knee of subject with your arm/elbow





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Elbow Escape w/ Hook Removal - Continued

7) Push down on knee and drive your leg through



8) Trap the leg (inside or out)



9) Keep subject close, rotate hips, and shrimp out wide



10) Push on other knee of subject and drive leg up



11) Keep subject close with arms and freed leg



12) Rotate hips and shrimp out to free the foot





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Elbow Escape w/ Hook Removal - Continued

13) Wrap legs and keep subject close



14) Improved position from the initial mounted position



Elbow Escape with Hook Removal

The indicator for an elbow escape with hook removal is when the opponent has established a wide base, has inserted grapevines/hooks to limit your leg movement, and the trap and roll escape is not working. Simply straighten a leg at a 45 degree angle. With the freed foot find the heel of the subject and push it to the ground. Place your leg in the crux of your ankle and get your leg flat to the ground. Rotate onto your hip, push down on the knee of the subject with your hand/elbow, and drive your leg up/through. Immediately trap the leg (inside or out) by bringing your foot over. Rotate your hips and shrimp out wide while keeping the subject close. Push on the subjects other knee and drive your leg through. Your foot may get caught on the thigh of the subject. Stay close, plant your foot and shrimp out to the side that the foot is caught. Wrap your legs and keep the head of the subject close. You have improved your position from being mounted to having the subject in your guard. This is a much improved position.



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Ground Defense – Punch Block Series (Guard) – Stage 1

1) Legs wrapped tight and high on subjects back. Hug the neck of subject with elbow wide. Pinch arm of the subject to their side to limit their arm movement.



2) Opponent attempts to punch. Officer's arm and leg positioning does not allow good strikes.



3) Officer begins to switch neck hug and head position for better protection. Keep legs wrapped.



4) Officer has switched neck hug and head position for better protection. Stay wrapped and close to subject.



Punch Block Series – Stage 1

The Punch Block Series consists of 5 stages to protect you and limit damage that might incur if you fall to the ground and the subject is on top of you in your guard. Stage 1 is the position that we should always bring the subject back to when they are in our guard and aggressing. Stage 1 is intended to neutralize punches the subject is throwing while they exhaust themselves. This will give you an opportunity to escape or otherwise counter. It is important to stay relaxed and calm so you do not exhaust yourself of energy. When the opponent attempts to strike you from within the guard it is important to stay close. Your legs should be wrapped high around the back of the subject. One arm should be hugging the neck of the subject and the other arm should be pinching in on the arm of the subject. Your head should be up close to the head of the subject. A knockout punch is generally the product of space. If you do not give the subject space it will be much easier to stay in the fight and take advantage of an opportunity that presents itself. In further stages of the Punch Block Series you will always bring the opponent back to stage 1 as it is the safest for you.



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Ground Defense – Punch Block Series (Guard) - Stage 2

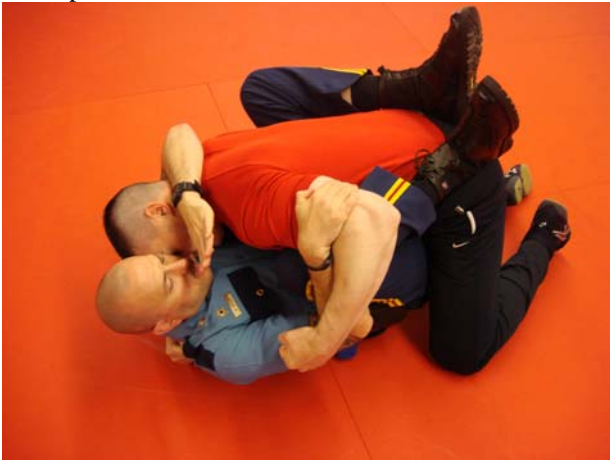
1) Suspect pulls arm back to strike.



2) Fill the space created with your knee and move arm up to block the strike of the subject.



3) Keep subject close and grab the back of their tricep to secure the arm.



4) When neutralized move your knee slightly forward to bring the subject back to Stage 1.



5) Punch Block Series Stage 1 achieved. Legs wrapped, neck hugged, head close, and arm pinched.



Punch Block Series Stage 2

The indicator for Punch Block Series Stage 2 is when the subject is able to reach their arm back and out of your initial control to strike you. Your hand should feel the release of the subjects arm as it moves back. Immediately fill the space that has been created with your knee. Grab the back of the subject's tricep to prevent their arm from going back further. When you have prevented the subject from striking you drop them back into Stage 1 of the Punch Block Series. Remember to keep your head close and an arm around their neck. Space is bad.



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Ground Defense – Punch Block Series (Guard) Stage 3

1) Subject bases up to punch due to poor leg/neck control.



2) Immediately protect centerline and bring knees to the chest of the subject.



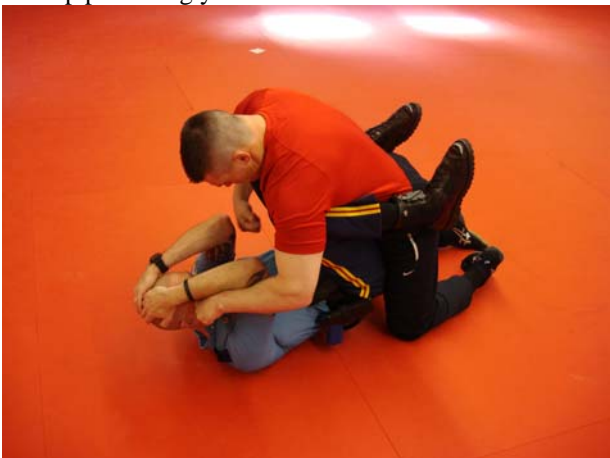
3) Extend your hips off the ground to create space.



4) Time the punches and start to bring subject back to Stage 1 when least vulnerable.



5) Coil your legs down to bring the subject to you. Keep protecting your centerline.



6) When the subject is close open up your arms.





Defensive Tactics Manual

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Punch Block Series (Guard) Stage 3 - Continued

7) Open up your legs and begin to wrap for Stage 1.



8) Punch Block Series Stage 1 achieved.



Punch Block Series Stage 3

The indicator for Punch Block Series Stage 3 is when the subject bases up to strike you with a punch. You must immediately protect your centerline with your forearms. This will provide some protection and force punches to graze off while absorbing some energy. Unwrap your legs from behind the subject and bring your knees to the chest of the subject. Extend your hips off the ground to create distance from the initial punches that are thrown. Time the punch of the subject and start to coil your legs into your body to bring the subject closer to you. Continue protecting your centerline as you may catch a grazing strike. When the subject is close open up your arms and legs to wrap the subject up and keep them close. You should now be in Punch Block Series Stage 1. Remember that you may get struck after the opponent bases up. If you protect your centerline you have the opportunity to stay in the fight, bring the subject closer, and back into Stage 1 Punch Block Series. It is important to have a good wrap up to keep the subject close to you. Without space it becomes difficult for the average subject to strike you.



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Ground Defense – Punch Block Series (Guard) Stage 4

1) Suspect bases up and begins to stand.



2) Immediately protect your centerline.



3) Bring your feet to the hips of the subject to create space.



4) Both feet have come to the hips with centerline protected.



5) Extend your legs to create space. Your hips remain on the ground.



6) Time the punch and begin to coil the subject down using your legs. Protect you centerline. You may catch a grazing strike.





Defensive Tactics Manual

Alaska Department of Public Safety

Punch Block Series (Guard) Stage 4 - Continued

7) Opponent brought close with your legs.



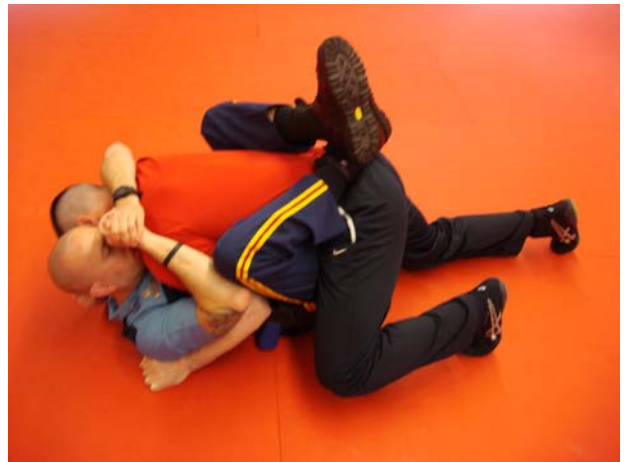
8) Open up your arms and legs.



9) Begin to wrap legs and neck of your opponent.



10) Stage 1 Punch Block Series achieved.



Punch Block Series Stage 4

The indicator for Punch Block Series Stage 4 is when the subject moves to their feet to throw strike. This type of strike needs to be diminished in some way. This technique starts out just as Stage 3 did. When the opponent bases up our feet are unwrapped and our shins go to the body of the subject. Our hips come off the ground until the opponent stands. As soon as the subject is on their feet our hips come to the ground and our feet find our opponent's hips. If our hips don't come to the ground the opponent will simply push our legs to the side or walk us over onto our neck. Both of these options are unwanted. Our legs will extend to create space from our subject. There is a possibility of the subject disengaging or leaving themselves open for a strike from your foot. As the subject aggresses and throws punches you need to time the punch and coil your body to bring the subject closer. When the opponent is nearly on top of you open up your arms and legs and drop them into you. Wrap up your legs high on the back and hug the neck securely. You are now back to Stage 1 of the Punch Block Series.



Defensive Tactics Manual

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Ground Defense – Punch Block Series (Guard) Stage 5

1) Opponent has stood in Stage 4 of Punch Block Series



2) Subject backs away or is kicked away by Officer. Officer keeps centerline protected and foot loaded for a strike.



3) As the subject moves, the Officer uses their foot to propel himself in the direction the subject is moving. If subject is moving left the Officer uses left foot.



4) As the subject comes back in the Officer's loaded foot finds their hip or delivers a strike.



5) Officers second leg comes to the hip of the subject and forearms protecting centerline.



6) Legs coil the subject down in a controlled fashion.





Defensive Tactics Manual

Alaska Department of Public Safety

Punch Block Series (Guard) Stage 5 - Continued

7) Officer opens up arms and legs to drop subject into his guard.



8) Stage 1 Punch Block Series achieved.



Punch Block Series Stage 5

The indicator for Punch Block Series Stage 5 is when the subject backs off from you or you kick them away. The subject is still aggressive and you are still on your back. You must keep your hands high to protect your centerline and one foot loaded to deliver a strike or control the subject as they come back at you. When the subject comes back your feet find their hip and you coil them down in a controlled fashion. Keep protecting your centerline. As you lower the subject open up your arms and legs to drop them into your guard. Wrap the legs high and hug the neck to keep them close. The subject is back in Stage 1 of the Punch Block Series.



Defensive Tactics Manual

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Ground Defense – Headlock Escapes –Leg Hook

1) Suspect has achieved a headlock position. Shoot your hips wide and grab the shoulder of the suspect.



2) Hook your leg over, grab the suspects shoulder and pull yourself over. Use back toe to push/rotate your body over.



3) Continue pulling (arm and top leg) and pushing (back toe).



4) Move to the subjects back.



5) Bring forearm across subject's jawline to build a frame. Bring your foot to the waistline.



6) Push up off the jawline at a 45 degree angle to break the hold.





Defensive Tactics Manual

Alaska Department of Public Safety

Headlock Escapes – Leg Hook - Continued

Headlock Escape – Leg Hook

The indicator for a headlock escape, leg hook variation, is when you can't get your arm across the neck/jawline of the subject.. If this happens you can escape by pulling yourself over the subject by getting your hips out wide and hooking their leg with your top leg. Grab the top of their shoulder to help pull yourself over. Your back toe can also push off the ground to additionally help bring you over to the back of the subject. When you have pulled/pushed yourself over the subject bring your foot to the waistline (modified mount position). Stay low and bring your forearm across their jawline. Build a frame and push up and off the jawline at 45 degrees. Get pressure to the head of the suspect with your hand or knee and control the arm they have extended. Bring the arm to the back for handcuffing or disengage.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Headlock Escapes – Standard Disengage

1) Suspect has achieved a headlock position.



2) Release your hands and bring your forearm across the subject's neck/jawline (build a frame).



3) Push off the subject to shoot your hips wide.



4) Push the subject down toward your feet.



5) As you push the subject down bring your legs up and snatch the head of the subject.



6) Bring your legs to the ground and scoop the subject's arm up.





Defensive Tactics Manual

Alaska Department of Public Safety

Headlock Escapes – Standard Disengage - Continued

7) Transition your hands to the wrist of the subject (hold their wrist like a baseball bat).



8) Release top leg and bring foot to jawline.



9) Release bottom leg and bring foot to back of suspect. Maintain control of the arm.



10) Push the subject away and yourself back.



11) Get to your feet while protecting your centerline.



12) On your feet and disengaged from opponent.





Defensive Tactics Manual

Alaska Department of Public Safety

Headlock Escapes – Standard Disengage - Continued

Headlock Escape – Standard Disengage

The indicator for a headlock escape is when the suspect has you on the ground with a headlock. This is a notably different position than when the suspect is side mounted. It's important to maintain control of your arms and to not have them pinned between your body and the suspect's body. Bring your forearm across the neck/jawline of the suspect and build a frame by pushing your forearm into the suspect's neck/jawline with your free arm. Shoot your hips out wide as you push off the suspect with your arms. Shooting your hips out wide makes it much easier to snatch the head of the suspect with your legs. Push the subject down and away from you while simultaneously bringing your legs up. Continue pushing down on the subject's neck as your legs snatch the head. Bring your legs to the ground while controlling the head. When the legs snatch the head scoop the arm of the suspect and hold it close to your body. Control the suspects arm by moving your hands toward the wrist (hold the wrist like a baseball bat). Maintaining control of the arm, bring your top foot to the jawline and your bottom foot to the subject's back between the shoulder blades. Push/kick the subject away from you while pushing yourself back. Quickly get to your feet while protecting your centerline. You have disengaged from the suspect.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Headlock Escapes – Superlock

1) Suspect has achieved a headlock position.



2) Release your hands and bring your forearm across the subject's neck/jawline (build a frame).



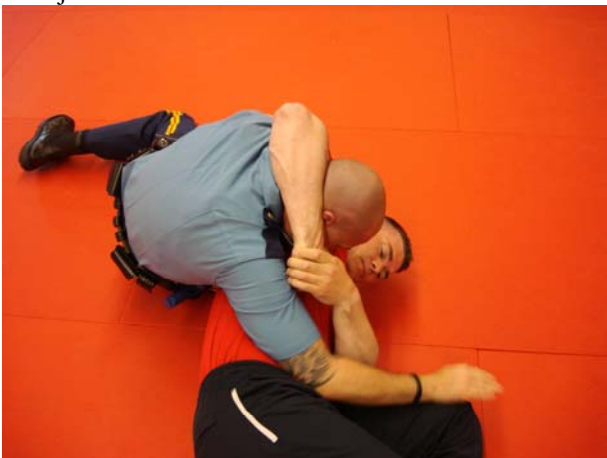
3) Push off the subject to shoot your hips wide.



4) Subjects grip on head is not broken.



5) Release your grip and begin to move to the subject's back.



6) Bring your knees to the back on the subject.





Defensive Tactics Manual

Alaska Department of Public Safety

Headlock Escapes – Superlock - Continued

7) Step over subject and bring heel to the waistline.



8) Bring forearm across the jawline and build a frame to push off at 45 degrees to break the suspect's hold.



9) Suspect's grip broken by pushing off at 45 degrees.



10) Control the head and arm.



11) Control head and control arm for handcuffing.





Defensive Tactics Manual

Alaska Department of Public Safety

Headlock Escapes – Superlock - Continued

Headlock Escape – Superlock

The indicator for a headlock escape, superlock variation, is when the grip of the suspect is too strong and they do not release when you snatch their head and push them toward your feet. If this happens you need to release hold of the subjects head with your legs. Bring your knees to the back of the subject. You should now be facing the same direction as the suspect. Step over the subject with your leg closest to their feet and bring your heel into their waistline. This keeps the subject close and doesn't allow room for movement. Stay low and bring your forearm across their jawline. Build a frame and push up and off the jawline at 45 degrees. Get pressure to the head of the suspect with your hand or knee and control the arm they have extended. Bring the arm to the back for handcuffing or disengage.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Headlock Escapes – Standard Control

1) Suspect has achieved a headlock position.



2) Release your hands and bring your forearm across the subject's neck/jawline (build a frame).



3) Push off the subject to shoot your hips wide.



4) Push the subject down toward your feet.



5) As you push the subject down bring your legs up and snatch the head of the subject.



6) Bring your legs to the ground and scoop the subject's arm up.





Defensive Tactics Manual

Alaska Department of Public Safety

Headlock Escapes – Standard Control - Continued

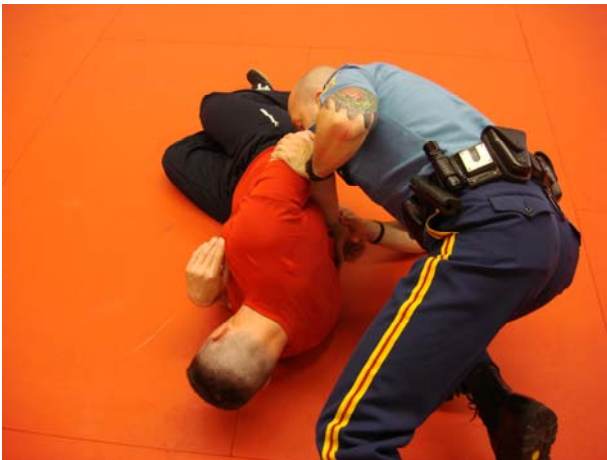
7) Transition your hands to the wrist of the subject (hold their wrist like a baseball bat).



8) Maintain head control and work the arm of the subject behind their back.



9) Release the head of the subject and maintain arm control.



10) Bring knee to the subject's head (mastoid).



11) Continue to work for thigh lock position.



12) Thigh lock position achieved. Handcuff.





Defensive Tactics Manual

Alaska Department of Public Safety

Headlock Escapes – Standard Control - Continued

Headlock Escape – Standard Control

The indicator for a headlock escape is when the suspect has you on the ground with a headlock. This is a notably different position than when the suspect is side mounted. It's important to maintain control of your arms and to not have them pinned between your body and the suspect's body. Bring your forearm across the neck/jawline of the suspect and build a frame by pushing your forearm into the suspect's neck/jawline with your free arm. Shoot your hips out wide as you push off the suspect with your arms. Shooting your hips out wide makes it much easier to snatch the head of the suspect with your legs. Push the subject down and away from you while simultaneously bringing your legs up. Continue pushing down on the subject's neck as your legs snatch the head. Bring your legs to the ground while controlling the head. When the legs snatch the head scoop the arm of the suspect and hold it close to your body. Control the suspects arm by moving your hands toward the wrist (hold the wrist like a baseball bat). Work the arm of the subject behind their back, release control of the head, and transition into a thigh lock position.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Clinch and Leg Hook Takedown

1) Suspect throws a punch. Immediately bring your forearms up in front of your face to protect the centerline and lower your center of gravity.



2) Drive up and into the sternum of the suspect with your forearms. This should be a strike and knock the suspect off balance.



3) Drive into suspect with your head just below the chine and bring your arms to the back. Keep wide base.



4) Body should be slightly offline. Arm nearest the back wraps around and is pulled in tight with opposite arm at wrist.



5) Roll to your hip, straighten leg, and lay leg in crux of ankle



Clinch

The indicator for the clinch is when a suspect throws a punch or charges you. Immediately lower your center of gravity, keep a wide base, and bring your forearms in front of your face. Place your hands on the top of your skull to keep your forearms in tight to your face. Ram into the sternum of the suspect by driving up and in. Your body should be slightly offline of the subject with your head beneath the chin. Your wrapping arm is held in the small of the suspect's back at the wrist using a thumbless grip. Pull in at the small of the back forces the subject off balance. From this position you can control the suspect, disengage, or take them to the ground with the leg hook.



Defensive Tactics Manual

Alaska Department of Public Safety

Clinch and Leg Hook Takedown - Continued

6) To bring the suspect to the ground bring your inside foot between the suspects and lift their outside leg calf to calf.



7) Rotate your body outward as you lift and they begin to fall.



8) Release subject and let them fall to the ground.



9) Disengaged after leg hook takedown.



Leg Hook Takedown

If you choose to bring the subject to the ground to disengage rather than pushing them off it is important to be in proper position. Your body should be slightly off center to theirs. Bring your inside foot in, roughly between and in front of the suspects feet, for a set up step. This will give you balance for the leg hook. With your outside leg lift the suspects leg by going calf to calf. Rotate/twist your body outward and the suspect should begin to fall as they now only have one point of contact with the ground. Release hold of the subject as they begin to fall. You are now disengaged from the suspect.



Defensive Tactics Manual

Alaska Department of Public Safety

Leg Hook Takedown - Control Variation - Continued

10) Leg is lifted, rotating out, and going to the ground.



11) Stay low and release the subject prior to hitting the ground. Take a big step to avoid crashing into the ground.



12) Stay low and drive leg over to achieve the mount.



13) Insert hooks for mounted positional control.



Leg Hook Takedown Control

You may choose to control the subject on the ground after the leg hook takedown. When you lift the suspects leg (calf to calf) and rotate your hips out the suspect will begin to fall to the ground. Take a giant step and release hold of the subject just prior to hitting the ground. If you hold on to the subject your hands will be driven into the ground by the weight of the suspect. Immediately post your arm wide for base and drive your leg over. Insert your hooks for positional control of the suspect.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Positional Control – Side Mount

1) Officer side mounted on suspect. Sternum to sternum, light on feet, with over/under hand grip.



2) If subject attempts to roll post your arm for base.



3) When subject relaxes go back to over/under grip.



4) Suspect may hunt your hip with their hand to help them escape.



5) Scoop subjects arm from your hip. Stay low so you don't get rolled or lose position.



6) Sit out by driving your back leg through toward the head of the subject. Keep legs wide for base. Stay low.





Defensive Tactics Manual

Alaska Department of Public Safety

Positional Control – Side Mount - Continued

7) Re-establish over/under grip and stay chest to chest.



8) If subject attempts to roll again simply go back to the original side mount position.



9) Positional control from side mount.



Positional Control – Side Mount

You may find the need to keep someone on the ground for a short period of time. Perhaps there is a loose gun or knife nearby and you can hear your support coming, or you simply want to catch your breath while depleting the suspect's. Positional control from the side mount is a very dominating position when done properly. Drive your body down on the suspect sternum to sternum. Establish and over/under hand grip and keep your feet wide for base. If the subject attempts to roll you, release your grip, and post your arm wide for base. If the subject reaches for your hip you have to adjust your legs or the subject may improve their position to having you in their guard. If you feel the subject reaching for you should sit out by driving your back leg through toward the head of the subject and under the armpit. You can also scoop the arm of subject to drive your leg higher into the armpit. Stay low with pressure sternum to sternum. If the subject again attempts to roll you simply return the leg that was driven under the armpit to the original position. Stay low and light on your toes to ensure adequate pressure is being applied to the subject.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Shrimp Escape – Punch Block Variation

1) Subject has achieved side control and is punching..



2) Shoot the arms to block the punch.



3) Trap the subject's arm and pull tight to the body.



4) Officer's has secured punching arm (left). Subject then attempts to punch with opposite (right) arm.



5) Officer's left leg/knee comes high to the body and prevents subjects arm from coming back.



6) When subject slows/stops punching and the opportunity is there, hunt for the subjects hip.





Defensive Tactics Manual

Alaska Department of Public Safety

Shrimp Escape – Punch Block Variation - Continued

7) Push off the subject's hip and shrimp out wide. Top arm comes inside near the subject's neck/face to create space.



8) From the hip, shoot back in and use the space created from the initial shrimp. Shin across the waist.



9) The Officer is now under the opponent.



10) Extend the body straight. The foot of the Officer is still trapped under the opponent's body.



11) Post the foot to the ground and scoot your body to the side of the caught foot.



12) Keep the subject close by hugging head throughout. The foot is freed because of the scoot out.





Defensive Tactics Manual

Alaska Department of Public Safety

Shrimp Escape – Punch Block Variation - Continued

13) Improved position. Officer's legs wrapped high on the back and arm wrapped with a neck hug.



Shrimp Escape – Punch Block Variation

The indicator for a Shrimp Escape (Punch Block Variation) is when the opponent has somehow achieved mounted side control and strikes or attempts to strike you with punches. Mounted side control is an extremely dominant position and we do not want to be held there too long. To improve your position we must first stop or diminish the blows the suspect is throwing. When the suspect's arm comes back to strike you need to shoot your arm straight and in front to block the strike. Your arm should then collapse on the arm of the subject and pin it to the body. If the subject throws a punch to the side you have an exposed leg on, you can move that leg/knee high to stop their arm from coming back. When the opportunity presents itself or the suspect has stopped with the initial barrage of punches plant your feet, find the subject's exposed hip with one arm, and bring your other arm across the neck/face of the subject. Roll onto your hip and shrimp out while pushing off the opponent's hip and pushing their body away at the neck/face. This creates some space for you to work with. The Officer should immediately take back the space that was created by shooting their body back in with the bottom leg/shin coming across the waist of the opponent. Extend the body straight, post the foot that is across the waist to the ground, and hip/scoot out to the side of the foot that is caught/planted. This allows the foot to release from under the subject. Remember to keep the subject close with a neck hug and by biting the back with the free leg. Wrap your legs and control the head of the subject. The position of the Officer is now improved from being mounted in side control to having the subject in their guard.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Shrimp Escape – Shrimp & Shoot Variation

1) Subject has achieved side control on the Officer.



2) Officer plants feet to the ground and finds subject's hip.



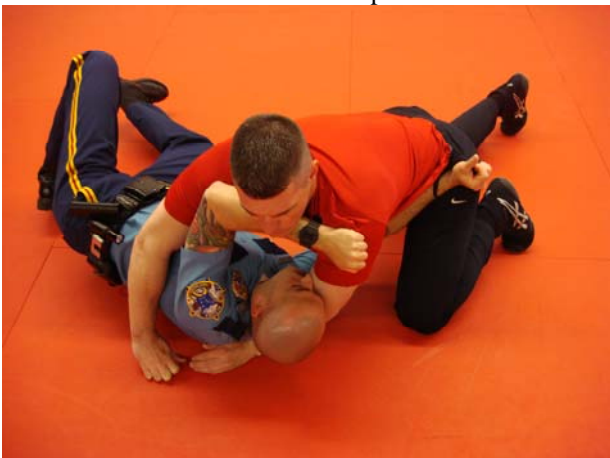
3) Officer places hand/forearm inside and on hip of subject.



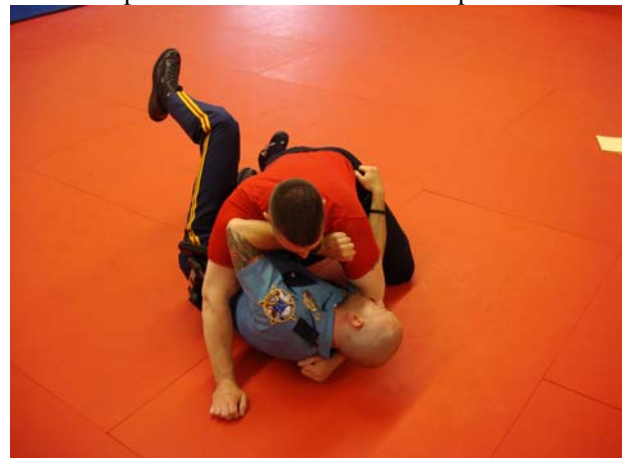
4) Officer's top arm comes across the neck/face of subject.



5) Officer shrimps out wide pushing off the hip and using the hand near the face to create space and distance.



6) Officer shoots back in after shrimping out. The Officer created space to use and then took that space back.





Defensive Tactics Manual

Alaska Department of Public Safety

Shrimp Escape – Shrimp & Shoot Variation - Continued

7) The Officer's shin under the subject is across the waist. The top leg is biting the back and the neck is hugged.



8) The Officer extends their body straight.



9) The Officer posts the foot that is trapped to the ground.



10) Officer shrimps/scoots out to the side of the trapped foot to free it.



11) Keep subject close with arms and freed leg.



12) Officer begins to wrap up subject in their guard.





Defensive Tactics Manual

Alaska Department of Public Safety

Shrimp Escape – Shrimp & Shoot Variation - Continued

13) Officer's legs are wrapped tight with a neck hug.



14) Subject now in Officer's Guard. Improved position from mounted side control.



Shrimp Escape – Shrimp and Shoot

The indicator for a Shrimp Escape (Shrimp and Shoot) is when the opponent has somehow achieved mounted side control. Mounted side control is an extremely dominant position and we do not want to be placed here by the subject. To improve your position from being mounted in side control to having the subject in your guard you first plant your feet, find the subject's exposed hip with one arm, and bring your other arm across the neck/face of the subject. Roll onto your hip and shrimp out while pushing off the opponents hip and pushing their body away at the neck/face. This creates some space for you to work with. The Officer should immediately take back the space that was created by shooting their body back in with the bottom leg/shin coming across the waist of the opponent. Extend the body straight, post the foot that is across the waist to the ground, and hip/scoot out to the side of the foot that is caught/planted. This allows the foot to release from under the subject. Remember to keep the subject close with a neck hug and by biting the back with the free leg. Wrap your legs and control the head of the subject. The position of the Officer is now improved from being mounted in side control to having the subject in their guard.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Shrimp Escape – Block & Shoot Variation

1) Officer on their back and on their feet tosses your legs.



2) Officer needs to immediately face the subject.



3) Officer gets to their hip and blocks the subject with hands to the chest. You must be on your hip.



4) Officer swings their body into the subject by using counter pressure from placing hands to the chest. The leg under the body comes across the midsection.



5) The Officer's top leg bites the back and the arms control the subject's neck.



6) Officer keeps the subject low and extends the body straight and in line with the opponents.





Defensive Tactics Manual

Alaska Department of Public Safety

Shrimp Escape – Block & Shoot Variation - Continued

7) Officer creates space and posts foot to the ground.



8) Officer shrimps/scoots out to the side of the foot that is underneath the opponent.



9) Officer's foot is freed from the shrimp/scoot



10) Officer is wrapped up and has the subject in the guard.



Shrimp Escape – Block & Shoot Variation

The indicator for the Shrimp Escape (Block & Shoot Variation) is when the opponent is standing and you are on your back. The opponent is aggressive and swings your feet to the side in an attempt to gain side control. When the subject tosses your legs you need to immediately face the subject by getting to your hip. Your hands should come up and go to the chest of the subject as they come down on you. Use the counter pressure from your hands on the chest to swing your body under your opponents. The front leg comes under and across the waist of the subject while the Officer's top leg bites the back of the opponent. The foot under the opponent will become trapped. The Officer will then extend their body straight and in line with the opponent, post their foot to the ground, and shrimp/scoot to the side of the trapped leg to free it. The sequence of extend, post, and scoot will free the foot. The legs then wrap around the back and the arm hugs the neck of the opponent. The subject is now in your guard, or Stage 1 Punch Block Series.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Elevator Sweep – Knee Strike

1) Suspect in your guard with a leg posted up



2) Keep the head close to minimize damage from punch.



3) Get to your hip and bring leg out wide for a knee strike.



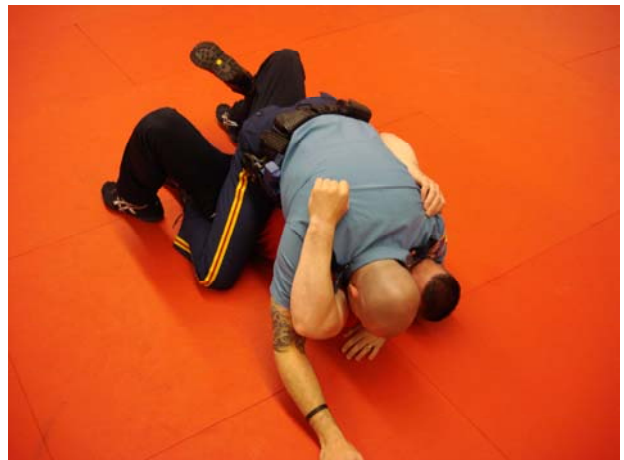
4) Deliver knee strike and chop with the other leg.



5) Roll into mounted position.



6) Improved position to disengage or control subject.





Defensive Tactics Manual

Alaska Department of Public Safety

Elevator Sweep – Knee Strike - Continued

Elevator Sweep – Knee Strike

The indicator for an elevator sweep (knee strike variation) is when the subject is in your guard and posts a leg. The subject is off balance from posting a leg. It may be difficult to bring your leg underneath their posted leg. Use this variation as an alternative. Maintain head control and keep the subject close. This will minimize damage from any strikes that are thrown by the subject. Get to your hip and pivot off the posted leg of the subject and bring your leg out wide to strike the ribs of the subject with your knee. If possible, release the head/neck control and bring your arm underneath the subject's arm pit to deliver additional power. Simultaneously strike the rib area and chop just above the knee of the subject with your other leg. Pull yourself over and into the mounted position. Stay low, insert your hooks, and maintain good mounted positional control or disengage. You have improved your position from having the subject in your guard to being mounted on the subject.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Elevator Sweep – Neck Hug

1) Suspect in your guard with a leg posted up



2) Keep the head close to minimize damage from punch.



3) Get to your hip and pivot off subject's posted leg.



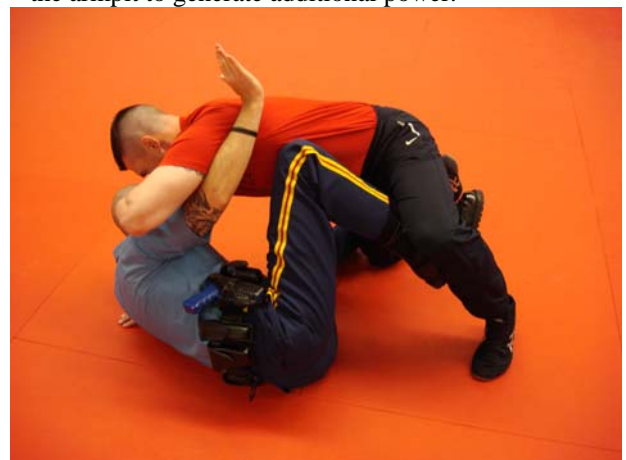
4) Bring leg around the outside.



5) Leg comes underneath the subject's thigh.



6) Arm releases from the neck hug and shoots underneath the armpit to generate additional power.





Defensive Tactics Manual

Alaska Department of Public Safety

Elevator Sweep – Neck Hug - Continued

7) The leg under the thigh will lift while the leg on the ground will chop just above the knee.



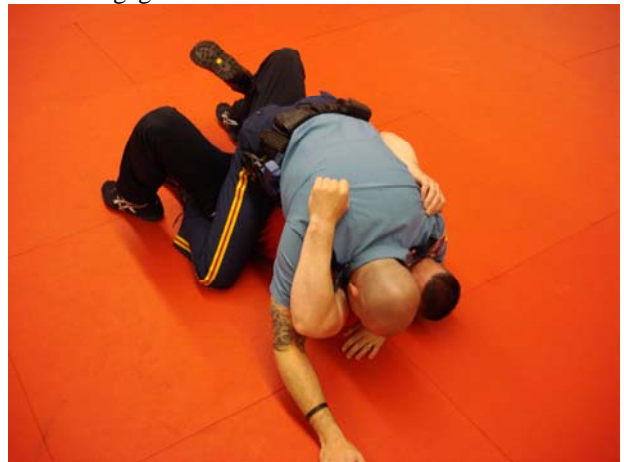
8) Subject tipping from the lift and chop.



9) Officer rolls into the mounted position.



10) Stay low and insert hooks for mounted positional control or disengage.



Elevator Sweep – Neck Hug

The indicator for an elevator sweep (neck hug variation) is when the subject is in your guard and posts a leg. The subject is off balance from posting a leg. Maintain head control and keep the subject close. This will minimize damage from any strikes that are thrown by the subject. Get to your hip and pivot off the posted leg of the subject and bring your leg out wide and under the thigh. If possible, release the head/neck control and bring your arm underneath the subject's arm pit to deliver additional power. Simultaneously lift with the leg under the thigh and chop just above the knee of the subject with your other leg. Pull yourself over and into the mounted position. Stay low, insert your hooks, and maintain good mounted positional control or disengage. You have improved your position from having the subject in your guard to being mounted on the subject.



Defensive Tactics Manual

Alaska Department of Public Safety

Ground Defense – Elevator Sweep - Standard

1) Suspect in your guard with a leg posted up



2) Keep the head close. Pivot off suspect's posted thigh.



3) Get to your hip and pivot off subject's posted leg.



4) Bring leg around the outside.



5) Leg comes underneath the subject's thigh.



6) Arm releases from the neck hug and shoots underneath the armpit to generate additional power.





Defensive Tactics Manual

Alaska Department of Public Safety

Elevator Sweep - Standard - Continued

7) The leg under the thigh will lift while the leg on the ground will chop just above the knee.



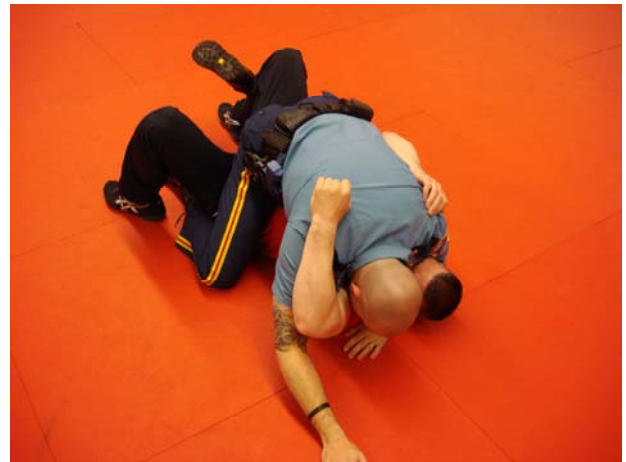
8) Subject tipping from the lift and chop.



9) Officer rolls into the mounted position.



10) Stay low and insert hooks for mounted positional control.



Elevator Sweep - Standard

The indicator for an elevator sweep is when the subject is in your guard and posts a leg. There are several variations of the elevator sweep. The basic concept of all variations is to exploit the fact that the subject is off balance from posting a leg. Maintain head control and keep the subject close. Get to your hip and pivot off the posted leg of the subject and bring your leg out wide and under the thigh. If possible, release the head/neck control and bring your arm underneath the subject's arm to deliver additional power. Simultaneously lift with the leg under the thigh and chop just above the knee of the subject with your other leg. Pull yourself over and into the mounted position. Stay low, insert your hooks, and maintain good mounted positional control or disengage. You have improved your position from having the subject in your guard to being mounted on the subject.



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Ground Defense – Headlock Escapes –Leg Hook Punch Block

1) Suspect punches from headlock position. .



2) Immediately protect yourself by shooting arms straight to block the punch.



3) Trap the arm of the suspect to their body.



4) With hips out wide hook the subjects leg.



5) Begin to pull yourself over with leg, and arm. Push off with back toe.



6) Rolled to the subject's back.





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7) Keep base and bring your top leg over.



9) Push up off the jawline at a 45 degree angle to break the hold.



8) Bring forearm across subject's jawline to build a frame. Bring your foot to the waistline.



Headlock Escapes – Leg Hook Punch Block- Continued

Headlock Escape – Leg Hook Punch Block

The indicator for a headlock escape, leg hook punch block variation, is when the opponent attempts to strike you from the headlock position. You need to immediately protect yourself and shoot your arms straight to block the punch. Trap the subjects arm to their bottom to prevent further strike attempts. Get your hips out wide and hook their leg with your top leg. Grab the top of their shoulder to help pull you over. Your back toe can also push off the ground to additionally help bring you over to the back of the subject. When you have pulled/pushed yourself over the subject, bring your foot to the waistline (modified mount position). Stay low and bring your forearm across their jawline. Build a frame and push up and off the jawline at 45 degrees. Get pressure to the head of the suspect with your hand or knee and control the arm they have extended. Bring the arm to the back for handcuffing or disengage.



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Ground Defense – Guard Get-Up

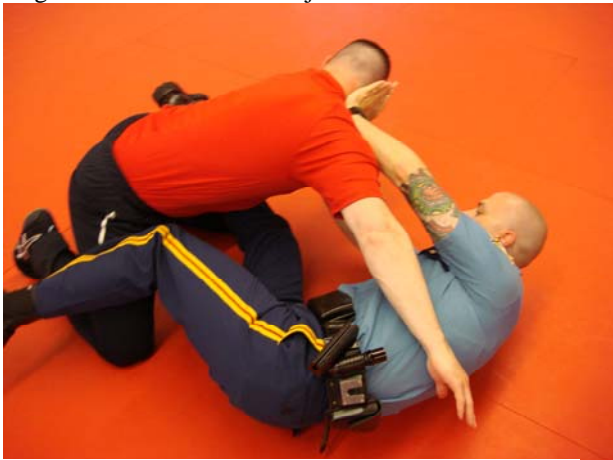
1) Suspect falls on top and is in your guard



2) Stay close until you have opportunity to create space



3) Get to your hip and create space with your arms against the head of the subject



4) Shrimp out wide while pushing subject away



5) Insert foot against subject to keep distance while keeping your hand on their head



6) Begin to get up in base keeping your hand on their head





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Guard Get-Up - Continued

7) The hand on the head is removed last to keep distance



8) Improved position to your feet



Guard Get-Up

Getting back to your feet quickly in a ground fight is important and if the subject has loose control the Guard Get-Up technique can get you to your feet. It is important to be on your hip and not flat on your back. From your hip, plant a foot to the ground and place your hands on the shoulder/head of the subject. Shrimp out wide using your planted foot while pushing down and away on the shoulder/head of the subject. Keep your arm straight and on the head of the subject to create space. Insert your foot on the hip of the subject as you begin your get up. Get up in base and push off the body of your opponent as you come to your feet. The hand should be removed last to maintain distance.



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WEAPON RETENTION

The overt action of a suspect reaching in the direction of the officer's firearm or other weapon should be considered an assaultive and potentially deadly force situation. The officer should respond with the appropriate action based on their perception of the situation. The officer should be able to transition to the appropriate level of force in response to the suspect's actions and intent.

1. WEAPON AWARENESS (PHASE I)

During the initial encounter with a suspect, the officer should recognize and evaluate all verbal and non-verbal cues that could indicate a suspect's intentions of possibly attacking the officer's weapon. The following are examples of cues that some individuals exhibit:

- a. Target glancing or eyeing officer's weapon.
- b. Clenching hands or rubbing palms of hands on clothes or through hair.
- c. Shift in stance or shoulders
- d. Increased rate of breathing
- e. Ignoring officer's commands

More examples were discussed in Chapter A (Introduction).

The officer must maintain a proper stance and positioning relative to the suspect, which will provide the greatest advantage for the officer and his/her weapon.

When encountering large crowds, the officer's awareness of his/her weapon must be heightened. Due to the large number of people, it will be difficult for the officer to maintain the proper distance from suspects. The officer should place his weapon side forearm on the firearm or index on it with his elbow to deter suspects from grabbing or reaching for the firearm.

During an altercation, one of the officer's primary concerns should be his/her weapon. The officer should be aware of the suspect's hands and their relationship to the officer's weapon. The officer should attempt to employ tactics that would not compromise the position of his/her firearm.

2. THE PREVENTION PHASE OF WEAPON RETENTION (PHASE II)



Prevention is the officer's immediate reaction when a suspect reaches for the officer's weapon. The officer should be in the proper F.I. stance with hands at waist level or higher.

As the suspect reaches in for the officer's weapon, the officer should lower their center of gravity. Utilizing the area from the finger tips to the elbows of both arms, the officer should deliver a downward strike to the suspect's arm(s) or hand(s) in an attempt to deflect the suspect's action.

Once the arm is deflected, depending on the situation, the officer can elect to deliver strikes to the suspect using the officer's personal weapons (back fists, punches, elbows, knees, kicks), or the officer can transition to an intermediate weapon while moving off-line and creating distance.



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3. WEAPON RETENTION IN THE HOLSTER (PHASE III)



This is a reactive response to a suspect who was too fast or too strong and was able to grab the officer's weapon, while it is still in the holster.

The officer's immediate reaction when the suspect grabs the weapon should be to secure the weapon in the holster by placing both hands on the weapon and pushing down. The officer should then step into the suspect while lowering his/her center of gravity by bending at the knees.

The officer should not initially attempt to pull away from the suspect if the grab is successful, since this would aid the suspect in pulling the weapon from the holster. The officer should utilize the push/pull concept and move aggressively in the same direction that the suspect is pulling the weapon. This should be done regardless if the weapon is grabbed from the front, side or rear.



Once the officer perceives that he/ she can effectively deliver strikes the officer should do so. The officer should be aware that they should not attempt to perform techniques that would compromise their balance (strikes can include, but are not limited to head-butts, forearm strikes, bites). If the officer decides to strike he/she should maintain control of the weapon with at least one hand. The strikes should be intense in delivery and should be continued until the suspect releases control.

After defeating the suspect's grab, the officer may be justified in drawing their firearm. However, the officer must ensure that he or she is far enough away from the suspect so that the suspect cannot take the weapon away. The officer may consider defensive tactics or withdrawal as options to drawing their weapon.

4. WEAPON RETENTION OUT OF THE HOLSTER (PHASE IV)

This is the officer's response when a suspect grabs or attempts to grab the officer or the officer's firearm while the firearm is out of the holster. As the suspect reaches for the officer's weapon, the officer should retract the weapon and move off line. The officer may choose, as an option, to deflect the suspect's reach with one hand and retract the weapon with the other.



Weapon grabbed from the front or side:

If the weapon is grabbed from the front or side and directed up, towards the sky, the officer can distract by kicking or kneeing to groin, shin, knee or whatever target presents it's self and then rip the weapon away.



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Weapon Grabbed From the Front or Side (cont.)



If the weapon is grabbed from the front or side and directed down, to the ground, the same should be done as stated above, however the officer may elect to use head butts or other distractions. Rotating the weapon towards the suspect and firing is also an option if the officer believes deadly force is justified and appropriate under the totality of the circumstances.

Officer Grabbed From the Rear with the Weapon Out:



b.1 Officer Grabbed From Rear Over the Arms:

The officer should immediately recognize the attack and drop his/her center of gravity, simultaneously flare the elbows out to prevent the arms being pinned against the body. The officer should shift the hips to one side to allow for a groin strike. The officer can also distract by using a rear head butt, hip strike or any combination of strikes. Once the suspect releases the grab, the officer should turn towards the suspect by pivoting the weapon side away, creating distance and moving off-line.



a.2 Officer Grabbed From the Rear Under the Arms:

The officer should once again drop his/her center of gravity and then use the butt of the gun to strike the back of the suspect's hands hard. The officer should then use elbow strikes directed to the head of the suspect in an attempt to defeat the grab. Alternate elbows should be used in a violent manner to prevent the suspect from protecting their head by simply placing it behind the officer's head. Other distractions that could be used include, head butts and hip strikes. Once the officer is able to, they should turn towards the suspect by pivoting the weapon side away, creating distance and moving off-line.



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5. THE RECOVERY (TAKE BACK) PHASE OF WEAPON RETENTION (PHASE V)

This is the officer's response to a suspect who was able to grab and take primary possession of the officer's firearm so that the officer's initial action is to take back control of the firearm.



2. Firearm stripped from holster (front):

The officer's initial response is the recognition that the firearm has been taken from the holster.

The officer should then immediately move his/her position so that he/she is not in front of the barrel of the firearm.

The officer should simultaneously secure the suspect's wrist and hand while the officer's other hand secures the weapon, preferably from underneath. The officer should then suck the weapon into their chest.



NOTE: The officer should grab whatever is available: the arm, wrist or hand. The critical element is to secure the weapon and suspect's hand. This will prevent the weapon from being pointed at the officer.

The officer then drops his/her body weight, and if able, delivers strikes to targets of opportunity.



Once the officer feels he/she can effectively strip the weapon from the suspect he/she should do so by pushing back on the suspect's wrist and forcefully pushing the weapon in a rotating motion towards the suspect's bicep. The officer will initiate an outside or an inside recovery (take back) based on the hand that the suspect uses to grab the officer's firearm.

The technique is the same motion for inside and outside recoveries (take backs). Always turn the weapon away from the officer and towards the suspect. Remember to pull the weapon out from the weakest part of the grip, the thumb and open finger area of the hand.





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3. Firearm stripped from the holster (side):

The techniques are the same as stated above.

4. Firearm stripped from the holster (rear):

The technique is the same as stated above. However, the officer's weapon side hand should be on the suspect's wrist regardless if the suspect strips with the right or left hand.

5. Officer is placed in a bear hug:

The officer should also be aware that the suspect could attempt to place the officer in a bear hug. If this occurs the officer may elect to head butt or elbow strike the suspect. The officer's primary concern should be controlling the weapon and eventually regaining control of their weapon. Weapon Takeaways (Phase VI)

The suspect attempts to draw a handgun from the waistband.

The officer should pin the suspect's hand on top of the gun and prevent the suspect from drawing the weapon by applying strong, continuous counter pressure. The officer should strike the suspect repeatedly until the officer can control the suspect and take control of the weapon.

The suspect draws a handgun from underneath their clothing and points it at the officer:

The officer will simultaneously move out of the line of fire, grasp the weapon and the suspect's wrist with both hands.

Once the officer has control over the suspect's wrist and weapon, the technique is exactly the same as an outside or inside recovery (take back). Always turn the weapon away from the officer and towards the suspect; pulling the weapon out from the weakest part of the hand (the thumb and the open finger area of the hand).

NOTE: The technique is used when the officer is in close to the suspect and the officer immediately recognizes that a weapon has been extracted. The officer should not wait until the weapon is completely out and pointed at the officer.



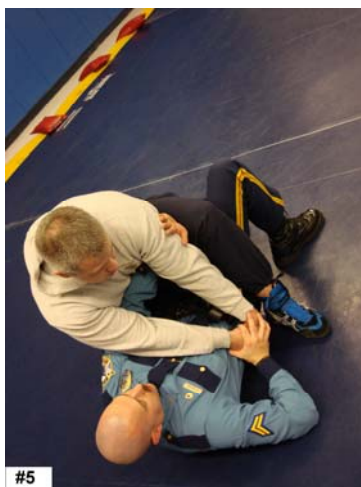
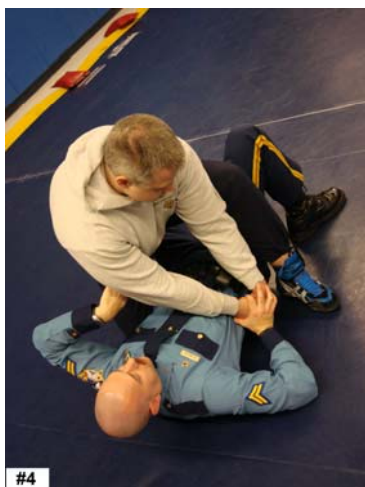
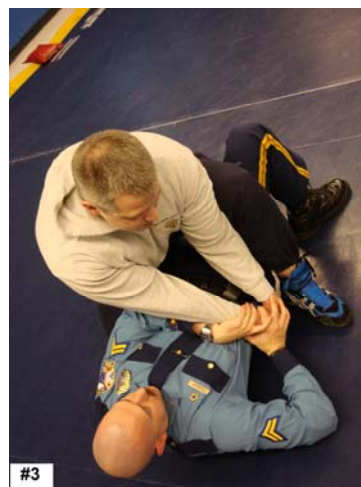
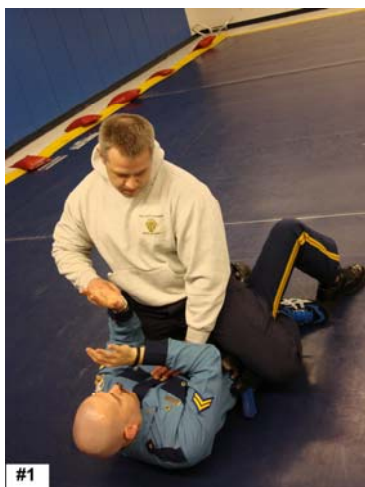
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GROUND POSITION WEAPON RETENTION

I - Retention (Subject is mounted)

This technique is intended to be used by the officer as an option of maintaining control of their sidearm while in a ground defense situation.



1-6) The officer has fallen or has been taken to the ground and found themselves lying on their back. The subject assumes a mounted position over the officer. The subject then adjusts his leg, allowing him to place his hands on the officer's sidearm. The officer should immediately force their hands onto the suspect's hands, trapping the officer's weapon in the holster. (This utilizes the same principals taught in standing weapon retention techniques.)

While maintaining constant downward pressure with their weapon side hand, the officer places his support side arm underneath the subject's arms and places their support side hand behind the subject's Tricep muscle. Once the officer's support side hand is in position, the officer should buck his/her hips and bridge towards the officer's support side.

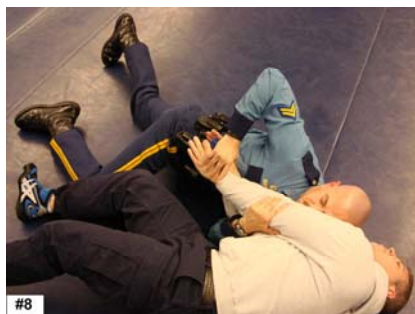


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GROUND POSITION WEAPON RETENTION

I - Retention (Subject is mounted) CONTINUED



7-15) The officer maintains control of the subject's hands during the bridge to ensure that the officer's weapon does not become un-holstered. The officer ideally will land in a cross body control position. Still maintaining control of the subject's hands/arms, the officer should work their way to a kneeling position and bring their weapon side knee onto the subject's lower torso applying downward pressure with the officer's body weight. The officer may then trap the subject's head to the ground with his/her hand, forcing the subject to look away from the officer. With their weapon side hand, the officer then scoops underneath the subject's outside arm near the tricep and rolls the subject toward the officer. The desired result is for the officer to achieve a thigh lock position on the subject.



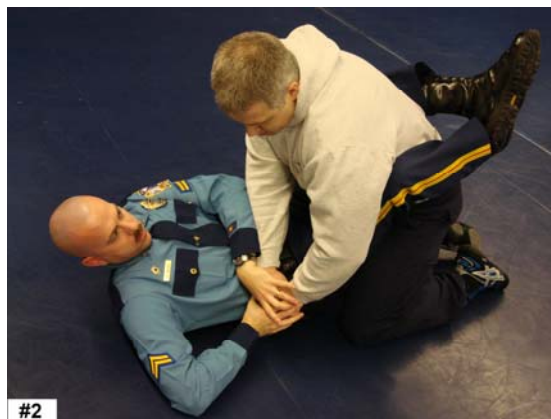
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Ground Position Weapon Retention

II- Retention (Subject in officer's guard)

This technique is intended to be used by the officer as an option of maintaining control of their sidearm while in a ground defense situation.



1-3) The officer has fallen or has been taken to the ground and found themselves lying on their back. The subject is in the officer's guard. In the event that subject grabs for the officer's sidearm, the officer should employ previously taught techniques to trap the subject's hands down and to keep the weapon in the holster.

In order to better control the subject's movements and to successfully apply the counter, the officer wraps his/her legs around the subject's waist, closing the guard.

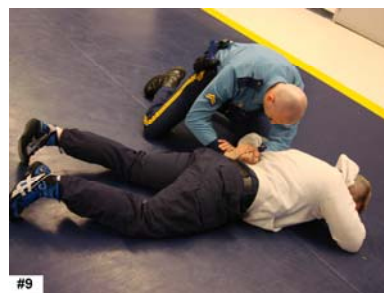
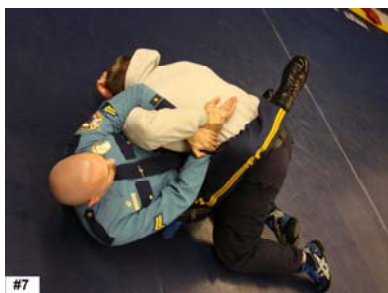


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GROUND POSITION WEAPON RETENTION

II- Retention (Subject in officer's guard)



4-6) The officer may then use his/her legs to pull the subject's torso in and downward. The officer should maintain constant downward pressure on their weapon to keep it secure inside the holster. Using the support side arm, the officer sweeps the subject's head and forces it away from the officer's weapon side. This technique allows the officer better access to employ a figure 4 hold on the subject's arm that is still grasping the weapon. The officer passes his/her support side hand over the top of the suspect's shoulder that is closest to the officer's weapon side, pushing his/her arm through towards his/her body until the officer can grasp their own wrist or lower forearm.

7-10) While maintaining the figure 4 hold on the subject's arm, the officer may then straighten their support side leg and place it on the ground. The officer applies the needed amount of tension upward on the suspect's shoulder and keeps his/her weapon side leg hooked over the suspect's body limiting the subject's ability to roll or counter the technique. Loud and clear Verbal commands should now be issued for the subject to let go of the officer's weapon and to slide their body off of the officer's support side leg. Once the subject has released their grasp on the officer's weapon and is no longer lying on any part of the officer, the officer should keep control of the subject's arm and work his/her way to a kneeling position. The officer will then utilize the thigh lock technique to gain control or disengage.



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Long Gun Retention

This section addresses long gun retention techniques. The student will become knowledgeable of maintaining control of his/her long gun in close quarters situations. These skills will enable the student to lessen his/her chance of injury and assist them in gaining a position of advantage, further assess the situation and to establish safe control.

The skills discussed in this section have been provided as options. They are not presented as “the way”, but rather “a way”. The Department of Public Safety Training Academy understands there are numerous techniques that may be utilized to retain an Officer’s shouldered long gun.



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Long Gun Retention

Weapon Sectors

The surface of the weapon is divided into sectors. These sectors serve as physical reference and leverage points for the officer to manipulate the long gun and attempt to predict the outcome.



1. Open Side Weapon Sectors 1, 2 and 3



2. Closed Side Weapon Sectors 2 and 3



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Long Gun Retention

Open Side Retention - Sector one



Step 1: The suspect grabs the Officer's weapon in sector one.





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Step 2: The Officer lifts his shoulder and assumes a guard position.



Step 3: The Officer then turns and drops his weight, allowing their shoulder to break the suspect's grip.





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Step 4: The Officer should then create a larger reactionary gap; allowing him to further assess the situation.

Long Gun Retention

Open Side Retention - Sector Two



Step 1: The suspect grabs the Officer's long gun in sector two.





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Step 2: The Officer lifts his elbow to fill the space between his/her body and the suspect's.



Step 3: The Officer assumes a guard position then turns and drops his weight; allowing his elbow to break the suspect's grasp.





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Step 4: The Officer should then create a larger reactionary gap; allowing him to further assess the situation.

Long Gun Retention

Open Side Retention - Sector Three



Step1: The suspect grabs the Officer's long gun in sector three.





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Step 2: The Officer assumes a guard position, ensuring that the stock is still in the shoulder pocket to add body weight.



Step 3: The officer then squares off to the suspect by stepping back.





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Step 4: The Officer may then kneel, bringing the muzzle to a pointed in position. The Officer may then address the threat or create space and further assess the situation if possible.

Long Gun Retention

Closed Side Retention - Sector Two



Step 1: The suspect grabs the Officer's weapon in sector two.





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Step 2: The Officer then assumes a guard position, keeping the weapon shouldered to add body weight.



Step 3: The Officer then turns his feet away from the suspect and breaks the suspect's grasp of the long gun by stripping the weapon away with his shoulder.





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Step 4: The Officer should then create a larger reactionary gap; allowing him to further assess the situation.

Long Gun Retention

Closed Side Retention - Sector Three



Step 1: The suspect grabs the Officer's long gun in sector three.





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Step 2: The Officer assumes a guard position, keeping the weapon shouldered to add body weight.



Step 3: The officer then squares off to the suspect by stepping back.





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Step 4: The Officer may then kneel, bringing the muzzle to a pointed in position. The Officer may then address the threat or create space and further assess the situation if possible.



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SUMMARY

Officers must be cognizant of their duty weapon at all times. Weapon awareness and retention is a major concern for all officers. When a suspect attempts to acquire an officer's weapon, the intent of the suspect to use said weapon on the officer has been statistically proven. Officers should always be aware that a weapon is present in every situation they encounter, because they have brought the weapon to the situation. The officer must remember that the primary objective is to never allow a suspect to grasp the weapon, but if this should occur, the officer must keep or regain control of the weapon.



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TACKLE DEFENSE

1. INTERCEPTION OF A HIGH, MIDDLE, AND LOW TACKLES/ATTACKS (PHASE I, PREVENTION).

a. High



Upon recognizing the initial attack the officer should drop his/her body weight (this should be done by the officer moving forward, as opposed to moving back. The officer then uses a shoulder block to check the subject's head, neck, or body area. The officer can also elect to use strikes in order to repel the attack. After intercepting the initial attack the officer may have the ability to perform strikes to targets of opportunity (forearm strikes to brachial plexus origin or forearm strikes to the



head/body). The strike should be done while the officer is moving aggressively forward into the subject. The officer may also use knee strikes to the subject's thigh area, so long as it does not compromise the officer's balance.

b. Middle



Techniques remain the same as delineated in the high tackle. Reaction side forearm will check the subject's head, neck, or body. After disrupting the initial attack, the officer can elect to strike/ distract and/or disengage. The officer can both disengage and create distance, transition to a takedown, or transition to an intermediate weapon. The officer can also choose to use strikes while aggressively moving forward.



c. Low

If the subject attempts to tackle the officer low, targeting the officer's feet or leg, the officer should use a technique called "sprawl". Sprawling is done by violently throwing the feet and hips back and dropping the officer's body weight atop the subject. When possible the officer should control the head of the subject and force the subject to the ground. After sprawling the officer can offline to either side of the subject, the officer can then disengage and create distance, or transition to an intermediate weapon. If the officer is confident that he/she can gain control of the subject, he/she may elect to transition to a limb pinning technique to gain control.





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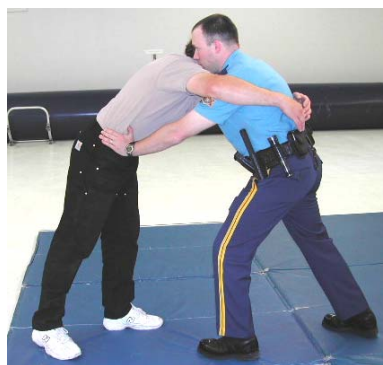
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2. SUSPECT HAS GRABBED THE OFFICER (PHASE II, MISSED PREVENTION)

This technique is used for officers who, due to the suddenness of the attack or due to being over powered, were unable to perform the interception technique. The suspect was then able to wrap his/ her arms around the officer.

a. High

When the suspect wraps their arms around the officer, the officer should drop his/her body weight and push their hips back. This prevents the suspect from breaking the officer's balance by pulling the officer's hips in close. The officer should position their hands over the front of the suspect's hips and keep their elbows close to their body. This will prevent the suspect from pulling the officer in. The officer should then use strikes to targets of opportunity in order to break the suspect's grip. The officer should then disengage and move to a position of advantage.



b. Middle

When grabbed around the waist, the officer should push their hips and feet back simultaneously. The officer should wrap his/her arms around the outside of the suspect's arms or around the suspect's head. The officer should drop his/her body weight atop the suspect, forcing the suspect to the ground. Once on the ground the officer can disengage and create distance or attempt a limb pinning technique to gain control.

NOTE: Although this is a technique for a middle tackle, the officer should maintain a heightened sense of weapon awareness, due to the close proximity of the suspect's hands to the officer's weapon. If the officer feels or suspects the suspect may be attempting to disarm the officer, the officer should secure the weapon on the holster and perform weapon retention techniques.

c. Low

When the suspect begins to grasp one or both legs, the officer should use the sprawling technique before the suspect can establish a secure grip. Simultaneously the officer sprawls his/her feet backward, the officer should drop his/her body weight atop the suspect. The officer may elect to transition to a limb pinning technique or disengage and create distance by spinning or pushing off the suspect to the side.



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3. THE “KNEES-IN” CONCEPT (PHASE III, TAKEN TO THE GROUND)

This is a technique used when the officer was unable to intercept or perform any of the standing prevention techniques because of the surprise of the attack. The suspect was able to wrap their arms around the officer and the officer's balance has been broken, therefore going to the ground is now inevitable.

a. High

Once the officer has been grabbed and his/her balance has been broken, the officer should prepare himself/herself to go to the ground. The officer should begin by tucking their chin into their chest. As the officer begins to fall, the officer should bring their knees into their chest and tuck into a “ball” position. This will cause the suspect to fall onto the officer's knees. As the suspect lands on the officer's knees, the officer should attempt to roll the suspect to one side, throwing the suspect off. The officer should then turn on his/her back, placing the officer's feet (ready to strike if necessary) between the suspect and themselves. The officer should create distance and when safe to do so, tactically stand up.



b. Middle

Same concept as delineated in the high tackle.





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c. Low

When the suspect grabs low on the leg, the officer should step back with the opposite leg and sit down, using the suspect's grasp to cushion the fall. Once on the ground the officer should begin to deliver strikes to the suspect by kicking or performing heel strikes. This should prevent the suspect from "climbing" up the officer's leg into a more advantageous position. After breaking the suspect's grip, the officer should use his/her feet to push off the suspect and create distance. When safe to do so the officer should tactically stand up. (See shrimping, shoulder walking, and getting up tactically in Section 'O'.) If both legs are grabbed, the officer should tuck their chin to the chest curling the body into a ball in preparation of being taken to the ground. Begin striking the suspect in an effort to loosen their grasp around the legs and attempt to disengage.

NOTE: When the subject is atop the officer, this can be one of the most dangerous times because of the subject's ability to strike repeatedly. Size of the subject also becomes a factor in this position.





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EDGED WEAPONS

1. INTRODUCTION:

This chapter will discuss five key principles of defending yourself against edged weapons. These principles are awareness, avoidance, redirection, interception and control. This section of the manual will discuss techniques for minimizing injury and surviving knife encounters.

Edged weapons have been evolving for thousands of years. Currently, a knife culture involving small folding knives is growing in the United States. A large majority of people you will contact as a law enforcement officer will either have an edged weapon on their person or within easy reach. There are many kinds of edged weapons in existence and they can be made from most any item. Edged weapons can include pens, pencils, knives, swords, letter openers, screw drivers, bottles, bicycle sprockets, pieces of wood and any other metallic or non metallic object that can be sharpened. Darren Laur of Integrated Street Combative was quoted in American Police Beat as saying that “a knife never runs out of ammunition, never jams, never mis-fires, rarely misses the target, cuts the bone, tendon, muscles, arteries, and veins with one thrust, has better stopping capacities, is easily concealed and is totally silent.” Many people underestimate the lethality and danger of edged weapons.

The Federal Law Enforcement Training Center (FLETC) defensive tactics training manual explains that most encounters with an edged weapon fall in the deadly force area of the use of force continuum. You must, however, be certain that you have looked at all of the factors involved before using deadly force. When deciding whether deadly force is justified one must establish whether ability, opportunity and jeopardy exist. This means that a suspect or contact must have the ability to carry out serious physical injury or death, the opportunity to inflict serious physical injury or death, and they must place a person in jeopardy by manifesting an overt act toward inflicting or causing serious physical injury or death.

2. AWARENESS:

The first step in surviving an edged weapon encounter is to be aware of the culture talked about in the last section, and to assume that your suspect or contact is in possession of an edged weapon. The second step is to be aware of your surroundings and of the contact's hands and movements. Most law enforcement officers do not recognize threats until the suspect or contact has started the movement to carry out the threat. A law enforcement officer needs to be aware to the extent that they can perceive danger from the cues that contacts and suspects give us; after all, most communication is non-verbal. Look for barriers, use places and things that will slow down or defeat a direct attack and allow you precious seconds to react. The principle of awareness is covered in detail in Section D, 'Weapon Retention'. A final note on awareness; if you find yourself in an edged weapon encounter, be aware that you are going to get cut. Accept it, get over it, and use these techniques to keep your injuries to a minimum.



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3. AVOIDANCE:

Once you either detect an imminent attack or find that you have suddenly been attacked, you need to defeat the line of attack. People have an instinctual flinch response. This is evident when a person is about to be struck with an object or hear a loud noise. By capitalizing on the natural flinch response you already possess, you can avoid being injured by moving off line and defeating the aggressor's line of attack. The use of barriers will greatly aid you in avoidance.

From a technical standpoint avoidance is as simple as moving from side to side and evading the weapon. This might be as simple as moving your torso or other body part out of the weapons path or moving your whole body by stepping to one side or the other. Evasion and avoidance is about simply moving out of the way. The floating shirt technique can also be used for this purpose. Barriers and moving off line are covered in detail in section B, 'Fundamentals of Defensive Tactics.'

4. REDIRECTION:

Redirection techniques should be utilized next in your confrontation with an individual armed with an edge weapon. When the attack starts and you successfully evade you will need to redirect additional strikes to prevent further injury. This can be done by tactically moving from your position and out of the way. As you do this you may be able to prevent an injury by striking the attacking individual's weapon arm with your forearms. Your striking surface is from your elbows to finger tips on both arms. You should strike the center of the target presented. Use caution if able to minimize the possibility of injuring yourself. As you strike down on the suspect's arm you should also step in a direction which defeats the line of attack. This movement can be a front, rear, left, right or 45 degree off line movement. This technique is also taught as the prevention phase of weapon retention in Section D, 'Weapon Retention'.

5. INTERCEPTION AND CONTROL:

Interception can be used either before the weapon is produced or after the edged weapon is visible and out. Again, awareness while contacting people cannot be emphasized enough. If you see a contact reach into a waistband or pocket you must react immediately. If no barrier is present you should move forward and pin the arm or hand being used to reach inside the unknown area so the hand cannot be withdrawn. If a weapon is indeed present or you know a suspect has a weapon, strikes should be given to the suspect until control is gained.

If the weapon is produced the officer will need to control the weapon to again minimize injury. After evading the offender's weapon, the officer should attempt to grab the arm controlling the weapon. The capture of the arm should take place, if possible, on the follow through strike. Once you have gained control of the arm, and if further control of the arm will not be sacrificed, move down to control the wrist. Once you have established control, drop your balance and keep the weapon from making contact with you. Redirect the blade as the suspect attempts to slash or stab you. If control can be maintained, you should start to deliver elbow strikes, knee strikes, head butts and the like to disarm the suspect. When delivering these strikes it is imperative to maintain control of the suspect with at least one hand. When you feel you can safely disengage to transition to your firearm, you should do so.



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GROUND DEFENSE

Being in a ground confrontation poses a serious threat to all officers. Officers are often forced to the ground during physical altercations. Based on this, it is imperative that law enforcement officers learn how to properly defend themselves and protect their weapon while in the grounded position.

1. BRIDGING

This technique is used when you find yourself on the ground with a suspect attempting to choke, strike, or pin you. The technique begins with a maneuver to bring the suspect's weight forward. As the suspect's weight moves forward, plant your feet and raise your hips off the ground. Turn your buttocks by rotating your hips upward. Roll onto the lower shoulder while locking out your upper arm. If done violently and with speed, this technique should force the suspect off of you and allow you to maneuver to a better position.

2. SHRIMPING



This technique is used when the officer is on his back and the suspect is at his feet, either standing or also on the ground. The officer begins by turning to one side and planting his shoulder in the ground, as if a rod were going through both shoulders and into the ground. The officer then shifts his weight from his hips to his shoulders and brings his hips towards his head, forming an "L."

Weight is then quickly shifted back to the hips, and as the body is straightened out, the officer rolls to his other side to repeat the process until he has created enough distance to get up tactically.



3. SHOULDER WALKING

This can be used in conjunction with shrimping, and is used under the same circumstances. While on his back the officer places the weight of their upper body on one shoulder blade, lifting the other blade off of the ground slightly. The raised blade is then moved toward the head as far as possible then returned to the ground. Using the opposite shoulder, the process is quickly repeated until enough distance has been created.

4. HIP PIVOT

This is used when the officer is on his back and the subject is on their feet, circling to get closer to the officer's head. The officer should immediately pivot across their back onto their left hip if they are pivoting left, and their right hip if they are pivoting right. As the officer pivots, they should use their lower foot/leg to scoot themselves in a circle, keeping their feet toward the suspect as he moves. The officer's upper leg should be held in a cocked position to fend off any attacks from the suspect. If the suspect suddenly changes direction, the officer should roll across their back to the other hip and continue the process. To do this properly, the officer will be pivoting on their leather gear and weapon, and they should be aware that retention straps and snaps from other holsters may come undone as a result.



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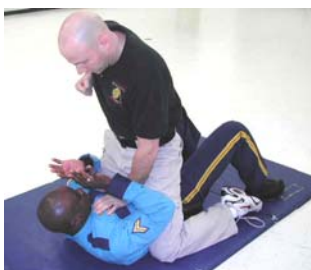
5. GETTING UP TACTICALLY

After the officer has created enough distance by shrimping or shoulder walking, they need to get to their feet tactically to avoid further attack from the suspect and from other, previously unseen suspects. From their back, they first scan all around them for any other potential suspects. Seeing none, the officer pivots to a hip, plants their hands to one side, and begins to sit up. While continuing to scan they should put their weight on their hands, sweep their feet under them, and rise from a crouching position. They should find themselves in a high ready position, with their feet properly spaced and bladed.

6. ESCAPE/DEFENSE FROM SUSPECT ATOP THE OFFICER

Check and/or grasp subject's wrist, fingers or arms. Strike the subject in either the thigh or groin to shift their weight forward. Then immobilize one side of the subject's body by pinning their arm under your upper arm, and blocking the same side leg with your calf. Make a sudden and forceful movement by thrusting the hips up in the air (bridging), forcing the subject off to the side of his trapped limbs, rolling over atop the subject or disengaging. The concept is to keep the suspect close, keep the suspect unbalanced, and do not allow the suspect to sit high on your chest.

Note, when doing this move in training, it is important that the "suspect's" trapped hand be palm up on the mat, or there is a substantial risk of injury to the wrist.



7. DEFENSE/ESCAPE WITH SUSPECT IN OFFICER'S GUARD

While protecting your centerline, pull your knees inward (shrimp). Forcefully kick the suspect's hips, abdomen, and groin, pushing him/her away from you. If possible disengage or pivot on your shoulders, using your feet to keep the suspect away from you. It may be necessary to transition to an intermediate weapon.





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8. ESCAPE/DEFENSE WITH THE OFFICER ATOP THE SUSPECT(MOUNTED)

The Officer places his or her hand in the subject's face, forces their face to the side, then stands up and disengages to the opposite side. If the officer used their support hand to push the face to the support side and disengages to their weapon side, they will be able to create more distance and keep their weapon farther from the suspect.

The weapon retention technique to be used when the subject grabs for the officer's weapon is to raise the knee and come up on the foot to pin the subject's hand against the officer's side; then begin striking until they release the weapon.



9. ESCAPE/DEFENSE WITH THE OFFICER IN THE SUBJECT'S GUARD

Sit up and strike to either the stomach or groin, elbow strike the femoral area, then disengage. To disengage, either stand up and move backward or reach under and hook the suspect's leg and quickly flip the suspect onto his stomach.





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SUMMARY:

Some basic principles:

a) Do not panic! Remember, with training, you have “been there and done that.”

Relax and breathe. If you suffer from oxygen depletion, your knowledge and skill will be of little value after 30 to 50 seconds. Be aware of the positional relationship of your weapon to the subject. Remember that getting your weapon may be the only goal of the subject. Stay in a face-to-face relative position with the subject. Don't turn your back to the subject. Use your feet and legs to help control the subject. React to the opportunities given to you by the subject. Go with the momentum. Do not waste energy needlessly if the subject is not in a position to do you any harm or cause injury.



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GRIP AND STRANGULATION BREAKS

1. HAND SHAKE

This manual will cover four basic techniques to prevent or counter a subject's attempt to grab your hand as if to shake it. Allowing an individual to shake your hand allows the subject to get very close, preventing the officer from maintaining a safe reactionary gap. Shaking hands with the subject will also, especially with right-handed officers, allow the subject to control the officer's weapon hand. Once the weapon hand is controlled, the subject may possibly pull the officer into him, exposing the officer's weapon side, jeopardizing weapon security. Just as an officer can control a subject with a basic escort technique, the officer can lose control by allowing himself to be placed in a similar situation.

To prevent a subject from grabbing your hand you can simply;

1. Strike the back of the subject's hand with the middle joints of your opposite hand, *or*
2. With your free hand, lift upward under the subject's wrist while simultaneously pulling down and out with the controlled hand, *or*
3. With your free hand, peel the subject's thumb away and pull your hand free, *or*
4. Simply squeeze the controlled hand, release, and pull it straight back.



2. ONE HAND GRABBED

This technique is used when a subject using two hands, grabs an officer by the wrist or lower arm.

The officer simply grabs the fingertips of his controlled hand with his free hand.

Quickly pull your hands upward and toward your body, breaking the subject's grip at the weakest point, his thumbs.





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3. BOTH HANDS GRABBED

This technique is used when a suspect grabs the officer by both hands or wrists.

The officer will simultaneously lift both arms in an upward, circular, motion until the suspect's hands forcefully contact each other.



4. CHOKE BREAKS

It's important to remember that when a suspect attempts to choke you, he/she is utilizing deadly force against you. In this situation, you'll need to respond with *speed* and *violence*. This manual will cover six techniques to counter ground based frontal chokes.

a. Jugular Notch

With your weapon hand, make a fist and extend your index and middle fingers. Insert your fingers into the jugular notch above the sternum. Place your support hand on top of your weapon hand thumb for support. Drive your hands into the jugular notch causing the suspect to gag.



b. Sternum Rub

Using your weapon hand, make a fist and extend the middle knuckle of your middle finger.

Place your knuckle on the sternum and rub hard.





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c. Thumb Break

Place your hands on top of the suspect's hands. Encircle the suspect's thumbs with your fingers. Lift up on the thumbs while applying a downward pressure on the back of the suspect's hands. Bridge the suspect off of you.



d. Down on the forearms

Place your weapon arm across the suspect's forearms with your hand cupping his arm. Place your support arm on top of your weapon arm with your hand cupping your tricep. Press your arms downward toward your stomach. Bridge the suspect off of you.



e. Up on Elbows

Place the palm of your hands, thumbs down, against the suspect's elbows. Push inward and up on the elbows. Bridge the suspect off.



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f. Figure-4



- f.1. Place your weapon arm across the suspect's forearms with your hand cupping his arm at the elbow.
- f.2. Your support hand forcefully pushes against the knuckles of your weapon hand. This technique is likely to break the subject's elbow.

5. STRANGULATION/REAR CHOKE BREAK

Rear chokes are strong, hard to break and dangerous. As soon as you feel the suspect's arm encircling your neck, you need to control his arm on both sides of the elbow. Tuck your chin down into your chest and turn into his elbow. At the same time, put your hands on his forearm in front of your chin and pull down to create space, allowing you to breathe. Do Not turn toward the suspect's wrist since this will be turning into the choke. You should attempt an escape only after you have stabilized the choke.