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**Course Outline for AJ 9981**

**GRND CTRL/WEAPONLESS INSTRUCTR**

**Effective: Spring 1999**

**I. CATALOG DESCRIPTION:**

AJ 9981 — GRND CTRL/WEAPONLESS INSTRUCTR — 1.00 units

Instruction in techniques that address the altercation patterns of physical conflict management. This course has heavy emphasis on ground control techniques. It also deals with multiple opponent confrontation and standing attacks. Students will understand current case law regarding use of force and evaluation of departmental use of force policy. A California Peace Officer Standards and Training (POST) certified course designed for full-time or reserve peace officers who are currently certified as POST weaponless defense instructors.

0.67 Units Lecture 0.33 Units Lab

**Grading Methods:**

Pass/No Pass

**Discipline:**

	<b>MIN</b>
<b>Lecture Hours:</b>	12.00
<b>Lab Hours:</b>	18.00
<b>Total Hours:</b>	30.00

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1**

**III. PREREQUISITE AND/OR ADVISORY SKILLS:**

**IV. MEASURABLE OBJECTIVES:**

**Upon completion of this course, the student should be able to:**

1. explain liability issues in peace officer weaponless defense based on studies in case law;
2. explain use of force issues based on studies in case law;
3. discuss statistics of confrontational management;
4. demonstrate various hand controls when attempting to subdue a suspect;
5. demonstrate various leg controls and break downs when attempting to subdue a suspect;
6. demonstrate various throws, locks, and drops against a charging suspect;
7. explain the use of various body weapons such as the palm heel and the elbows
8. demonstrate various lifts and kicks;
9. demonstrate various escapes and take downs against common attacks;
10. explain various laws and department policies with regard to use of force, using simple and brief language.

**V. CONTENT:**

- A. Liability issues--legal citations relevant to training
- B. Use of force issues using relevant legal citations
- C. Statistics of confrontational management
- D. Hand controls including wrist locks, twist locks, and supporting grips
- E. Leg and hip controls including leg trap, hip press, and break downs
- F. Grapevine techniques including single leg, guard, double leg, and neck wrap
- G. Rollovers
- H. Defending against a charging subject
  1. Russian head lock
  2. Monkey throw
  3. Head shoulder throw
  4. Trap/elbow drop
  5. Head reversal
- I. Wall defenses
- J. Personal body weapons
  1. Palm heel
  2. Bottom fist
  3. Elbows
  4. Under punch
  5. Side knee lift
  6. Extended side knee
  7. Rear cross kick

- 8. Front kick
- K. Escapes from common attacks
  - 1. Regaining control
  - 2. Multiple opponents
- L. Altercation pattern management
- M. Restraint devices
- N. Hand and cord cuffs

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Practice of skills to be learned
- C. **Demonstration** - skills to be learned
- D. **Discussion** -

VII. TYPICAL ASSIGNMENTS:

A. Lecture 1. "Sager v. Woodland Park and other case law studies regarding weaponless defense training" 2. "Graham v. Connor and other case law studies regarding use of force" B. Class discussion of significant issues and topics 1. "Deliberate indifference as a liability issue" 2. "Objective reasonableness as a guideline in the use of force" C. Activity 1. Instructor demonstrations 2. Student practice of various weaponless defense techniques working toward mastery

VIII. EVALUATION:

- A. **Methods**
  - 1. Exams/Tests
- B. **Frequency**

IX. TYPICAL TEXTS:

- 1. No textbooks exist for this type and level of course. POST (Peace Officer Standards and Training) materials will be prepared especially for this course as needed and distributed to the students.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are required to wear suitable workout clothing during class, and supply their own gun belt, handgun, handcuffs and impact weapon.