

Las Positas College
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Course Outline for AJ 9954

WEAPONLESS DEFENSE

Effective: Fall 1999

I. CATALOG DESCRIPTION:

AJ 9954 — WEAPONLESS DEFENSE — 2.22 units

Designed to instruct new and/or potential instructors in the methodologies and practices associated with teaching weaponless defense tactics. Students will develop and be able to demonstrate psycho-motor skill proficiency in suspect control, arrest techniques and searches. Emphasis will also be placed on instructing students in the elements associated with circuit training and physical conditioning self evaluation programs. This course is certified through California Peace Officer Standards and Training (POST) designed for full-time peace officer, reserve officer or correctional officer.

1.11 Units Lecture 1.11 Units Lab

Grading Methods:

Pass/No Pass

Discipline:

	<u>MIN</u>
Lecture Hours:	20.00
Lab Hours:	60.00
Total Hours:	80.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 3

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. explain the safety guidelines relative to weaponless defense;
2. list the basic principles of weaponless defense;
3. demonstrate the technique of using counter measures;
4. demonstrate various control techniques;
5. demonstrate the carotid restraint and list the hazards associated with its application;
6. demonstrate a prone handcuffing technique;
7. demonstrate the proper techniques for taking a combative suspect into custody;
8. demonstrate advanced techniques such as personal body weapons and altercation pattern management;
9. demonstrate techniques for disarming a combative suspect;
10. discuss case law relative to weaponless defense liability;
11. demonstrate an ability to instruct others in weaponless defense.

V. CONTENT:

- A. Review of safety guidelines
- B. Basic principles
 1. Balance
 2. Use of all muscles
 3. Weight and momentum
 4. Surprise and speed
- C. Motor skill development and warm-up programs
 1. muscle structure
 2. cardiovascular factors
 3. flexibility
- D. Movement/positioning
 1. Position of contact
 2. Shuffles
 3. Pivots
 4. Ground fighting
 5. Rolls
 6. Falls
- E. Hand formations
 1. Wrist locks
 2. Twistlocks
 3. Reverse twist

- 4. Hand formation drill
- F. Take Downs
 - 1. Diffusers
 - 2. Take down controls
- G. Prone controls
 - 1. From the back
 - 2. From the stomach
- H. Escapes
 - 1. Open handed chokes
 - 2. Wrist grabs
 - 3. Bear hugs
 - 4. Forearm chokes
 - 5. Head locks
 - 6. Full nelson
 - 7. Double encasing elbow
 - 8. Half nelson
 - 9. Hair pull
- I. Searches
 - 1. Cursory
 - 2. Interlock
 - 3. Prone
 - 4. Handcuffed
- J. Handcuffing
 - 1. Quick
 - 2. Rear wrist lock
 - 3. Twistlock
 - 4. Prone
- K. Gun Retentions
 - 1. Front and rear
 - 2. Combination grip
 - 3. Officer on back
 - 4. In hand
- L. Gun take aways
 - 1. Hand gun front and rear
 - 2. Long gun front and rear
 - 3. Hostage gun
- M. Knife defenses
 - 1. Hostage knife
 - 2. Universal defense
- N. Advanced techniques
 - 1. Altercation pattern management
 - 2. Restraining an unarmed, combative suspect
 - 3. Restraining an armed, combative suspect
 - 4. Restraining multiple suspects
 - 5. Carotid technique
- O. Case law
 - 1. Harris v. City of Canton, Ohio
 - 2. Graham v. Connor
 - 3. Sager v. Woodland Park
 - 4. Lyonns v. Los Angeles (carotid control)
 - 5. Wright v. Los Angeles (carotid control)
 - 6. Burns v. Honolulu (carotid control)
 - 7. Nava-Bennett v. CHP (carotid control)
- P. Instructional techniques
 - 1. Content analysis
 - 2. Learning factors
 - 3. Thought connections
 - 4. Thought disconnections

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Discussion** -
- C. **Lecture** -
- D. Teaching exercises
- E. Attendance and participation
- F. Student activity

VII. TYPICAL ASSIGNMENTS:

- A. Lecture 1. "Diffusers such as sterno-mastoidal and buckle nerve" 2. "Hazards of carotid control" B. Teaching exercises
- 1. "Front leg sweeps" 2. "Gun take aways"

VIII. EVALUATION:

- A. **Methods**
- B. **Frequency**
 - 1. Frequency of Evaluation
 - a. Attendance and participation are evaluated daily
 - b. Activity critiques are performed as needed.
 - c. Written, demonstration, and teaching tests come at the end of the two-week class

IX. TYPICAL TEXTS:

- 1. All course reading materials are produced and distributed by the Alameda County Sheriff's Department

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. All students are required to wear suitable workout clothing during class, and to supply their own gun belt, hand gun, handcuffs and baton.

