

TURLOCK POLICE DEPARTMENT (2870)

GROUND CONTROL

Revised: 01/22/2021

COURSE TITLE: GROUND CONTROL (20996)

COURSE NUMBER: 20996

COURSE HOURS: 8

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

AUDIENCE: Sworn Peace Officers

NOTE: The training will consist of a classroom review, practical exercises, demonstration and scenarios. A safety orientation and warm-up exercises will be conducted prior to the start of the practical portion.

COURSE OBJECTIVES

Under the supervision of a qualified instructor, and using an approved law enforcement impact weapons, each student will:

- I. Demonstrate their understanding of ground control principles
- II. Review of the agency policy as it relates to Use of Force
- III. Demonstrate the ability to perform movements and strikes as they relate to personal defense weapons while in positions on the ground (not standing)
- IV. Demonstrate a proficiency to gain control and escape control positions while on the ground

EXPANDED COURSE OUTLINE

- I. Classroom (Lecture)
 - A. Instructor Introduction
 - I. Registration/Sign in
 - II. Case Law & Legislative Update/ Policy Review/Penal Code updates
 - i. Tennessee v Garner
 - ii. Graham v Connor
 - iii. AB392
 - iv. SB 230
 - v. Revisions to 835a
 - III. Discussion class rules and safety policy
 - i. No Horseplay
 - ii. Review of Safety Guidelines
 - IV. Discussion of prior, restrictions and injuries
 - i. If injured limit activity to what is safe
 - B. Ground Control Principles
 - I. Establishing Control
 - i. Space equals escape and contact equals control
 - ii. Emphasis on gross motor skill vs. fine motor skill
 - II. Getting to a Position of Advantage
 - i. Escape or back mount to handcuff
 - III. Physical Conditioning
 - i. Know your physical limitations
 - ii. Be reasonable about specific facts regarding your size, skill level, and physical condition versus the suspects
 - iii. Understand that ground fighting is a very physically demanding event
 - iv. Importance of good cardio and core strength

PRACTICAL EXERCISE/DEMONSTRATIONS

- I. Ground Positions
 - A. Officer In Suspects Guard
 - I. Good Posture
 - II. Allows you to strike
 - B. Suspect in Officer's Guard
 - I. Helps you retain control
 - II. Use Leverage to gain control over their body
 - III. Closed guard allows you to keep them close
 - IV. Open guard may allow for officer to escape
 - C. Officer In Mount Or Top Control
 - I. Keep a strong base

- II. Takes away suspect's strength
 - III. It can be an offensive position
 - IV. Allows for officer to strike suspect or escape
 - D. Officer in Back Control
 - I. Keep a strong base
 - II. Allows for officer to escape
 - E. Officer in Side Control
 - I. Keep a strong base
 - II. Allows for officer to escape
 - III. Can control the suspect with control/pressure
- II. Injury Reduction Techniques
 - A. Break Fall Techniques
 - I. When falling do not post with one arm
 - II. Be aware of your surroundings (grass vs cement)
 - III. Disperse energy by slapping the ground
 - B. Take Down Defense (Sprawling with Hip Press)
 - I. Keep suspect head down
 - II. Create distance
 - III. Used to avoid ground confrontation
 - IV. It is fast, dynamic technique
 - C. Base Ups
 - I. Allows for 360 degree defense
 - II. Is a safe way to get to your feet
 - III. It has offensive capabilities (kicks)
- III. Escapes/Sweep/Passing the Guard
 - A. Shrimping Drills
 - I. Switching from hip to hip
 - B. Bridging Drills
 - I. Bridge from shoulder to shoulder, pushing off with both legs
 - C. Officer Escape from Side Control
 - I. Keep your back off the ground
 - II. Turn into them
 - III. Create distance by shrimping out, push out with top leg
 - D. Officer Passing Suspect's Guard Option One
 - I. Gain body control by grabbing suspect's belt line and posting a knee to center of suspect's butt
 - II. Posture up
 - III. Use nerve stimulation to inside of suspect's thigh's with elbows, then step out and escape
 - E. Officer Passing Suspect's Guard Option Two
 - I. Gain body control by grabbing suspect's belt line and posting a knee to center of suspect's butt
 - II. Hook arm under suspect's leg and throw over your head to escape

- III. This is a dynamic technique
 - F. Officer Escape from Mount Option One
 - I. Capture suspect's arm
 - II. Post same leg as arm you captured
 - III. Bridge that direction to put suspect on his back
 - G. Officer Escape from Mount Option Two
 - I. Keep your back off the ground
 - II. Roll to one hip
 - III. Push away with your bottom knee to gain distance and escape
 - IV. Keep your head tucked during technique and your hands up
 - H. Sweep Suspect When Their In Officer's Guard
 - I. Bring them close to you
 - II. Roll to one hip
 - III. Block their same side leg
 - IV. Trap their same side arm
 - V. Scissor kick them over to full mount or escape
- IV. Strikes from the Ground
 - A. Target Areas/Areas to Avoid (Throat, Spinal Column, Kidney Areas, Heart, Xyphoid Process, Eyes, Groin)
 - B. Special Considerations (i.e. Caution as to not punch the ground)
 - I. Consider using elbows or heel palm strikes
 - II. Consider striking abdomen as their head is a moving target and strikes their face may causing bleeding
 - C. What You Want to Accomplish By Delivering the Strikes
 - I. Escape
 - II. Submission to authority
 - D. Bag Drill
 - I. Timed Event
 - II. Emphasis on above striking considerations
- V. Handcuffing
 - A. Cuffing From Back Control
 - I. If they submit to authority, handcuff with prone control technique
 - II. If they do not submit to your authority gain distance and escape
- VI. Gun Retention While Suspect Is In Officer's Guard
 - A. Special Considerations
 - I. Understand this may now be a lethal force situation
 - B. Figure Four
 - I. Complete same side grab of suspect's hand that is on your weapon
 - II. Bring them close to you
 - III. Pass your arm over their attacking arm to a figure four lock
 - IV. Pull that arm over to do a shoulder lock pain compliance technique

- V. Once completed, a possible escape is to roll to opposite side of gun grab and shrimping out
- C. Strikes and Alternate Tactics
 - I. Consider using your backup weapon
 - II. Consider using emergency impact weapons
 - III. Consider all areas of the suspects body may now be open to strikes as this may be a deadly force situation