

**Module 12**  
**Defensive Tactics**

**DEFENSIVE TACTICS**

**12.1.0 Unit Goal: Summarize and demonstrate methods of basic defensive tactics.**

**12.1.1 Demonstrate the interview stance position.**

- A. Stand at an approximate 45-degree angle slightly off center of the subject with your feet approximately shoulder width apart.
- B. Keep your hands in front of you and above the waistline.
- C. Do not interlace your fingers.
- D. Set your strong foot position slightly to the rear of your lead foot.
- E. Maintain a safe reactionary gap.

**12.1.2 Demonstrate the defensive stance position.**

- A. Assume an interview stance.
- B. With your strong foot, take a small step to the rear and lower your center of gravity.
- C. Feet should be shoulder width apart with toes pointing towards the subject.
- D. Bring your hands up to just below eye level with your elbows slightly bent.
- E. Your support hand should be slightly ahead of your strong hand:
  - 1. Hands should be open
  - 2. Palms facing downward
  - 3. Fingers and thumbs not spread

**12.1.3 Demonstrate tactical movement from the defensive stance.**

- A. Movement may be required from the defensive stance.
- B. Movement should use a “step slide” technique.
- C. Move the foot that corresponds with the direction you need to move first.
- D. Slide your remaining foot to resume the defensive stance.

**12.1.4 Demonstrate blocking techniques.**

- A. Downward Block: used for uppercuts, strikes to the torso, and kicks.
  - 1. Drop the palms of the hands down onto the offending appendage, redirecting the appendage away.
  - 2. Immediately return to the defensive stance.
  - 3. Prepare to follow up with a control technique.
- B. Outward Block: used for roundhouse and haymaker style strikes.
  - 1. Roll out the wrist closest to the offending appendage and strike out at the appendage.
  - 2. Prepare to follow with a control or striking technique.

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- C. Redirects: used to redirect the forwarded momentum of an attacker.
  - 1. Use lateral movement (left or right) to get out of the line of attack.
  - 2. Use your hands to create a reactionary gap between you and the subject.
  - 3. Immediately prepare to follow up with a control or strike technique.

#### **12.1.5 Demonstrate different strike techniques.**

##### **A. Strikes with the Hands**

###### **1. Palm Strikes**

- a. Used to stop a subject who is getting too close.
- b. Can be delivered using either the support or strong hand.
- c. Support Hand Palm Strike
  - 1) Extend your hand from the shoulder with the thumb down and fingers extended.
  - 2) Rotate your hips into the strike.
  - 3) Resume the defensive stance in preparation for other strikes or control techniques.
- d. Strong Hand Palm Strike
  - 1) Extend your hand from the shoulder, with the thumb upward and fingers extended.
  - 2) Rotate your hips into the strike.
  - 3) Resume the defensive stance in preparation for other strikes or control techniques.

###### **2. Radial strike**

- a. Purpose: to loosen a grip or hold.
- b. Technique:
  - 1) Grasp subject's wrist (if possible).
  - 2) The officer uses free hand in hammer fist and strikes the radial nerve motor point located above the subject's elbow (commonly referred to as the funny bone).
  - 3) The officer should make sure to let the effect of the strike sink in and be prepared to follow with multiple strikes, if necessary.

##### **B. Strikes with the Legs**

###### **1. Knee Strike to the Abdomen**

- a. Officer grabs the subject behind their neck (without locking fingers) and then pushes down toward either shoulder.
- b. Officer holds the subject's head down on shoulder to maintain control.
- c. Officer delivers knee strike to the abdominal muscles; be prepared to deliver multiple strikes and then disengage.

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2. Knee Strike to the Thigh
  - a. Officer begins in escort or defensive stance.
  - b. Subject resists, officer grasps their arm.
  - c. Officer strikes with knee towards to subject's thigh, multiple times, if necessary.

**12.1.6 Demonstrate the basic escort position.**

- A. Purpose: to safely escort a potentially uncooperative subject within the facility.
- B. Technique:
  1. The officer takes up a position to the side (left or right) and slightly to the rear of the subject.
  2. When the position is assumed properly, the officer's shoulder is placed just inside the subject's shoulder.
  3. It is important to maintain a reactionary gap between the officer and the subject.
  4. Proximity has several advantages for the officer:
    - a. It minimizes the subject's ability to deliver a strong counter-kick.
    - b. The officer is ideally positioned to deliver an effective counter or strike without telegraphing the technique.
    - c. The officer's close proximity also enhances the officer's ability to displace the subject's balance for takedowns.

**12.1.7 Demonstrate escort positions for uncooperative inmates.**

- A. Uncooperative Escort
  1. Begin from the basic escort position.
  2. Approach the inmate from the escort side.
  3. Grasp the subject's wrist with your outside hand, placing your thumb on the underside of the arm where the wrist and arm join and your fingers across the back of the subject's hand.
  4. With your inside hand grab the subject's triceps with your thumb on one side and your fingers on the other side locking the suspect's elbow.
  5. Bring the suspect's arm to your belt, turning so that the subject's palm and elbow face up.
- B. Gooseneck Escort
  1. Assume the uncooperative escort position.
  2. Deliver a knee strike to the thigh as a distraction.
  3. Trap the subject's triceps between the upper arm and forearm of your inside arm.

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4. While maintaining your grip of the suspect's wrist with your outside hand, bend the suspect's elbow, raising the suspect's wrist to your inside hand.
5. Apply pressure to the back of the subject's hand, flexing the fingers towards the arm to approximately 90 degrees, increasing pressure until the subject begins to comply with the officer's commands.
6. Once the subject begins to comply with the officer's commands, pressure is released, but the grip is maintained on the subject.

#### **12.1.8 Demonstrate a straight-arm-bar technique.**

- A. Purpose: Methods of controlling uncooperative subjects through the principles of pain compliance and decentralization.
- B. Technique:
  1. Begin in the uncooperative escort position.
  2. Execute a knee strike to thigh for distraction.
  3. Lever the suspect's arm over and down by exerting force on the elbow and wrist.
  4. The subject is pulled toward the officer.
  5. Leverage is applied with the forearm just above the elbow of the subject's controlled arm.
  6. Step and pivot with the outside leg.
  7. Using the subject's momentum, guide the resistor to the ground, giving clear, loud and repetitive commands.
  8. Be prepared to utilize prone stabilization, control, or handcuffing techniques.

#### **12.1.9 Demonstrate handcuffing techniques from various positions.**

- A. Standing Position
  1. Have the subject assume a good standing position for handcuffing:
    - a. Subject facing away from the officer
    - b. Feet shoulder width apart
    - c. Bent over slightly at the waist
    - d. Hands straight behind the back, palms facing up
  2. Maintain a good grip on the handcuffs and align the oval of the handcuff with the oval of the wrist.
  3. Grab the thumb of the hand that you are applying the handcuff to and simultaneously push the handcuff onto the wrist and the wrist into the handcuff.
  4. Turn the subject's wrist so that the thumb is pointing upward.
  5. Reach over with the opposite hand and grasp the subject's other hand at the fingers.

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6. Turn that hand so that the thumb points upward, and bring the second handcuff to the wrist.
  7. Apply the second handcuff by simultaneously pushing the handcuff onto the wrist and raising the wrist into the handcuff.
  8. As soon as it is safe to do so, check the handcuffs for tightness and double lock them.
- B. Kneeling Position
1. The same as the standing position, however the subject is kneeling at the time of the hand cuffing.
  2. Correctional officers will need to be careful to support the subject as they get to their feet to prevent injury from falling.
- C. Prone Position
1. Have the subject assume a good prone position for handcuffing:
    - a. Subject face down on the ground
    - b. Arms straight out to the side, palms face up
    - c. Head turned away from the officer, flat on the ground
    - d. Subject's feet spread apart and heels on the ground
  2. Lower your center of gravity by squatting slightly, do not bend over and/or kneel.
  3. Maintain a good grip and align the oval of the handcuff with the oval of the wrist.
  4. Grab the thumb of the hand that you are applying the handcuff to and simultaneously push the handcuff onto the wrist and the wrist into the handcuff. Ensure that the subject's arm is straight with the elbow locked out.
  5. Step into the area between the subject's head and shoulder and place your knee on the subject's shoulder blade. Caution should be taken to ensure you are NOT on the subject's neck.
  6. Rotate the subject's arm toward their feet as you move your upper body around the arm and place your other knee on the subject's back, as well, unless they are unconscious. If unconscious, one knee pins shoulder and the other knee stays on the ground next to the subject's armpit.
  7. Rotate the subject's arm until their fingers point toward the head keeping the elbow locked out.
  8. Have the subject place the other hand in the middle of their back.
  9. Reach over with your hand and grasp the subject's other hand at the fingers, and turn that hand so that the thumb is pointing toward the back of the subject's head.

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10. Move the handcuff to the other wrist and apply it by simultaneously pushing the handcuff onto the wrist and raising the wrist into the handcuff.
11. As soon as it is safe to do so, check the handcuffs for tightness and double lock them.

**INSTRUCTOR NOTE:** Student should demonstrate all techniques 5 times in a “touch drill” manner, 5 times at half speed, and 5 times at full speed utilizing proper safety equipment.