

TITLE:	Controlled F.O.R.C.E. Level 1
LESSON PURPOSE:	To provide the Student with the means and confidence to control an individual without injury to themselves or the individual.
STUDENT PERFORMANCE OBJECTIVES:	<p>At the end of this block instruction, the student will be able to achieve the following objectives in accordance with the information presented in class.</p> <ol style="list-style-type: none">1. Recognize the reasons to control someone.2. Define all terms associated with the training received.3. Demonstrate an understanding of and an ability to perform all techniques and aspects of the practical training drills.4. Accurately explain the reason for the techniques and other options available.
HOURS:	Twenty-Four (24) hours
INSTRUCTIONAL METHOD:	Lecture/Demonstration Practical Exercise
CLASSROOM ENVIRONMENT:	Open Area/Gym/Padded Room
MATERIALS REQUIRED:	Notebook, Pen
TRAINING AIDS:	Duty Belt, Red Gun, Baton, Handcuffs, Handcuff Key, BDU Type Pants, Closed Top Shoes or Boots, Training Footwear, Rubber Mats
REFERENCES:	<p>United States Federal Bureau of Investigation. Washington DC https://ucr.fbi.gov/leoka/2015</p> <p>United States Department of Justice Washington DC https://www.justice.gov/crs/file/627811/download</p>

United States Supreme Court
Washington DC
<http://www.supremecourt.ohio.gov/rod/docs/pdf/0/2002/2002-Ohio-2005.pdf>

STUDY ASSIGNMENT:

None

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July 10, 2017

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August 24, 2017

Title: Controlled F.O.R.C.E. Level 1

I. Introduction

Note: Lead Instructor - Introduce yourself to the class.

Note: Lead Instructor - If more than one instructor is present introduce them to the class.

Note: All instructors should then give a brief biography of their background.

A. Law Enforcement and members of the Armed Forces have to be extremely conscious when dealing with any subject today as their actions over the last few years has come under heavy scrutiny by the public and the Federal Government. A percentage of the excessive force allegations come to light when a person, civilian or military, that has the authority to arrest or control makes physical contact with a subject or subjects.

Knowing how to physically control someone is just as important as any other aspect of their training but it is the least trained. Law Enforcement Agencies average about four (4) hours of Close Range Subject Control a year if at all. With respect to law enforcement too many times we have seen headlines similar to this: "The Department of Justice has concluded that there is reasonable cause to believe that the police department engages in a pattern or practice of use of excessive force in violation of the Fourth Amendment to the Constitution.

It is during that contact with the subjects officers are being assaulted as well.

On Tuesday, 18 October 2016 the Federal Bureau of Investigation (FBI) released the 2015 Statistics on Law Enforcement Officers Killed and Assaulted in the line of duty collected from 11,961 agencies.

Those agencies reported that 50,212 officers were assaulted while performing their duties in 2015. Of the 50,212 officers who were assaulted in 2015, 14,281 (28.4 percent) sustained injuries. Seventy-nine percent (79%) of the officers who were assaulted in the line of duty were attacked with personal weapons (e.g., hands, fists, or feet). One point eight percent (1.8) was assaulted with knives or other cutting instruments.¹

Note: Review the objectives. Are there any questions from the students?

B. Student Objectives

At the end of this block instruction, the student will be able to achieve the following objectives in accordance with the information presented in class.

1. Recognize the reasons to control someone.

¹ 2015 Statistics. (2016, September 26). Retrieved July 13, 2017, from <https://ucr.fbi.gov/leoka/2015>

2. Define all terms associated with the training received.
3. Demonstrate an understanding of and an ability to perform all techniques and aspects of the practical training drills.
4. Accurately explain the reason for the techniques and other options available.

C. Reason

Once an authoritative figure comes into physical contact with someone they are responsible for that person's wellbeing (United States Supreme Court, CANTON v. HARRIS, (1989) No. 86-1088)². The objective of that contact should be control. Knowing when to let go of a failed technique or hold is not taught in law enforcement or military close range subject control. This training does not focus on techniques. Techniques are taught. Controlled F.O.R.C.E. Close Range Subject Control teaches transition.

Note: Be sure to discuss in length the tasks that will be performed in each lesson.

Note: Explain to the students that everything being taught to them today is designed to fail. The only two things in life that is for certain are death and taxes. The techniques taught today will eventually fail. It is what they do in the transition will decide if they survive the encounter. The main focus is transition.

Note: After each demonstration: Summarize key points-Allow time for student application and questions-Review, evaluate and assist with each student's performance.

II. Body

The Controlled F.O.R.C.E. ® training system is comprised of five Mechanical Advantage Control Holds, or M.A.C.H.™ holds, that allow a person to control an opponent through the use of body movement and leverage, while at the same time, quickly render a subject into a controlled hold without the risk of excessive pain or injury to either person.

Note: During the training, students should work in pairs to maximize their levels of proficiency of the techniques.

Note: Absolutely **NO** strikes are to be taught during this Controlled F.O.R.C.E. ® Close Range Subject Control training course.

Note: It is the responsibility of the individual student to inform his or her partner of any pre-existing condition or injury that would affect their ability to perform any or all of the Controlled F.O.R.C.E. ® techniques.

² CITY OF CANTON ET AL., APPELLANTS, v. THE STATE OF OHIO ET AL., APPELLEES. . (n.d.). Retrieved July 14, 2017, from <http://www.supremecourt.ohio.gov/rod/docs/pdf/0/2002/2002-Ohio-2005.pdf>

Note: Controlled F.O.R.C.E. Inc. accepts no responsibility for injuries incurred as a result of performing the techniques that are outlined in this training course.

Note: “Light Hands” It is the instructor’s duty to review the training concept of “light hands” with the students before beginning the Warm-up Exercises. Training with “light hands” will decrease the student’s chances of injury during training while reinforcing the idea that the following techniques are to be practiced and performed without any manipulation of the joints, a method that increases the chances of injury. Failure to use “light hands” could result in accumulated soreness over the course of the training.

Note: Preliminary Clarifications - First time students will be taught the five Mechanical Advantage Control Holds™ in either the 8-Hour Certification Course, or the 16-Hour or 24-Hour Instructor Certification Courses. To maintain a valid Instructor Certification, students of the 16-Hour and 24-Hour Courses are required to re-certify with Controlled F.O.R.C.E. Inc. once a year, or contact Controlled F.O.R.C.E. Inc. Headquarters for other re-certification options.

A. Body Positioning Drills - Body Control

The first step in the Controlled F.O.R.C.E. ® Training System is to gain an understanding of the importance of body control. There are typically two main problems that occur in close range subject control training. First, there is a natural tendency to focus all of your attention on your partner; and second, too much time is spent on placing the hands into proper positions.

In order to prevent these two problems from hindering your training, The Controlled F.O.R.C.E.® training drills take away the use of your hands, thus forcing you to concentrate on how the body moves and reacts. These drills are called “Sticky Situations.”

The focus of the Controlled F.O.R.C.E. ® Training system is to gain advantage over an opponent through positioning, movement, leverage, transition and teamwork. These components will give you the ability to control an opponent, even if that opponent is bigger and stronger than you, with increased effectiveness and safety for yourself and others.

1. Sticky Situations (Body Positioning Drill)

This is a group of four exercises designed to help the student develop an appreciation of the importance of body control, both in standing and ground positions, in physical confrontations.

Note: Explain “Let’s Begin Turning “Strength into Skill”

Note: Have the student’s pair off with a partner. The objective of “Sticky Situations” is to not

lose contact with your partner while feeling how the body adjusts in attempting to maintain balance.

a. Back-to-Back

The first “Sticky Situation” exercise, Back-to-Back, introduces proper foot movement and involves lowering the student’s center of gravity.

Step One: Start by sitting down with your shoulder blades resting against your partner’s shoulder blades. From this position, you and your partner will stand up by using the force of each other’s weight, essentially pushing off each other to maintain balance. Practice this exercise until it has been mastered, then move on to step two.

Note: While performing this exercise, have the student’s place their head on their partner’s shoulder, and vice-versa, and look up at the ceiling. This will help them get back to your feet more easily.

Step Two: In a standing position with your back to your partner’s back, start moving together at the shoulders. As your bodies meet, feel for the exact moment when your bodies reach a “point of balance.” At this point you learn to react to your partner’s actions by observing how the body adjusts in attempting to maintain balance.

Note: REMEMBER: The purpose of this exercise is to increase your student’s ability to maintain control of their body in changing situations.

Step Three: From this position, one person will take the lead and start moving in a circular motion. As the two of you are circling around, still balancing against each other, add in up **and down** motions, continuing the exercise until you both feel comfortable with the movements. Performing all of these motions at the same time turns a simple exercise into a difficult maneuver of maintaining a constant flow of weight distribution and center of gravity.

Note: Explain the proper amount of pressure applied to each other in this exercise should be only enough to maintain balance.

b. Face-to-Face (Shoulder-to-Shoulder)

The next “Sticky Situation” exercise is the Face-to-Face. The objective is to maintain contact while feeling the “center of conflict.”

Note: Define: “Center of Conflict” – everybody has his or her own center of gravity. When two people are using leverage to disrupt each other’s center of gravity, the point of

contact is referred to as the center of conflict.

Step One: Facing your partner, you both should fold your arms over your chests and lean into each other's same shoulder (lean your left shoulder into your partner's left shoulder, or your right shoulder into your partner's right shoulder). Feel for the center of balance that you learned to identify in the back-to-back exercise. While leaning into each other move in a circular motion and try to anticipate your partner's actions by feeling how the body adjusts in attempting to maintain balance.

Step Two: Now think back for a minute. When you were pushing with your maximum amount of force, would you have been able to maintain your footing had your partner released all of his or her pressure by jumping back or dropping to the ground? When you exert so much force that your opponent's resistance is necessary for maintaining your own balance, you could be placing yourself in a "Sticky Situation." Step three will help reduce the amount of recovery time it takes to maintain body control.

Note: Define "Recovery" – the amount of time it takes to respond to change.

Step Three: Designate a leader and start in the shoulder-to-shoulder position. The leader will engage the exercise with a minimum amount of pressure. As the exercise progresses, the leader should exert various degrees of pressure at irregular intervals, and then release all of his or her pressure at once. In releasing the pressure, the leader is testing his or her partner's recovery. The partner is forced to adjust in order to keep the leader from advancing without pushing him or her backwards when pressure is released.

Note: Ensure the students resist the temptation to form a rhythm. The leader should continually change pressure and timing to keep the partner recovering.

c. Face-to-Face (Over and Under)

The third "Sticky Situations" exercise, Face-to-Face (Over and Under), is designed to continue improving recovery while preparing you for the "Trading Places" exercises. The goal of Over and Under is to improve your ability to maintain control and recovery while learning how to anticipate the direction your partner wants to go, allowing you to control your partner's momentum and direction.

Step One: Start in the face-to-face position, leaning against same shoulders. Wrap your arms around each other so that you both have one arm going over and one arm going under the other person's arms

(example: wrap your left arm over your partner's right arm and your right arm under your partner's left arm). Squeeze the elbow that goes over your partner's arm against your body to trap his or her arm. At the same time, hook your hand around the back of your partner's tricep. Both you and your partner should "hug" in this manner so that contact will not be broken.

Note: Students tend to put too much focus on the arms. The purpose of this exercise is still to develop their ability to maintain balance and recovery while learning how to anticipate their opponent's movement.

Step Two: Maintaining this position, move in circular and linear motions with the designated leader exerting various degrees of pressure at irregular intervals, and then releasing all pressure at once.

Options with Over and Under

Once you feel comfortable with the Face-to-Face exercises, you can start practicing options with the Over and Under. This exercise requires a third student to stand behind the leading officer, reducing the officer's recovery options.

Step One: The partners begin in the Over and Under position. A third student comes in and stands 6 to 8 feet behind the officer who is taking the lead, or working the recovery. Maintaining the Over and Under position, the partner starts pushing the leading officer toward the third student. Although the officer working the recovery knows that the third student is behind him or her, the officer does not know how far back that person is. Because of this, the leading officer must use a lateral movement (a side step) to take him or herself out of the middle.

Note: Explain to the student's the key is not to struggle out of the center, but to absorb their partner's momentum and use lateral movement to control the direction they are being pushed or pulled. A good side step will put both opponents in plain view.

Step Two: Now increase the difficulty of this exercise by having the third student circle back behind the officer working the recovery as he or she is being pushed or pulled back into the middle. You can add more people or walls to the exercise to decrease the available options for a successful recovery.

d. Piggyback

The fourth “Sticky Situations” exercise, the Piggyback, uses maneuvering and weight distribution on a horizontal plane. It also exposes the officer to the concept of leg and foot control when a ground altercation occurs. The objective of the Piggyback is to maintain pressure without losing mobility. The officer will also learn how to break down the opponent’s center while keeping the hands free.

Step One: Designate a “top” partner and a “bottom” partner. The bottom partner gets on his or her hands and knees. The bottom partner should settle into a sturdy base, with back straight and stomach tight, as he or she will be supporting the weight of the top partner.

Step Two: The top partner rests his or her lower chest on the bottom partner’s back. If the top partner is unable to do this, or feels uncomfortable doing it, then the top partner can place his or her hands on the bottom partner’s back in a diamond shape before resting his or her weight on the back. Another option is for the top partner to put his or her hands on the bottom partner’s back, keeping his or her arms straight, while resting his or her weight on the back.

Note: Explain the bottom partner should be supporting his or her weight and the top partner’s weight. The top partner should make sure not to rest on his or her knees or walk around with his or her feet close in to the bottom partner. This will only lighten the bottom partner’s load.

Step Three: The top partner begins to move in a circular direction around the front of the bottom partner while maintaining pressure on the bottom partner’s back. Only the top partner’s toes should touch the ground as he or she walks his or her feet away, keeping the hands free. Next, the top partner swaps sides by shuffling the feet, never crossing them, to the right or the left until he or she reaches the other side of the bottom partner.

Note: IMPORTANT: The top partner should not attempt to cross sides by going over the bottom partner’s head unless both partners have had adequate time to practice and feel confident in their ability to perform the exercise. As the top partner becomes more controlled, it will take him or her less time and fewer steps to move around the bottom partner.

Step Four: When the top partner becomes proficient at moving around the bottom partner, he or she can then add disruption. The top partner should lower his or her hips and drive them into the bottom partner’s side. This will force the bottom partner to fall to the side.

e. Sprawling Drills

Sprawling Drills are a progression of the piggyback exercise, so you should retain the designations of “top” partner and “bottom” partner while doing them.

Sprawling Drill - The top partner should stand next to the bottom partner, who is still on his or her hands and knees. From this position, the bottom partner grabs the top partner’s leg with one arm. In one swift motion, the top partner spreads his or her legs out, breaking the bottom partner’s grip. The top partner then places his or her weight on the back of the bottom partner, pushes out his or her legs, and then starts moving from one side of the bottom partner to the other like in the piggyback exercise.

Two-Hand Sprawling Drill - This time, the bottom partner will “bear hug” the top partner’s legs with both arms. The top partner should spread his or her legs out to break the bottom partner’s grip. The top partner then places his or her weight on the back of the bottom partner, pushes out his or her legs, and then starts moving from one side of the bottom partner to the other like in the piggyback exercise.

Cross Face Option - While the top partner pushes out his or her legs, he or she can turn the bottom partner’s face away by placing an arm to the side of the bottom partner’s face, avoiding the mouth and neck, and extending the arm as it rests across the bottom partner’s chin or cheek area.

Note: Ensure the student’s avoid applying force on the back of the bottom partner’s head during the training of this option to prevent possible injury. The top partner should turn his or her arm slightly to avoid hyper extending the elbow. The cross face should be applied along the bottom partner’s jaw line not the neck area.

2. Lead Hand (Body Positioning Drill)

This is a group of two exercises that place the student in direct physical contact with the opponent. These exercises are designed to enhance the level of predictability by allowing the student to gauge the opponent’s actions by “feeling” his or her aggressive movements while keeping a safe distance.

a. Interview Stance

This exercise is designed to place you in a position of maximum protection of yourself and your weapon.

Start by standing with your feet spread shoulder width apart. The front

leg is positioned to face the opponent, while the rear leg is positioned to the side of the body, forming roughly a 45-degree angle.

The rear leg is positioned slightly to the back, placing the body in a sideways or bladed position.

By maintaining these angles, you are prepared to never be squared off with your opponent.

b. Lead Hand

This exercise is designed to place you in physical contact with the opponent. The Lead Hand exercise enhances the level of predictability you gauge from your opponent by “feeling” his or her aggressive movements while keeping a safe distance.

c. Distance Set

This exercise stresses the importance of placing yourself at a safe, comfortable distance, while always being ready to react to any unknown situation. This is a good opportunity to review the Interview Stance.

d. Hand Plant (First Contact)

First Contact is a series of drills designed to reinforce your natural response to strikes and attacks. These drills are not meant to incorporate speed, but instead should concentrate on performing the technique properly.

From the Interview Stance, make contact with the opponent by placing a hand on his or her upper torso area. As the opponent moves toward you, you will collapse the hand plant to a forearm. Then collapse the forearm to a shoulder (as in the Over and Under).

3. Trading Places Exercises

This is a group of three exercises that teach the student how to redirect the movement of an attacker by using the opponent’s momentum against him or herself. They also teach the student to work around an aggressive opponent who is not moving

Note: Explain to the student’s when practicing the Trading Places exercises, never reach across their partner’s body. Be sure to always grab their partner’s same side hand.

Officer vs. Smaller Opponent - This “Trading Places” exercise is designed to control an opponent who is smaller than the officer.

Start in a face-to-face position with your partner and take hold of his or her wrist that is on the same side of the body as the hand you are grabbing with (example: take your partner's left wrist with your right arm, or your partner's right wrist with your left arm). While pulling on your partner's arm, push the shoulder of that arm away from you with your other hand. While you are pushing and pulling on the subject, turn your own body 180 degrees. These combined actions will cause your smaller opponent to move around you.

Officer vs. Same Size Opponent - This "Trading Places" exercise is designed to control an opponent who is about the same size as the officer.

Start in a face-to-face position with your partner. As your partner approaches you, take hold of his or her wrist that is on the same side of the body as the hand you are grabbing with (example: take your partner's left wrist with your right arm or your partner's right wrist with your left arm). Place your other hand on the shoulder of the arm you are grabbing. Twist your partner's body by pulling his or her hand and pushing his or her shoulder while turning your own body 180 degrees. These combined actions will cause you and your partner to move equally.

Officer vs. Larger Opponent - This "Trading Places" exercise is designed to control an opponent who is larger than the officer.

Start in a face-to-face position with your partner and take hold of your partner's wrist that is on the same side of the body as the hand you are grabbing with (example: take your partner's left wrist with your right arm or your partner's right wrist with your left arm). Now, move forward, placing your shoulder into your partner's shoulder that is opposite to the arm you are holding. Continue moving past your partner while pulling his or her arm. These actions will turn your partner 180 degrees while you are doing most of the work.

Note: Remind the students to work with "Light Hands"!

Note: Before you get into the depths of the program ensure the students understand that disengagement is always an option when they use force on a subject. Disengagement is just a transition that allows the students to let go of failure. The United States Department of Justice explained it very well in the following statement:

"When and how to use force is one of the most difficult and controversial decisions a police officer will make in the course of his or her duties. This decision, made in a matter of seconds and often without complete information,

can have serious and far-reaching consequences.”³

B. Mechanical Advantage Control Holds™

This portion of the training teaches a series of five specific hand techniques, each one building on the next, which are designed to set the foundation of total controlled defense. In this exercise, training attacks come from different directions to help the student develop quick and decisive reactions.

1. Dosey Doe (Training Drill)

Stand side-to-side with your partner, but face opposite directions. You and your partner interlock same side arms. Rotate your partner a few times and repeat this on the opposite side and move in the opposite direction.

Note: It doesn't matter which of your student's arms you interlock, either right or left, as long as they are on the same side as their opponent. The reason for this is simple: in an actual conflict they will not be able to predetermine or control how their opponent will act. They must be prepared to react to whatever their opponent throws at them.

2. Mechanical Advantage Control Hold 1 (M.A.C.H.™ 1)

Note: Define: “Mechanical Advantage” is the process of controlling an opponent with techniques that utilize position and movement, using the opponent's body, resistance, and motion to achieve control. Control is the objective.

Remember that this hold is considered a “Strength & Entry Level Hold” and is the starting point for all the Controlled F.O.R.C.E.® holds. You should remember this because the hold requires more strength than skill to accomplish. It is recommended that once contact has been made with the opponent, you should move to a “Skill Level Hold” at the appropriate time. It is important to point out that the appropriate time is determined by the opponent and NOT by the officer.

M.A.C.H. 1 is primarily used to determine which direction you will take the subject; in this case backwards. Once the opponent starts to resist, you must make the correct adjustment and use the opponent's momentum to assist in moving to the next hold.

To move into M.A.C.H. 1: Beginning from the dosey doe, take your free hand and place it across your opponent's cheek, or side of the face. The arm should be kept straight while the hand is closed.

³ PERCEIVED EXCESSIVE USE OF FORCE Addressing Community Racial Tensions. (2017, July 13). Retrieved July 13, 2017, from <https://www.justice.gov/crs/file/627811/download>

Note: IMPORTANT: In this position, ensure the student's keep their fingers away from their opponent's mouth to reduce the possibility of being bit. To accomplish this, it is best to maintain a closed hand.

You now take the hand used in the dosey doe, and, without releasing the dosey doe, hook the hand onto the bicep/forearm portion of the arm that you placed against your opponent's cheek. Make sure you squeeze your opponent's arm (the one which you hooked in a dosey doe), trapping the arm against the body.

In this position, you can direct the movement of your opponent.

3. Mechanical Advantage Control Hold 2 (M.A.C.H.™ 2)

This hold is considered a "Strength & Entry Level Hold" and can also be used as a lead hold when the opponent's momentum is moving forward, or into the officer. This hold stays tight into the shoulder, guiding it into the direction of the opponent's momentum.

Note: Ensure the students understand that a simple change of hand position and maintaining a tight hold is the key to successfully maintaining control without injury.

To move into M.A.C.H. 2: Take the arm that is against your opponent's cheek and simply move it to your opponent's shoulder. This should be accomplished without losing the grip you had on your own bicep/forearm.

Note: Most student s have a tendency to release their grip on their bicep when transitioning to a M.A.C.H.™ 2. This compromises the hold.

IMPORTANT: Remember to place your forearm into the opponent's shoulder and not the back, as your opponent will have too much strength in the back and could resist the hold, making it ineffective.

In this position you can re-direct the movement of your opponent, moving him or her in a forward direction.

4. Mechanical Advantage Control Hold 3 (M.A.C.H.™ 3)

Moving into the "Skill Level," this hold comes into play when the opponent's momentum is moving backwards. It is important that you maintain tight body positioning to avoid unintentional injury to the opponent and loss of your own balance while performing this hold. M.A.C.H. 3 is executed by controlling three areas on the resisting opponent: the shoulder, elbow, and wrist.

To move into M.A.C.H. 3: From M.A.C.H. 2, step in front of your opponent's leg (the one closest to you) with your back to the opponent and your hips against your opponent's hips. This is referred to as the Check, and should be executed

with a certain amount of speed and force. The reason for this is not only to keep the opponent off balance, but also to provide you with the time needed to position yourself for the execution of the rest of the hold.

Simultaneously slide your hand, the one with which you were holding your forearm, down your opponent's arm until you reach the wrist.

Remove your arm from your opponent's shoulder, draping your arm over your opponent's arm.

IMPORTANT: Make sure the students hold their opponent's arm tightly between their body and the arm they are using to slide down with. This will serve to trap their opponent's arm into their body and prevent the possibility of it being freed by pulling it out.

Now slide that arm around your opponent's arm. Once wrapped around your opponent's arm, you can take hold of your own wrist and step around the front of your opponent while raising your opponent's wrist toward that shoulder.

NOTE: If you are executing this hold correctly, your thumb should be pointing down towards the elbow of the arm you are holding. If not, turn the hand that is on the wrist the other way. This is important because if you don't have your hand in the correct position when executing the final part of the move, your opponent could pull away from you.

Note: Instruct student's to remember to keep their opponent's elbow tight into their own body to prevent it from becoming a weapon and to ensure a proper execution of the move. Centrifugal force is a key element of this move, and will be described in full detail by you.

In this position you can direct the movement of your opponent by moving your own body around that of your opponent's. However, during the opponent's backward motion, it is important for you to realize the fact that your body positioning must stay tight into the opponent to avoid unintentional injury to your opponent and your own loss of balance.

5. Mechanical Advantage Control Hold 4 (M.A.C.H. TM 4)

This is also a "Skill Level Hold" that controls both the wrist and the area just above the elbow. This hold is often used to place the opponent into the prone position. It also enables the officer to revert back to M.A.C.H. 3 or to continue on to M.A.C.H. 5 if the opponent does not go into the prone position as desired. M.A.C.H. 4 is not an ending or final hold.

To move into M.A.C.H. 4: From M.A.C.H. 3, release your own wrist while pulling your opponent's arm on a forward angle, keeping your body away from your opponent. Do not release the grip on your opponent's wrist.

The free hand is now placed in the area slightly above your opponent's elbow. This is not an arm bar. An arm bar applies straight down force – counter force to an opponent's arm. This technique uses angles and forward motion. Turn the hand on the wrist so that the palm of your opponent's hand is turned up. This will allow you to place your other arm in the area desired to maintain control.

In this position you can direct the momentum of your opponent by using the arm as a fulcrum, slightly lifting the wrist while maintaining a hold on the area just above the elbow. Your opponent will move towards their front on an angle.

6. Mechanical Advantage Control Hold 5 (M.A.C.H.™ 5)

This final hold, which controls both the wrist and hand, is the maximum "Skill Level Hold." The officer, while maintaining a strong grip, places both hands on the back of the opponent's hand with the thumbs pointed in a V form. The object is to point the opponent's thumb downward without twisting the wrist. Re-direction of the body and "dropping center" will place the opponent on his or her back.

To move into M.A.C.H. 5: From M.A.C.H. 4, step in front of your opponent's leg (the one closest to you). Move your hip into your opponent's hip and perform a Check as in M.A.C.H. 3.

Slide the arm that was in the position directly above the elbow down your opponent's arm toward the wrist. Make sure that the Trap mentioned in M.A.C.H. 3 is properly performed.

Now take hold of your opponent's wrist with your thumbs forming a V on the backside of your opponent's hand. If performed correctly, your fingers will be grasping your opponent's palm and underside of wrist.

Then turn your opponent's wrist upward as you step out and away, controlling your opponent's wrist and hand with the proper grip. Your opponent's palm will be facing him or herself. The back of your opponent's hand will be facing you.

In this position you can direct your opponent's momentum by simply pointing your opponent's thumb toward the ground without twisting the wrist. This will direct your opponent to move towards their back.

7. M.A.C.H.™ Hold Combinations

Mechanical Advantage holds can be performed in different orders once a certain level of proficiency has been reached. As the desired outcome for an arresting officer is to place a subject into a prone position from any number of

unpredictable situations, the officer's training must prepare him or her to easily adjust to changing situations.

Note: Explain the use of the angles to the students. Angles (Practical Knowledge)
Instead of viewing it as a cross, look at the human body in terms of an X, with one line going from the left shoulder to the right leg, and one line going from the right shoulder to the left leg. Now, with the opponent in M.A.C.H. 2 or M.A.C.H. 4, rather than simply moving forward or to the side, move to the angle that points out from the shoulder.

A quick forward move, followed by an equally smooth change of direction to an angle, will keep the opponent off balance and allow you to more effectively execute the takedown.

C. M.A.C.H.™ Takedowns

Note: This portion of the training begins with teaching students the proper way to fall. Subsequent exercises incorporate the techniques of holds and takedowns to control an aggressive opponent.

Note: Explain the recovery position to the students - This position is used to help maintain a clear airway in a resident who is not injured and breathing on their own with a normal rate and adequate tidal volume

1. M.A.C.H.™1 Takedown

It is important to remember that while it is entirely possible to perform a takedown from M.A.C.H. 1, it is generally expected that you will move into a Skill Level Hold before accomplishing a takedown.

Note: Explain: However, just as it is the opponent who determines when a hold will be used, it is also the opponent who determines when a takedown will occur.

To perform an M.A.C.H. 1 Takedown:

Starting from a kneeling position, face your opponent and perform the M.A.C.H. 1 control hold. Moving your opponent in a backward direction with the hand that is against the side of the face, lead your opponent in a circular manner, "trading places," as you guide him or her to the ground.

IMPORTANT: It is vital that you maintain the hold as you take the opponent to the ground.

Turn your body towards your opponent's front, "trading places" as you bring the opponent to the ground on his or her back. After your opponent is on the ground, remember that you are in a bad position if you allow yourself to lean over the top of your opponent. In this position, as you know, the opponent could

reach up and take hold of your hair or other body part and effectively pull you over onto your back. To prevent this from occurring slide your hip in toward your opponent, keeping your chin up and your back arched.

Using the hip control in such a manner will prevent the opponent from turning toward you, or from pulling you over.

Then place your knee over your opponent's head. Be sure not to rest the bulk of your weight on that knee to avoid causing injury to your opponent.

Note: Explain to the students to stay away from the neck or cervical spine when placing their knees anywhere around a subject's head. Some agencies have strict policies as to where they can or cannot place their knees when controlling a subject on the ground.

2. M.A.C.H.™ 2 Takedown

Like M.A.C.H. 1, M.A.C.H. 2 is an "Entry Level Hold," which relies more on strength than skill to accomplish. For this reason, a takedown with M.A.C.H. 2 may not be as effective as it may be with a "Skill Level Hold."

To perform an M.A.C.H. 2 Takedown:

Note: Explain the reason for the two-step process: breakdown, then takedown by using angles.

While controlling the opponent by pushing down slightly on the area directly behind the shoulder, walk forward as you re-direct the opponent towards the ground by changing the angle. This will place the opponent on the ground on his or her stomach (Prone Position).

IMPORTANT: Remember to be sure not to release the hold at any time during or after the takedown, as the hold is the key to controlling the opponent. However, it is also just as important to remember the option to disengage and transition if the need arises.

Note: Explain the term "Transition" to the students.

Once you have obtained visual compliance, maintain the forward angle and a tight hold. This will prevent the opponent from getting back up, or getting his feet under him and resisting the hold.

Remember that when taking an opponent down with M.A.C.H. 2, it is relatively easy for that opponent to drop to one knee and effectively prevent you from taking him down completely. For this reason, Skill Level Holds usually provide the best takedowns. If the opponent does drop to one knee, the game is still far from over. Slightly release the grip, allowing the opponent to rise, but before the opponent can gain a good footing, switch to another hold, such as M.A.C.H.

3 or M.A.C.H. 5, and move into a takedown.

3. M.A.C.H.™ 3 Takedown

A takedown with M.A.C.H. 3, more than any other hold, emphasizes the “trading places” technique. By “trading places” with, or moving around the opponent, you will accomplish the takedown. The reason this takedown is so effective is because the opponent is unable to maintain balance and has little choice but to go to the ground. Remember (as with any other portion of the move) that during the opponent’s backward momentum, body positioning must stay tight to avoid unintentional injury to the opponent and your own loss of balance.

To perform a M.A.C.H. 3 Takedown:

Starting from M.A.C.H. 2, place subject onto one or both knees (Breakdown). Now direct the opponent to the ground by pulling the opponent off balance using the angles you were taught earlier. This will allow your opponent to be placed on his or her back. Be sure to remember not to let go of the hold at any time during the takedown. The key to a successful takedown with M.A.C.H. 3 is control.

Once the opponent is on the ground, lock your hips in against the opponent, positioning one knee over the opponent’s head and the other knee over the center of the opponent’s back.

IMPORTANT: Be sure not to rest too much weight on the knee over the opponent’s head to avoid injury to the opponent. The knee in that position is only meant to prevent the opponent from rising. Also, remember the option to disengage the hold if control of the subject cannot be maintained.

Note: Explain to the students to stay away from the cervical spine when placing their knees anywhere around a subjects head. Some agencies have strict policies as to where they can or cannot place their knees when controlling a subject on the ground.

It is also important to remember that it is NOT necessary at this point to place undue pressure on the opponent’s wrist. By using proper body positioning, pressure will come from the non-compliant opponent, NOT YOU. The more the opponent fights, the tighter the hold will become.

4. M.A.C.H.™ 4 Takedown

The second of the Skill Level Holds, this hold facilitates a takedown that is relatively simple to perform.

To perform a M.A.C.H. 4 Takedown:

Starting from a M.A.C.H. 1 or M.A.C.H. 2 Entry Level Hold, place your opponent onto one or both knees (Breakdown).

Transition to M.A.C.H. 4, and using your opponent's arm as a fulcrum, move to a position near the front of the opponent. Use your forward or rear angle to place the opponent into the position you want him or her to be, directing the opponent's chest toward the ground.

Continue moving the opponent forward until he or she enters a prone position on his or her stomach.

Then place your knee over the opponent's shoulder and maintain the forward angle. It is important that you don't place any weight on that knee to avoid injury to your opponent.

NOTE: The purpose of the knee in this position is to serve as a warning if the opponent begins to rise back up, at which time the knee is used to pin the opponent's shoulder to the ground, preventing the opponent from rising.

As always during a takedown, remember to maintain the hold, as the leverage you apply to the opponent's arm is the key to keeping control. Also remember that if you are unable to maintain control of the opponent, you have the option of moving to another hold, or to disengage and move to another means of control according to your use of force policies.

5. M.A.C.H.™ 5 Takedowns

When performing this final Skill Level Hold, it is important to not twist the opponent's wrist. Not twisting your opponent's wrist will reduce the possibility of injury, and will increase the effectiveness of your takedown.

To perform a M.A.C.H. 5 Takedown:

Starting from a M.A.C.H. 1 or M.A.C.H. 2 Entry Level Hold, place your opponent onto one or both knees (Breakdown).

Then transition into a M.A.C.H. 5 hold. Simply point the opponent's thumb toward the ground while "trading places," taking the cross side forward angle and the body will follow. This will place the opponent on his or her back.

Continue pulling on the forward angle until you gain visual compliance.

Be sure to remember that if you are unable to maintain control of the opponent, you still have the option to disengage. If the subject complies with your demands and stops resisting, you can begin the handcuff positioning portion of this training.

Note: Explain the use of the angles to the students. Angles (Practical Knowledge)
Instead of viewing it as a cross, look at the human body in terms of an X, with one line going from the left shoulder to the right leg, and one line going from the right shoulder to the left leg. Now, with the opponent in M.A.C.H. 2 or M.A.C.H. 4, rather than simply moving forward or to the side, move to the angle that points out from the shoulder. A quick forward move, followed by an equally smooth change of direction to an angle, will keep the opponent off balance and allow you to more effectively execute the takedown.

D. M.A.C.H.™ Handcuff Positioning

Before We Begin

When learning the handcuffing segment of The Controlled F.O.R.C.E.® Training, you must pay close attention to several aspects of our training. For example, you must not only watch the position in which you place the opponent's arms, you must also ensure that you are using proper body positioning and angles.

Compliance (Practical Knowledge) - The contact officer must have visual confirmation that the subject is truly complying. If the subject places his or her hand out perpendicular to his or her body after verbal commands, this is a good indication of compliance, and reduces the chances of a surprise counter attack.

A Presentation of Arms - Although many of the takedowns are similar in nature with respect to how they are accomplished, the method and manner in which you must position your opponent's hands and arms to prepare him or her for handcuffing is often different. Remember, handcuffs should be applied according to the dictates of your individual departmental policies and procedures.

Note: Explain to the student's the takedowns begin with M.A.C.H. 1 and follow, in order, to M.A.C.H. 5. Handcuffing, however, reverses this process, beginning with M.A.C.H. 5 and following, in order, to M.A.C.H. 1. 5-4-3-2-1

Note: Explain to the students - Handcuffing should be enacted according to individual departmental policy and procedures.

1. M.A.C.H.™ 5 Handcuff Positioning

Once the actual takedown is complete, pull the opponent towards yourself. As the opponent moves (on his or her back) toward you, step toward his or her head, turning your own body so as to continuously face your opponent. This is done while pointing the shoulder of your opponent towards the ground. Maintaining the M.A.C.H. 5 grip will turn the opponent into a prone position.

NOTE: You should be verbalizing commands at this point, and should stay on your feet until you have received some compliance from your opponent.

To move into handcuff position, transition to M.A.C.H. 4, place one knee on your opponent's shoulder maintaining a forward angle, and then cradle your opponent's arm. This position will allow you to apply several different handcuffing techniques, based on the dictates of your individual departmental policies and procedures.

2. M.A.C.H.™ 4 Handcuff Positioning

You should stand while performing the M.A.C.H. 4 takedown to ensure that your opponent does not creep up on you. Do not move onto your opponent until you have gained.

To move into handcuff position, place one knee on your opponent's shoulder while maintaining a forward angle, and then cradle your opponent's arm. This will allow you to apply several different handcuffing techniques, based on the dictates of your individual departmental policies and procedures.

3. M.A.C.H.™ 3 Handcuff Positioning

When performing a takedown from M.A.C.H. 3, pay close attention to the Check and Trap. Review the concept of hip placement and arching of the back to maintain the hold.

To move into handcuff position, maintain a M.A.C.H. 3, keeping your opponent's hand against his or her back as you stand and walk around your opponent's head, placing him or her into the prone position. If the hold is maintained, you should be in handcuff position.

You can also transition into the cradle position if desired.

You should be verbalizing commands at this point, maintaining your hold until you have received some compliance from your opponent. Apply handcuffs based on the dictates of your individual departmental policies and procedures.

4. M.A.C.H.™ 2 Handcuff Positioning

Review breakdown to takedown. When the takedown from M.A.C.H. 2 is complete, you should transition into M.A.C.H. 4. When you enter the M.A.C.H. 4 position, maintain the hold until you have received compliance.

To move into handcuff position, place one knee on your opponent's shoulder while maintaining a forward angle, and then cradle your opponent's arm. This will allow you to apply several different handcuffing techniques, based on the dictates of your individual departmental policies and procedures.

5. M.A.C.H.™ 1 Handcuff Positioning

Note: Review the concept of hip placement and arching of the back to maintain the hold.

After performing a takedown from M.A.C.H. 1, you should replace the hand that is on your opponent's face with your knee. Once this has been completed, you can simply transition into M.A.C.H. 3 and follow the instructions for that hold.

Remember; maintain the hold until you have received compliance.

To move into handcuff position, place one knee on your opponent's shoulder while maintaining a forward angle, and then cradle your opponent's arm. This will allow you to apply several different handcuffing techniques, based on the dictates of your individual departmental policies and procedures.

After the Subject Has Been Handcuffed

When the officer has control over the subject, he or she can then perform a takedown and place the subject into a handcuff position. After handcuffing the subject according to his or her departmental policy, the officer should then search the subject for weapons first then contraband before placing the subject in a secure location.

E. Team Arrest Techniques

Note: Ask the students what is the most important thing when working with a team?

Communication between teammates and partners during the execution of the Team Arrest Techniques is vital. Teammates and partners need to talk to each other during each step of the arrest process for the techniques to be successful. Controlled F.O.R.C.E. ® uses the terms "I've got the lock" and "clear" to facilitate better communication between officers during these arrest procedures.

At this point in your Controlled F.O.R.C.E. ® training, you know that M.A.C.H. 1, M.A.C.H. 3, and M.A.C.H. 5 move the opponent in the same backward direction, while

M.A.C.H. 2 and M.A.C.H. 4 move the opponent in the same forward directions. When working as partners, both officers must use holds that are going in the same direction.

For example, if the lead officer uses a M.A.C.H. 1 on an opponent, then the assisting officer can use a M.A.C.H. 1, M.A.C.H. 3, or M.A.C.H. 5. This coordination will prevent officers from twisting the opponent in opposite directions, and from fighting each other more than controlling the opponent. Furthermore, as the opponent's body momentum changes directions, the officers can compensate by changing their holds together.

When one officer feels confident in the hold and the ability to execute a takedown, he or she will say "I have the lock," at which point the other officer will release his or her hold on the opponent, saying "clear." The officer who still has the hold will then perform the takedown.

The officer that takes the lock will be referred to as the lead officer. The officer that clears will be referred to as either the second officer, or officer two. The lead officer will be responsible for maintaining control of the opponent. The second officer will be responsible for placing the opponent into a handcuffing position, and for handcuffing the opponent according to departmental policies and procedures.

Anchor - Anchoring is an option that uses a shift in body weight as a way to subdue an opponent. This option works best when the smaller or less experienced officer puts an opponent into a M.A.C.H. 1 or M.A.C.H. 2 hold, and, without letting go of the hold, drops his or her weight to the ground. This move forces the opponent to adjust him or herself to compensate for the shift in weight. During this process, the second officer can get into the best position to use the opponent's body weight against him or herself.

Communicate the lock and clear when using the anchor option.

Sweep the Feet - Once the opponent has been placed into a handcuffing position, a third officer, if one is available, should move in to assist with the arrest. This third officer will approach the opponent from behind, grab both of the opponent's feet, and in one fluid motion, lift them up sliding one over the other, or crossing them. This maneuver is known as sweeping the feet.

After sweeping the feet, the third officer will then place his or her body behind the feet. If necessary, the officer can lean into the opponent, bending his or her feet and legs back, to help calm the opponent. This move will prevent the opponent from using his or her feet as a weapon.

Note: To prevent injury, it is important students not to lean too far into the opponent while executing the sweep the feet move.

1. Team Arrest Techniques with M.A.C.H.™ 1

Once the opponent is taken down with a M.A.C.H. 1, the assisting officer(s) takes hold of the opponent's free arm and moves toward the opponent's head. The officer who performed the takedown in M.A.C.H. 1 should then move to an M.A.C.H. 3 or M.A.C.H. 5 while the opponent is on the ground.

Maintaining the M.A.C.H. 3 or M.A.C.H. 5 hold, the officer should then walk around the head of the opponent. This maneuver will place the opponent into the prone position. Now the opponent is in a handcuffing position.

Option for multiple partners: When other officers are present, there is an option for the officer maintaining the M.A.C.H. 3 or M.A.C.H. 5 to transfer the hold to an officer standing across from, or in front of, him or her. When the assisting officer takes hold of the opponent's arm, he or she will then take the arm around the opponent's head. This maneuver will turn the opponent onto his or

her front side (the prone position). Now the opponent is in a handcuffing position. (See M.A.C.H. 3 Pass Over)

2. Team Arrest Techniques with M.A.C.H.™ 2

Team Arrests with M.A.C.H. 2 starts when two officers, one on each arm of an opponent, break down the opponent to at least one knee.

Communicating the lock and clear, one of these two officers then performs a Takedown with M.A.C.H. 2. This places the opponent onto his or her front side (the prone position). When the opponent is in the prone position, the second officer takes hold of the opponent's free arm. If there is a third officer assisting in the arrest, then he or she comes in and controls the feet with the sweep technique.

3. Team Arrest Techniques with M.A.C.H.™ 3

Team Arrests with M.A.C.H. 3 starts when one officer takes hold of an opponent with either a M.A.C.H.1 or M.A.C.H. 3.

Since both officers must be using a hold that moves in the same direction, either forward or backward, then the second officer must use a corresponding M.A.C.H. hold on the opponent's free arm. This means that if the lead officer is using a M.A.C.H. 1, then the second officer must use a M.A.C.H. 1, M.A.C.H. 3, or M.A.C.H. 5. If the lead officer is using a M.A.C.H. 2, then the second officer must use either a M.A.C.H. 2 or M.A.C.H. 4.

Note: Explain that when executing a Team Arrest in M.A.C.H. 3, it is important for the officers not to cross each other while performing the various options available in M.A.C.H. 3.

When both officers have control of the opponent, then they can transition to a takedown with M.A.C.H. 3, communicating the lock and clear. The officers then have three options to put the opponent into a handcuffing position:

Roll Over Team Arrest Combination -For the Roll Over Team Arrest Combination, the lead officer places the opponent into the prone position by him or herself once the second officer has announced the clear.

The lead officer performs the roll over by keeping the opponent's hand tight into his or her back while performing the takedown in M.A.C.H. 3. The lead officer then moves around the opponent's head while rolling him or her into the prone position. The assisting officers then come in to complete the arrest: the second officer takes the free arm and a third officer, if available, sweeps the feet.

Note: The roll over move is similar to the team arrest technique with M.A.C.H. 1, and can be performed in a similar manner.

Step Over Team Arrest Combination - The Step Over Team Arrest Combination is used when the lead officer has trouble rolling the opponent into the prone position alone. When the second officer sees that the lead officer is having trouble rolling the opponent into the prone position, he or she will then come in and grab the free arm.

The step over move starts the same as the roll over; the lead officer keeps the opponent's hand tight into his or her side or back while attempting the roll over. Once the opponent is down, then the second officer must take the opponent's free arm and bring it to a point above the opponent's head, keeping the arm flat on the ground. Keeping the arm above the head will take away the opponent's base, preventing him or her from getting up. The second officer must keep the opponent's arm flat on the ground so that the lead officer can step over the arm and around the head, rolling the opponent into the prone position. A third officer, if available, then sweeps the feet.

Pass Over Team Arrest Combination - The Pass Over Team Arrest Combination takes three officers to place the opponent into the prone position. Once the takedown is completed, the second officer takes the opponent's free arm and holds it to the ground above the opponent's head. The lead officer, who performed the takedown with M.A.C.H. 3, then transfers the hold to a third officer. This officer then pulls the opponent into the prone position using a M.A.C.H. 4. A fourth officer then sweeps the feet.

4. Team Arrest Techniques with M.A.C.H.™ 4

Team Arrests with M.A.C.H. 4 are the same as Team Arrest Techniques with M.A.C.H. 2. The technique starts when two officers, one on each arm of an opponent, break down the opponent to at least one knee.

Communicating the lock and clear, one of these two officers then performs a takedown with M.A.C.H. 4. This places the opponent onto his or her front side (the prone position). When the opponent is in the prone position, the second officer takes hold of the opponent's free arm. A third officer, if available then sweeps the feet.

Note: The principles of Angles and Anchoring are useful in executing Team Arrests with M.A.C.H. 4, as well as with the other M.A.C.H. holds. Feel free to review these principles so you can use them comfortably and confidently in any team arrest situation.

5. Team Arrest Techniques with M.A.C.H.™ 5

Team Arrests with M.A.C.H. 5 are performed much the same way as the Team Arrest Techniques with M.A.C.H. 1 and M.A.C.H. 3. Team Arrests with M.A.C.H. 5, though, give the lead officer more positioning control, allowing him

or her to move the opponent into the best position for his or her partner to assist with the arrest. Once the opponent is taken down, officers have two options for placing the opponent into a handcuffing position:

Roll Over - Once the opponent is taken down, the lead officer can roll the opponent over by pulling the opponent's arm toward him or herself, using an angle to pull the arm in an opposite direction that will place the opponent into the prone position. When the opponent is in the prone position, the second officer takes hold of the opponent's free arm. A third officer, if available, then sweeps the feet.

Step Over - If difficulties occur while attempting a roll over move, officers can transition to a step over move to place the opponent into the prone position. First, the second officer holds and anchors the free arm while the lead officer, still maintaining the M.A.C.H. 5, moves around the head and steps over the opponent's arm to place him or her into the prone position. Be sure to step around the opponent and not over him or her.

Multiple Opponents: M.A.C.H. 5 can also be used when officers find themselves in the presence of more than one opponent. Because M.A.C.H. 5 gives an officer more positioning control over a subject on the ground, the officer can keep the controlled subject between him or herself and the other opponent(s), preventing an attack. This maneuver can be used with all of the Mechanical Advantage Control Holds from a standing position.

F. Baton Subject Control

Even though some agencies and departments do not supplement their officers' arsenals with the baton, Controlled F.O.R.C.E. © believes that officers should be aware of the benefits of the baton for controlling an opponent with the M.A.C.H.™ holds.

The baton does not hinder your ability to perform the Mechanical Advantage Control Holds™, but rather enhances it. The baton is also used to build confidence in performing the Hand-to-Hand Subject Control training.

Baton Subject Control teaches the student to think of the baton as an extension of the hand. The training focuses on the feel of the movement, and not on the actual technique. This gives the student the ability to perform the hold even if the baton is lost or dropped during an attempt to control an opponent. This system does not teach baton strikes since it uses the baton as a leverage tool to increase the effectiveness of the holds.

Note: Explain the term Leverage - Being a leverage tool, the baton should be viewed as an extension that allows the officer to do more work with less effort. Leverage is tension between two points, and the longer your lever is, the more leverage you can generate. The baton increases your leverage, which means you will have greater control over an

opponent when using the baton correctly.

1. M.A.C.H.™ 1 Baton Subject Control

Perform a dosey doe on the opponent with the baton in your dosey doe hand. Bring the baton under the opponent's cross arm, and then move your free hand around the baton and into the M.A.C.H. 1 position on the opponent's cheek.

Note: If you enter into a dosey doe with the baton in your free hand, you can still transition, or re-grip the baton to the dosey doe hand and continue with the move. This move is used as a quick entry.

2. M.A.C.H.™ 2 Baton Subject Control

Transition from an M.A.C.H. 1 with the baton to an M.A.C.H. 2. The M.A.C.H. 2 with baton is performed exactly the same as an M.A.C.H. 2 without baton, keeping the opponent's arm locked, or trapped, against your body. Be sure to maintain a reciprocal grip to maximize leverage and control.

3. M.A.C.H.™ 3 Baton Subject Control

REMEMBER: When executing an M.A.C.H. 3 with baton, be sure to perform the check and trap. Also, do not place the baton in a position available to the opponent's grasp allowing him or her to grab the baton. Use body positioning to keep your opponent off balance.

In an M.A.C.H. 2 with baton, trap the opponent's arm into your chest as you switch the baton to your other hand. This move must be executed in one swift motion that encompasses the check and trap simultaneously. Transition into an M.A.C.H. 3 by reaching down and grabbing the opponent's wrist with your free hand (the hand that the baton switched out of). Now finish the M.A.C.H. 3 with the baton hand, using the baton as leverage against the opponent's wrist and not your own wrist or hand.

4. M.A.C.H.™ 4 Baton Subject Control

Transition from an M.A.C.H. 3 with baton to a M.A.C.H. 4, just like you would without the baton. This will position the baton just above the opponent's elbow.

DO NOT place the baton directly on the elbow or else injury will occur.

Now you are in a position to effectively control the opponent using leverage. The opponent's reaction to the move will force him or her to the ground, even though you are NOT applying any pressure. As you maintain the hold, the opponent will try to rise, placing pressure on his or her own arm. The opponent's natural instinct will be to move down toward the ground to release the pressure he or she placed on him or herself when trying to get up.

5. M.A.C.H.™ 5 Baton Subject Control

From a M.A.C.H. 2 or M.A.C.H. 4 with baton, perform the check and trap while sliding the baton down to the base of the opponent's wrist (just below the palm of the hand). The baton hand should be grabbing the opponent's wrist, with the baton still at the base. Now position your free hand on the other side of the opponent's hand, as you would in the empty hand position, grabbing both the wrist and the baton. Now you are in M.A.C.H. 5 with baton.

6. Takedowns and Handcuff Positioning with Baton

Controlled F.O.R.C.E.® takedowns and handcuff positioning with baton are performed just like the takedowns and handcuff positioning techniques taught earlier in Lessons 3 and 4. Instead of re-explaining these techniques, the instructor will only address the concerns of using a baton in performing them:

Note: Review, demonstrate and explain the following techniques with the students in detail. Address any questions or concerns they may have. Ensure the students understand that disengagement is always an option. They have to let go of failure and transition.

M.A.C.H. 5

- Review of verbal commands and communication
- Use the opponent's momentum when executing the cross over move
- Use the baton for leverage. Slide the baton down the opponent's arm
- Use the baton as the cradle before moving into handcuffing
- The option of disengagement if necessary

M.A.C.H. 4

- Review angles
- Cradle the opponent's arm with the baton
Keep the baton in its current position, above the elbow, and then bend the elbow over the baton
- Disengage if necessary
- Get compliance before applying handcuffs

M.A.C.H. 3

- Review communication
- Maintain the hold while rolling the opponent into the prone position
- Use the opponent's momentum
- Cradle the opponent's arm with the baton
- Disengage if necessary

M.A.C.H. 2

- Review angles (particularly the reverse angles)
- Switch from M.A.C.H. 2 to M.A.C.H. 4
- Move the baton to cradle the arm
- Get compliance before applying handcuffs

M.A.C.H. 1

- Transition to a M.A.C.H. 3
- Review communication
- Maintain the hold while performing the takedown
- Get compliance before applying handcuffs

G. In-Holster Weapon Retention

Note: Explain the following warning to the students

Warning: Potential for Injury - Some of the following techniques have the potential to cause injury to the opponent. Because weapon retention techniques address the critical situation of an opponent taking an officer's weapon and possibly attempting to use it against the officer, these techniques are developed to give the officer the ability to effectively control his or her weapon and neutralize the threat. To be used effectively, these techniques can cause injury to the opponent. These techniques, therefore, should be practiced WITHOUT maintaining a tight hold on the opponent's hand, and WITHOUT the use of real or simulated firearms and holsters.

Before We Begin

The Weapon Retention portion of the Controlled F.O.R.C.E. ® training teaches the student how to maintain control of his or her weapon using body positioning techniques. This critical stage of training focuses on clearing an opponent's hand away from the officer's weapon and not simply "lifting the opponent's hand off of the side-arm." Once the hand has been cleared of the weapon, the officer can transition to the Mechanical Advantage Control Holds™ to restrain the opponent and put him or her into a handcuffing position, if the opportunity presents itself.

Training considerations for the purposes of classroom training, the concepts of "light hands," body positioning, and control are employed to avoid injury.

1. Front Linear

This technique is used when the opponent grabs the officer's holstered weapon from the front:

Push down on the opponent's hand, trapping the gun in the holster and the hand on the gun.

While maintaining this hold, drop your center and step under the opponent's arm from the inside, moving to the outside.

Continue stepping under the opponent's arm, moving to the outside, until the opponent releases his grip on the weapon, or until you have regained control.

2. Front Cross

This technique is used when the opponent grabs the officer's holstered weapon from the front, by reaching across the officer's body:

Push down on the opponent's hand, trapping the gun in the holster and the hand on the gun.

While maintaining this hold, drop your center and step under the opponent's arm from the outside, moving to the inside.

Continue stepping under the opponent's arm, moving to the inside, until the opponent releases his grip on the weapon.

3. Rear Linear

This technique is used whenever the opponent grabs the officer's holstered weapon from the rear; regardless if it is a linear reach or a cross reach:

NOTE: Since you don't know what hand the opponent is using to unholster your weapon, you cannot predetermine which way to spin. In this situation it doesn't matter which way you spin, as long as you do spin.

Push down on the opponent's hand, trapping the gun in the holster and the hand on the gun.

While maintaining this hold, drop your center and step under the opponent's arm from either the outside or the inside.

Continue stepping under the opponent's arm in the same direction until the opponent releases his grip on the weapon.

4. Rear Cross

This technique is used whenever the opponent grabs the officer's holstered weapon from the rear; regardless if it is a linear reach or a cross reach:

NOTE: Since you don't know what hand the opponent is using to unholster your weapon, you cannot predetermine which way to spin. In this situation it doesn't matter which way you spin, as long as you do spin.

Push down on the opponent's hand, trapping the gun in the holster and the hand on the gun.

While maintaining this hold, drop your center and step under the opponent's arm from either the outside or the inside.

Continue stepping under the opponent's arm in the same direction until the opponent releases his grip on the weapon.

Notice: These weapon retention techniques have been successfully and effectively used in the field on several occasions.

III. Conclusion

A. Summary

As you have learned the Controlled F.O.R.C.E.® training system utilizes five basic building block holds known as Mechanical Advantage Control Holds, or M.A.C.H.™ holds. These M.A.C.H.™ holds are the backbone of the Controlled F.O.R.C.E.® training system, and are designed to provide the student with an opportunity to enhance his or her continued development in defensive tactics training. The M.A.C.H.™ holds, as well as the entire Controlled F.O.R.C.E.® training system, have been developed, and are taught, in such a manner as to assure a high level of retention for all students, even though the Controlled F.O.R.C.E.® training system is taught by many different instructors.

B. Questions?

C. Closing Summary

Personal and Professional Development

You must be responsible for your own standards of professional performance by taking advantage of every reasonable opportunity to enhance your own level of knowledge and experience. By striving to acquire a high level of knowledge and competency, you can ensure an efficient and effective performance of your duty. The acquisition of knowledge and skill is an ongoing process of personal and professional development that should be continuously pursued.

The qualities required to be a success:

Integrity - is probably the most essential quality needed to gain the respect of the Law Enforcement Community, and will ensure your continued existence and success as part of the Controlled F.O.R.C.E. ® Team. As a member of our team, you should always maintain exemplary conduct and character while preserving a standing of respect for others.

Leadership - a leader is someone who can envision improvement, influence others to help implement their visions, and who can inspire others to do what is right. As part of the Controlled F.O.R.C.E. ® Team, you are expected to display these traits of leadership, as well as possess the ability and creativity to communicate integrity and achieve success in your endeavors.

Ethics - why do we emphasize ethics; because they are a very important part of an officer's job and way of life? The ethics an officer chooses to abide by have a profound impact on the public's perception of law enforcement officers as a whole. Poor ethics in policing will lead to officers making poor judgments in the course of their duties. The use of excessive force and poor judgment creates public mistrust, exposes officers to lawsuits, and makes the task of providing justice to the public more difficult.

As part of the Controlled F.O.R.C.E. ® Team, you are expected to set and follow a high standard of behavior. Your ethics and actions must be aligned with the codes of the Controlled F.O.R.C.E. ® Team, and be above reproach.

Use of Force - You must never employ unnecessary force or use violent acts against another. You should only use the least amount of force required by a situation. Officers must learn to use force only after negotiation and verbal persuasion has proved to be ineffective or inappropriate. Although use of force is, at times, unavoidable, you are responsible for refraining from inflicting unnecessary pain and suffering. An officer must never engage in cruel, degrading, or inhumane treatment of any person.

As part of the Controlled F.O.R.C.E. ® Team, you must strive to understand the difference between what is and is not excessive force. You must understand how to protect yourself against liability, and, more importantly, how you can make good judgments in relation to the use of force. Controlled F.O.R.C.E. ® is a team of instructors who have dedicated years of research and training to collectively produce a complete system of tactical understanding. The Controlled F.O.R.C.E. ® Team is dedicated to the continued development of a training program that will increase the tactical options for law enforcement and military officers, while maintaining a credible force continuum.

As discussed earlier, public and private scrutiny of law enforcement has increased over the years, and the actions of officers are questioned more and more.

In this new climate, as well as the ever-changing environment that officers encounter, there is a growing need for training, education, and self-policing of how officers use force while performing their duties.