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TITLE:	Controlled F.O.R.C.E. Level 2
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"><li>1. Recognize the reasons to control someone.</li><li>2. Define all terms associated with the training received.</li><li>3. Demonstrate an understanding of and an ability to perform all techniques and aspects of the practical training drills.</li><li>4. Accurately explain the reason for the techniques and other options available.</li></ol>
HOURS:	Sixteen (16) 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, Shock Knife or Rubber Knife, BDU Type Pants, Closed Top Shoes or Boots, Training Footwear, Rubber Mats
REFERENCES:	United States Department of Justice Washington DC <a href="https://www.justice.gov/crs/file/627811/download">https://www.justice.gov/crs/file/627811/download</a>

United States Supreme Court  
Washington DC  
<http://caselaw.findlaw.com/us-supreme-court/490/386.html>

Police – The Law Enforcement Magazine  
<http://www.policemag.com/channel/weapons/articles/2009/04/real-world-weapon-retention.aspx>

STUDY ASSIGNMENT:

None

PREPARED BY:

Tony Grano  
Controlled F.O.R.C.E.  
Director of Operations

DATE PREPARED:

January 2010

REVISED BY:

Kevin Rittenhouse  
Controlled F.O.R.C.E.  
Director of Law Enforcement Operations

DATE REVISED:

July 10, 2017

REVISED BY:

Kevin Rittenhouse  
Controlled F.O.R.C.E.  
Director of Law Enforcement Operations

DATE REVISED:

August 24, 2017

## 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. Welcome to the Next Level of Training

As a graduate of the Level 1 Controlled F.O.R.C.E. system of training, you have all of the tools necessary to advance to the next level in the circle of training. The tools you gained from Controlled F.O.R.C.E. form the foundation of a new and innovative close range subject control training program, one suitable for immediate application in the field.

The next level of your training is Survival F.O.R.C.E., which is designed to provide solutions to specific hard-core street scenarios such as disruption techniques and baton distraction techniques.

As you will discover, each solution leads back into Mechanical Advantage Control Holds, thus relying on the foundation of Controlled F.O.R.C.E. that you have already built, completing the circle of training.

The course also covers: Ground Defenses and Escapes, Edged Weapon Awareness and Defense, and Out-of-Holster Weapon Retention and Disarms.

**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.
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

**Note:** Talk to the students about the difference between Reactionary vs Thought-Process Training

Thought-process training prepares an officer for situations where he or she has time to assess the danger before choosing an appropriate response. Reactionary training prepares an officer to respond automatically and effectively to sudden and immediate threats.

Remember 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.”<sup>1</sup>

Survival F.O.R.C.E. is a reactionary training system. This approach prepares the officer for the unexpected by honing his or her automatic reactions, as opposed to developing a procedure of planned responses.

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

**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

This level of training teaches the officer to identify his or her own knee-jerk reactions to startling stimuli. The officer then repeats those reactions exhaustively until they become second nature. The repetitive training conditions the brain to react in a more controlled and effective way while retaining the body’s reflexive spontaneity.

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

**Note:** Disruptions not strikes are to be taught during this Controlled F.O.R.C.E. ® Close Range Subject Control training course. There is a very distinct difference between the two. Explain to the students.

**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.

**Note:** “Light Hands” It is the instructor’s duty to review the training concept of “light hands”

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<sup>1</sup> 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>

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:** 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.

#### Disruption Techniques - The Common Denominator

In order to simplify the system as much as possible to maximize retention and usability, Survival F.O.R.C.E. looks to break down a technique to its most basic form, and then repeat and build upon that form throughout the training.

Controlled F.O.R.C.E., for example, uses the Check and Trap to better control an opponent when using M.A.C.H. 3 and M.A.C.H. 5. You will find that the Check and Trap method is also used throughout Survival F.O.R.C.E.

As you go through each lesson, take notice how some of the techniques are repeated over and over throughout your training. Again, these common denominators are designed to make the system more simple, fluid, and unified - giving you the reactionary skills you need to survive the unexpected.

**Note:** Explain to the students that for every primary attack there is a secondary attack.

**Note:** The lead hand drills are for hand-eye coordination purposes. Everything in this portion of the training has purpose. In order to be good with your hands you have to work on hand-eye coordination.

A. Lead Hand Blocking Drills - with a partner. Designate an officer and an opponent.

1. Windshield Wiper Drill - This drill is designed to get your arms moving and to develop simple blocking motions that will be expanded on; working to the inside of the opponent.

Start by facing your opponent in the interview stance. As your opponent swings at your head, block the strike by bringing your same-side hand straight up in a wiper-like motion, keeping your elbow down. When you are working the inside, your hand and forearm should be straight up and down with your elbow.

Do not reach to meet your opponent’s hand. Your focus should be on blocking your face from the strike, not extending yourself out to the strike.

Now move your arm back and forth to block strikes from both sides of the body.

**Note:** This is where students tend to go beyond the outer perimeter of their head. The intention is to block the initial attack - not overextend.

Next, add your free hand to reinforce the block. It is important to work both sides of the body, since a surprise attack can come from any direction.

Remember: You are not trying to meet the strike; you are trying to protect the face.

2. Elbow Roll Drill - This drill introduces the “elbow up” common denominator, and works to the outside.

Start by facing your opponent in the interview stance. As your opponent swings at your head, block the strike by bringing your same-side hand straight up in a wiper-like motion, keeping your elbow down. Next, roll your elbow up while moving to the outside of your opponent. When working to the outside, your elbow should be up and your hand should point down

Rolling your elbow up helps protect your face from a second attack as you move to the outside.

Add your free hand to reinforce the elbow roll.

Switch sides. Continue moving from side-to-side.

3. Elbow Rolls to Disengagement - This drill is designed to create distance after a strike has been blocked.

Start by facing your opponent in the interview stance. As your opponent swings at your head, block the strike by bringing your same-side hand straight up in a wiper-like motion, moving to the outside of your opponent. When working to the outside, your elbow should be up and your hand should point down.

You should immediately collapse into your opponent after you elbow roll to the outside, and push him/her away to create distance.

This will allow you to prepare for another attack, or to re-engage the opponent if possible.

**Note:** Before Moving On: Blocking a Two-Handed Face Grab

Before the students move on to the next drill, we must address what to do when an opponent reaches for your face or neck with both hands. The most important thing to remember is that you are blocking the attack, not meeting it. If the students try to grab the opponent's arms, they are engaging in a test of strength where the strongest

person wins. Instead, you want to block the attack so you can move to other options.

4. Two Hand Face Grab

To block a two-handed face grab: cross and lock your forearms, then thrust your arms up to fend off the attack and protect your face, and step out of the way (to the outside).

If you do not step out of the way of the attack, the attacker may be able to run right over you.

5. Rolling 3s Drill (from Face Grab) - This drill introduces the Rolling 3s, which is used throughout Survival F.O.R.C.E.

Start by blocking a two-handed face grab using the technique described above.

Remember: Do not grab your opponent's arms. Instead, focus on blocking the attack and protecting your face.

Next, roll your elbow up while moving to the outside of your opponent. From this position, perform the Check and Trap, then transition to a M.A.C.H. 3. Roll your other elbow up to block a second attack, maintaining the M.A.C.H. 3.

Repeat this drill from side-to-side, rolling your elbows up to block the attack. After the attack has been blocked with the Elbow Roll, always Check and Trap before transitioning to the M.A.C.H. 3.

Practice to make sure your training partner drops center on the check and trap to avoid injury during practice.

6. Rolling 3s to Takedowns using the Check and Trap - This drill incorporates the M.A.C.H. Takedowns to Handcuff Positioning into the Rolling 3s.

Start by blocking a two-handed face grab using the technique described above. Next, roll your elbow up while moving to the outside of your opponent. From this position, perform the Check and Trap, then transition to a M.A.C.H. 3. Roll your other elbow up to block a second attack. Check and Trap, then transition to the M.A.C.H. 3.

Note: A second attack can come from either the same opponent, or from a second attacker.

From the Rolling 3s, perform the Check and Trap, then transition to the M.A.C.H. Takedown and Handcuff Positioning Technique that the situation calls for.

- B. Hand Drills with Disruption Techniques - with a partner. Designate an officer and an opponent.
1. Hand/Eye Coordination Drills working the Inside - This drill is designed to improve eye/hand coordination by combining blocking and disruption, working the inside.

Start by facing your opponent in the interview stance. Block a strike with your lead hand using the windshield wiper technique. Reinforce the block by reaching your free hand over to your opponent's arm.

Disrupt your opponent with an open hand disrupter, using your lead hand. Your free hand should maintain a reinforcement position on the opponent's arm.

Repeat this drill from side-to-side. Keep your hands moving at all times.

Practice: When you block the strike and reinforce the block, make sure you do not grab the opponent's arm. You want to block and release, maintaining a fluid motion from one side to the next:

Block - Reinforce – Disrupt / Switch / Block – Reinforce – Disrupt.

**Note:** Explain the following term disruption as it applies to Survival F.O.R.C.E. to the students. Survival F.O.R.C.E. defines disruption as a purposeful interruption to an opponent's attack in a way that allows the officer to transition to other control/arrest options. Survival F.O.R.C.E. does not teach strikes; they are intended to inflict pain. Instead, Survival F.O.R.C.E. teaches open hand disruptions.

**Note:** Learn not how to defeat an opponent. Learn how not to be defeated.

2. Hand/Eye Coordination Drills - working the outside - This drill is designed to improve hand/eye coordination by combining blocking and disruption while working to the outside.

Start by facing your opponent in the interview stance.

Block a strike with your lead hand using the windshield wiper technique. Reinforce the block by reaching your free hand over to your opponent's arm.

Disrupt your opponent with an open hand disrupter, using your lead hand.

Switch sides by rolling your elbow up, moving to the outside of your opponent. Reinforce the elbow roll with your free hand. Disrupt your opponent with an open hand disrupter.



Continue this drill from side-to-side, keeping your elbows up and moving to the outside.

3. Combinations to takedowns using M.A.C.H. holds - This drill incorporates M.A.C.H. takedowns and handcuff positioning into combinations of all hand drills.

Start by facing your opponent in the interview stance. Block a strike with your lead hand using the windshield wiper technique. Reinforce the block by reaching your free hand over to your opponent's arm.

Disrupt your opponent with an open hand disrupter, using your lead hand. Switch sides by rolling your elbow up, moving to the outside of your opponent.

From this position, perform the Check and Trap, then transition to a M.A.C.H. 3. Roll your other elbow up to block a second attack, maintaining the M.A.C.H. 3.

From the Rolling 3s, perform the Check and Trap, then transition to the M.A.C.H. Takedown and Handcuff Positioning Technique that the situation calls for.

Important Follow-up Note The more movement you use to transition from the blocking and disruption techniques to the M.A.C.H. takedowns, the more effective these techniques will be.

## C. Baton Disruption Techniques

Baton Blocking Drills - with a partner. Designate an officer and an opponent.

1. Windshield Wiper Drill - This drill is designed to use the baton in simple blocking motions that will be expanded on; working to the inside of the opponent.

Start by facing your opponent in the interview stance. Grab the baton with both hands; one hand on each end. Hold the baton straight up and down. As your opponent swings at your head, move the baton to the side of the attack to protect the face.

**Note:** Do not reach to meet your opponent's hand. Your focus should be on blocking your face from the strike, not extending yourself out to the strike. Remember: You are not trying to meet the strike; you are trying to protect the face.

Next, block an attack from the other side. As the opponent swings at your head, move the baton to the other side to protect the face. Keep the baton straight up

and down while you do this.

It is important to work both sides of the body since a surprise attack can come from any direction, either from your opponent or from a second attacker. Keep going back and forth, working both sides of the body.

2. Elbow Roll Drill - This drill incorporates the baton into the Elbow Roll technique, and works to the outside.

Start by facing your opponent in the interview stance. Grab the baton with both hands; one hand on each end. Hold the baton straight up and down. As your opponent swings at your head, move the baton to the side of the attack to protect the face.

When the baton makes contact with the opponents arm, perform the elbow roll to move to the outside. In one fluid motion, roll your blocking side elbow up while rolling the baton up and over the opponent's arm.

**Note:** Explain to the students. Remember: The elbow up is the common denominator. This technique not only protects the face from a second attack, but also moves you to the outside of your opponent.

Next, block an attack from the other side.

3. Elbow Rolls with Disengagement Techniques - This drill is designed to create distance after blocking a strike when your baton is not fully drawn.

Start by facing your opponent in the interview stance. Grab the baton with both hands; one hand on each end. Hold the baton straight up and down. As your opponent swings at your head, move the baton to the side of the attack to protect the face.

When the baton makes contact with the opponents arm, perform the elbow roll to move to the outside. In one fluid motion, roll your blocking side elbow up while rolling the baton up and over the opponent's arm.

Then immediately collapse into your opponent after you elbow roll to the outside, and push him/her away to create distance.

Important: As you roll to the outside and collapse in, maintain contact with the opponent so that you can use all your weight to push him/her away. If you lose contact, then you will have to reach for your opponent. This will give you less power to push off with, and open you up for another attack before you can disengage.

**Note:** Explain to the students that the disengagement will allow them to prepare for another attack, or to re-engage the opponent if possible.

**Note:** There is always a purpose to disengage contact with someone. This is just a transition to other options.

4. Rolling 3s Drill - This drill incorporates the baton into the Rolling 3s Drill.

Start by facing your opponent in the interview stance. Grab the baton with both hands; one hand on each end. Hold the baton straight up and down. As your opponent swings at your head, move the baton to the side of the attack to protect the face.

When the baton makes contact with the opponents arm, perform the elbow roll to move to the outside. In one fluid motion, roll your blocking side elbow up while rolling the baton up and over the opponent's arm.

From this position, perform the Check and Trap. Then transition to a M.A.C.H. 3 with baton as you learned in Controlled F.O.R.C.E.

Switch Sides: Roll your other elbow up to block a second attack, maintaining the M.A.C.H. 3. Then hook your arm around the opponent's arm and perform the Check and Trap. The hand that blocks then rolls over and traps. Transition to a M.A.C.H. 3.

**Note:** Repeat this drill from side-to-side, rolling your elbows up to switch sides; this will better prepare you for an attack from either direction.

5. Combinations to takedowns using M.A.C.H. holds - This drill incorporates M.A.C.H. takedowns and handcuff positioning into combinations of all baton blocking drills.

Start by facing your opponent in the interview stance. Grab the baton with both hands; one hand on each end. Hold the baton straight up and down. As your opponent swings at your head, move the baton to the side of the attack to protect the face.

When the baton makes contact with the opponents arm, perform the elbow roll to move to the outside. In one fluid motion, roll your blocking side elbow up while rolling the baton up and over the opponent's arm.

Then immediately collapse into your opponent after you elbow roll to the outside, and push him/her away to create distance.

The opponent then attacks you with a face grab. Block this attack by crossing

and locking your forearms, using the baton for added leverage, then thrust your arms up to fend off the attack and protect your face while stepping to the side.

From here, perform the Rolling 3s drill by Checking and Trapping, then transitioning to a M.A.C.H. 3 with baton. Once you have a lock with the M.A.C.H. 3, transition to the M.A.C.H. Takedown and Handcuff Positioning Technique that the situation calls for.

- D. Baton Drills with Disruption Techniques - with a partner. Designate an officer and an opponent.

Preparation - These techniques are designed to work when you are drawing your baton and you are attacked by surprise before you are ready. The elbow roll common denominator is your first defense here. When you are attacked while drawing your baton, roll your free arm elbow up to block the attack, then you can pull your baton and defend or engage as the situation calls for. When you block with an elbow roll and draw your baton, you should notice that you create a frame around your head.

**Note:** Demonstrate and explain how to frame the head with the baton.

1. Parry Drills - These drills teach parry techniques for blocking a strike before drawing or while drawing your baton in a way that positions you for disruption with the baton.

The opponent throws a punch while you are drawing your baton. You have two options to parry the attack.

Option One: As you draw your baton, roll your free arm elbow up to block the attack. Draw your baton up to reinforce, then clear with the baton. Use option one if you cannot get your baton out fast enough to block the attack.

Option Two: Continue pulling your baton out so that your elbow is above your head, and your baton blocks the strike. Once the strike is blocked, swing your baton arm around and down to clear. Use this option if you are pulling your baton while you are attacked.

In both options, you should be creating a frame around your head with your arms and the baton. By drilling yourself on creating this frame, you are training to respond to an attack by protecting your head before disrupting or disengaging. Once the strike has been blocked and you have cleared some distance with the baton, get into the ready stance to defend or engage as the situation calls for.

2. Disruption to Major Muscle Groups - This drill adds disruption to the parry drills when you are attacked before drawing or while drawing your baton.

Parry an attack to the head by bringing your elbow up over your head, creating a frame with your arms and your baton.

Next, swing your baton out from the block and around to the attacker.

Follow through with your swing down to the Major Muscle Groups in the upper leg, disrupting the attacker and giving you a chance to create distance or get into a ready position.

**Note:** The elbow up is the common denominator when instructing this to the students. When a student parry's an attack, they need to keep their elbows up to create a protective frame around their head. When they disrupt with the baton, they need to continue to shield their face with their elbow up.

3. Combinations to takedowns using M.A.C.H. holds - This drill incorporates M.A.C.H. takedowns and handcuff positioning into combinations of all parry and disruption drills.

Parry an attack to the head by bringing your elbow up over your head, creating a frame with your arms and your baton.

Next, swing your baton out from the block and around to the attacker. Follow through with your swing down to the Major Muscle Groups in the upper leg.

Perform the Check and Trap to a M.A.C.H. 3. Then transition to the M.A.C.H. Takedown and Handcuff Positioning Technique that the situation calls for.

- E. Surviving Surprise Edged Weapon Attacks - with a partner. Designate an officer and an opponent.

**Note:** Explain to the students the following training note about Edged Weapon Awareness and Defense. Before we begin; this training does not teach officers how to knife fight.

Edged Weapon Awareness and Defense is designed to teach an officer how to survive an edged weapon attack by avoiding the cut and creating distance. Once an attack has been survived, the officer can then move into other use of force options.

1. Create Distance (Tactical Retreat Drill) - This drill teaches the tactical retreat from a surprise edged weapon attack when you are in an interview stance.

Start by facing your opponent in the interview stance. When the opponent pulls an edged weapon, escape by shifting your hips to turn your body at an angle and running.

Important Follow-up Note: When facing a sudden edged weapon attack, it is important that you shift your hips and run away at an angle instead of trying to step backward. Stepping backward puts you at a disadvantage since you are still in the attack path. Shifting at an angle gives you the advantage of rapidly escaping the zone of attack.

Once you have escaped the immediate attack, create distance by moving away from the attacker and seeking cover. When you have moved to a position where there is an object between yourself and the attacker, draw your sidearm and commence with the appropriate use of force option keeping in mind the reasonableness standard. (United States Supreme Court GRAHAM v CONNOR (1989) (No. 87-6571)<sup>2</sup>

2. Avoid Being Cut - Create Distance - This drill is designed to block an edged weapon attack using the elbow up, and then create distance.

Start by facing your opponent in the interview stance. Block a edged weapon attack by rolling your elbow up with your hand straight down to prevent your body from being cut.

**Note:** Explain and demonstrate to the students they are not trying to meet the edged weapon attack, you are trying to protect the body from being cut. You should fade away as you roll your elbow up to block, giving you a head start on your tactical retreat.

Escape by shifting your hips to turn your body at an angle and running.

Once you have escaped the immediate attack, create distance by moving away from the attacker and seeking cover. When you have moved to a position where there is an object between yourself and the attacker, draw your sidearm and commence with the appropriate use of force option.

3. Avoid Being Cut - Disrupt/Disengage - Create Distance - This drill adds disruption and disengagement techniques to edged weapon defense tactics in close quarters.

Start by facing your opponent in the interview stance. Block the edged weapon attack by rolling your elbow up with your hand straight down to prevent your body from being cut.

As you block the attack, maintain contact so you can disengage by collapsing in and pushing the opponent away. By disrupting or disengaging an edged weapon attack in close quarters, you are giving yourself time to create

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<sup>2</sup> FindLaw's United States Supreme Court case and opinions. (n.d.). Retrieved July 17, 2017, from <http://caselaw.findlaw.com/us-supreme-court/490/386.html>

distance.

After disengaging the attacker, escape by shifting your hips to turn your body at an angle and running.

Once you have escaped the immediate attack, create distance by moving away from the attacker and seeking cover. When you have moved to a position where there is an object between yourself and the attacker, draw your sidearm and commence with the appropriate use of force option.

Important: If you have to reach forward to maintain contact, you are too far away to disrupt the attacker. Instead of leaning in, just block the attack then shift and run.

4. Rolling 3s Drill - This drill teaches the Rolling 3s to survive a close-quarters edged weapon attack by getting movement from both sides and by protecting the face with the elbow up.

Start by facing your opponent in the interview stance. Block the edged weapon attack by rolling your elbow up with your hand straight down to prevent your body from being cut.

As you block the attack, maintain contact so you can disengage by collapsing in and pushing the opponent away.

The opponent then attacks you with a face grab. Block this attack by crossing and locking your forearms. Then thrust your arms up to fend off the attack and protect your face while stepping to the side. As you step to the side, Check and Trap and control the edged weapon hand.

Pass the edged weapon over to the opponent's free hand so that he/she can attack again. Roll your elbow up to block the second attack, and then roll into the M.A.C.H. 3 so that you have control of the edged weapon hand.

**Note:** The main concern of this drill is to train students to react to a sudden attack by getting their elbow up to protect the face. They will be more likely to survive a cut to the arm than you would a cut to the neck or face. The key here is survival.

Repeat this drill from side-to-side, rolling your elbows up to block the attack; then roll into the M.A.C.H. 3 to gain control of the edged weapon hand.

5. Takedown Option using M.A.C.H. holds - This option teaches the use of M.A.C.H. Takedowns and Handcuff Positioning in edged weapon defense if and when the officer feels a control/arrest technique is suitable.

**Note:** When faced with a surprise edged weapon attack, the first thing an officer must do is avoid being cut and disengage the attacker. The officer can then decide to take cover and draw his/her sidearm or re-engage the attacker. The following technique teaches an officer to control/arrest an attacker with an edged weapon if the situation calls for such an action.

Start by facing your opponent in the interview stance. Block an edged weapon attack by rolling your elbow up with your hand straight down to prevent your body from being cut.

As you block the attack, maintain contact so you can disengage by collapsing in and pushing the opponent away.

The opponent then attacks you with a face grab. Block this attack by crossing and locking your forearms. Then thrust your arms up to fend off the attack and protect your face while stepping to the side. Perform the Check and Trap and transition to the M.A.C.H. Takedown and Handcuff Positioning Technique that the situation calls for.

Important Follow-up Note: We do not recommend performing the takedown and handcuff positioning techniques on a person with a edged weapon unless you feel there is no other option.

F. Surviving Ground Attacks - with a partner. Designate an officer and an opponent.

**Note:** Explain to the students this is not a Mixed Martial Arts (MMA) ground fighting class. Officers who are on the ground should be thinking of one thing only and that is getting up. If they get caught on the ground these techniques will assist them in surviving the encounter.

1. Side Crunch Drill - This drill is designed to develop simple body movements from a ground position.

Start with the opponent in a full mount over the officer who is on his/her back on the ground.

This drill is performed like a windshield wiper drill for the body.

As the opponent throws a punch down at your head, crunch at your hips to move your whole upper body to the side. When a second punch comes, crunch your hips to move your whole upper body to the other side.

Important: Keep the plane of your body level with the ground; do not roll your shoulder as you move to the side. Because you are on the ground, your



movement is limited. If you try to roll your shoulder, you will not be able to effectively avoid the punch. If you crunch to the side, you will have a much greater range of motion, giving you a better chance of getting out of the way of a strike.

Repeat this drill from side-to-side; crunching at the hips and keeping your shoulders level with the ground.

Once you feel comfortable with this motion, incorporate the Elbow Roll to protect the face.

As you crunch to the side, bring your elbows up to cover your face. Just like the Elbow Roll in the Lead Hand Blocking Drills, you should roll your body to the outside as you roll your elbows up.

Bring your elbow up that is on the side that you are crunching to, so that when you elbow roll, you are deflecting the strike down and away from your body.

2. Protect & Buck Disruption Drill - This drill is designed to disrupt a ground attack while protecting the face. This drill can be practiced with or without the opponent.

Start by lying on your back with your knees up, feet down. Protect by rolling your elbows up and rolling to the outside.

Buck by thrusting your hips up to disrupt the attack. The key to this technique is that the protect and the buck are performed simultaneously.

3. Protect & Buck - Disengage - This drill combines the Protect & Buck with two disengagement options.

Start with the opponent in a full mount over the officer who is on his/her back on the ground. Protect by rolling your elbows up and rolling to the outside; Buck by thrusting your hips up to disrupt the attack.

Bucking not only disrupts the attack, but it also opens up some room to disengage. There are two options for disengagement from this point.

Slide Out Option: Disengage by pushing the opponent off of you and sliding out away from him/her. It is important that you stay facing the opponent while you slide out from under him/her and back on to your feet so that you can remain aware of any other attacks.

Roll Out Option: Disengage by pushing the opponent off of you and rolling out away from him/her. Make sure that you push the opponent far enough before

you roll away since you will be turning your back to him/her.

Once you have escaped the immediate attack, create distance by moving away from the attacker and seeking cover.

Practice When you are training the Protect & Buck to Disengage, don't wait until your training partner positions himself/herself on top of you and is ready to throw a punch. Instead, Protect & Buck the opponent as soon as you feel threatened. When you are in a position of disadvantage, you want to disengage and create distance as soon as possible.

4. Disengagement with M.A.C.H. Holds - This drill is designed to use M.A.C.H. holds to disengage an opponent when you are unable to buck him/her off.

Start with the opponent in a full mount over the officer who is on his/her back on the ground. Protect by rolling your elbows up and rolling to the outside; Buck by thrusting your hips up to disrupt the attack.

The opponent plants his/her hands on the ground to stay on top of you when you try to buck him/her off. When this happens, transition to the M.A.C.H. holds to disengage. First, wrap your inside arm around the opponent's arm into a Dosey Doe. Bring your outside arm up and go into a M.A.C.H. 2, pulling it in tight. While maintaining the M.A.C.H. 2, roll yourself onto your stomach and plant your head into the crook of the opponent's arm and torso. Planting your head protects your eyes.

Slide away from the opponent while transitioning to a M.A.C.H. 4, maintaining a firm hold. When you have some distance from the opponent, release the M.A.C.H. 4 and disengage.

After disengaging the attacker, escape by shifting your hips to turn your body at an angle and running. Once you have escaped the immediate attack, create distance by moving away from the attacker and seeking cover.

5. Secondary Defense and Disengagement Options with M.A.C.H. Holds - These drills give you options to disengage when your initial attempt to escape a ground attack fails.

Option 1:

If, while in M.A.C.H. 2, your opponent attacks again or you still cannot disengage, transition to a M.A.C.H. 3. Keep your elbows up to protect your face while rolling over so that you are now on top of the opponent; start sliding down off of the opponent by using your elbows open up his/her arms and legs. Once you have opened up your opponent enough to escape, push off and create

distance.

Option 2:

If, when trying to go into a M.A.C.H. 2, your opponent pulls up back on top of you, work your way into a M.A.C.H. 3, keeping your elbows up to protect your face. With the M.A.C.H. 3, pull the opponent the other way and buck him/her off the opposite way. Let go of the hold and roll out away from the opponent to create distance.

Option 3:

If, when you transition to a M.A.C.H. 3 and roll over on top of the opponent, the opponent locks his/her legs around you and you cannot escape, transition to a M.A.C.H. 4. Do this by pulling one of the opponent's arms across his/her body. Keep pulling the arm across the opponent's body while you roll your own body to the side. Bury your head down to protect your face. Pulling the arm and rolling your body to the outside will cause the opponent to roll over onto his/ her stomach.

Keep your head planted into the opponent's body. Slide away from the opponent while transitioning to a M.A.C.H. 4, maintaining a firm hold. When you have some distance from the opponent, release the M.A.C.H. 4 and disengage.

After disengaging the attacker, escape by shifting your hips to turn your body at an angle and running. Once you have escaped the immediate attack, create distance by moving away from the attacker and seeking cover.

**Note:** These ground defense and escape techniques are designed to get the student back to their feet as soon as possible. When on the ground, an officer's primary goal should be to escape rather than attempt to control someone from this position of disadvantage.

#### G. Weapon Retention and Disarms

"Whenever you bring a firearm into a citizen contact, there is the potential to find yourself in a life or death struggle for your weapon. Therefore, it is your responsibility to maintain constant situational awareness and employ sound tactics."<sup>3</sup>

It is imperative officers understand the importance of environmental awareness and protecting their weapon at all times when in close proximity to individuals. It is unknown what a person's intentions are when they come into contact with an officer's weapon. The outcome could be fatal.

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<sup>3</sup> Harbison, J. (2009, April 1). Real World Weapon Retention. Retrieved July 17, 2017, from <http://www.policemag.com/channel/weapons/articles/2009/04/real-world-weapon-retention.aspx>

**Note:** When teaching the Weapon Retention and Disarm portion of the course ensure the students do not place their fingers inside the trigger guard as this will likely cause an injury.

1. Out of Holster Weapon Retention (When the Weapon is Being Drawn) - with a partner. Designate an officer and an opponent.

a. Linear and Cross Weapon Hand Grabs From the Front - This drill trains you to respond to a wrist grab as you are drawing your sidearm.

Start by facing your opponent in the interview stance. As you begin to draw your weapon, the attacker grabs your wrist with either a linear or cross grab. At this point, the gun clears your holster but the attacker has a hold of your wrist.

Hook the attacker's arm by wrapping your free hand or forearm around the attacker's arm.

Thrust your weapon down at a slight forward angle towards the attacker's waist area. The arm that hooks the attacker's arm not only prevents the attacker from pushing your weapon down, it also acts as an anchor while you thrust your weapon down.

After punching the weapon down, pull it back with a fast and powerful jerk. This punch and pull breaks down the opponent's wrist, causing him/her to release his/her grip.

If the punch and pull does not cause the opponent to release his/her grip, drive your shoulder into the attacker and then repeat the thrusting process.

**Note:** Explain the following training note to the students: The Punch and Pull is a common denominator of the Weapon Retention training. When performing this technique, you must always be aware of where you are pointing the barrel of your gun. Do not let the weapon flail from side-to-side in case the weapon is discharged. Use the opponent as a backstop by keeping the firearm pointed at an area on his/her body at all times.

Practice: To avoid injury to your training partner, practice the punch and pull by yourself. Hook your free arm and thrust your weapon down and then back in one fast and powerful action.

b. Linear and Cross Weapon Barrel Grabs From the Front - This drill trains you to respond to a barrel grab as you are drawing your sidearm.

Start by facing your opponent in the interview stance. As you begin to draw your weapon, the attacker grabs the barrel with either a linear or cross grab. At this point, the gun clears your holster but the attacker has a hold of the barrel.

Hook the attacker's arm by wrapping your free hand or forearm around the attacker's arm. Thrust your weapon down at a slight forward angle towards the attacker's waist area. The arm that hooks the attacker's arm not only prevents the attacker from pushing your weapon down, it also acts as an anchor while you thrust your weapon down.

After punching the weapon down, pull it back with a fast and powerful jerk. This punch and pull breaks down the opponent's wrist, causing him/her to release his/her grip.

If the punch and pull does not cause the opponent to release his/her grip, drive your shoulder into the attacker and then repeat the thrusting process.

Note: If you have a semi-automatic weapon, the punch and pull technique will probably dislodge a round, making the weapon inoperable. Once the attacker releases his/her grip on the weapon create distance and bring the weapon to your center. Rack and Tap the weapon to make sure that it is ready to be fired.

- c. Working to the Outside of Linear and Cross Grabs From the Front - This drill trains you to respond to a barrel grab as you are drawing your sidearm by incorporating the elbow roll to the outside.

Start by facing your opponent in the interview stance. As you begin to draw your weapon, the attacker grabs the barrel with either a linear or cross grab. At this point, the gun clears your holster but the attacker has a hold of the barrel.

Cover as much of the surface of the weapon as possible by grabbing the weapon with your free hand. Now both hands are on the weapon.

Roll your elbow up and step to the outside of the attacker while maintaining your two handed grip on the weapon. This locks the opponent's arm in an extended position.

Punch the weapon towards the opponent's head and pull back in one quick and powerful motion. The punch and pull should breakdown the opponent's wrist, causing him/her to release his/her grip.

**Note:** Remember Always keep the barrel of the weapon pointing at your opponent. Also, remember your common denominators: Elbow Roll to the outside, and Punch & Pull.

Important Follow-up Note: For more practice, stand in front of a mirror. Aim your weapon into the mirror, then swing your elbow up with a swift action to create looseness. Focus on bringing your elbow up high, then Punch and Pull. Switch sides and repeat.

- d. Bottom Barrel Grab from the Front (Overhead Retention) - This drill trains you to respond to a grab that thrusts your weapon overhead by using body weight and momentum rather than strength.

Start by facing your opponent in the interview stance. As you draw your weapon, the attacker grabs with both hands and forces the barrel upward.

Cover as much of the surface of the weapon as possible by grabbing the weapon with your free hand. Now both hands are on the weapon. Pull the weapon down by stepping backward, using the leverage of your momentum to draw the weapon toward your center.

Follow through with the motion to pull the weapon away from the opponent. Bring the weapon in to your center and create distance.

Use your body weight not your arm strength to secure your weapon.

Remember: Always keep the barrel of the weapon pointing at your opponent. Once the attacker releases his/her grip on the weapon create distance and bring the weapon to your center. Rack and Tap the weapon to make sure that it is ready to be fired.

2. Close-Quarters Weapon Retention (When the Weapon is Fully Drawn) - with a partner. Designate an officer and an opponent.

- a. Surprise Linear Weapon Grab From the Side - This drill trains you to respond to a surprise linear weapon grab from the side when your weapon is fully drawn.

With your weapon fully drawn, your opponent reaches straight forward with his/her inside arm (the arm closest to you) and grabs the barrel of your sidearm.

Respond by pulling the weapon in to your center with both hands and driving your shoulder into the attacker's elbow to lock the joint.

Roll your elbow up and step out while maintaining your two handed grip on the weapon. This twists and locks the opponent's arm in an extended position.

Punch the weapon towards the opponent's head and pull back in one quick and powerful motion. The punch and pull should breakdown the opponent's wrist, causing him/her to release his/her grip.

If the opponent does not release his/her grip after the punch and pull, step out again, roll your elbow to lock the arm, and then punch and pull. Continue these steps from side-to-side until the opponent lets go of the weapon.

Important Follow-up Note: Try this technique on your own to improve your response. Drive your shoulder in - roll your elbow - punch and pull - step out - roll your elbow - punch and pull. Repeat.

- b. Surprise Cross Weapon Grab From the Side - This drill trains you to respond to a surprise cross weapon grab from the side when your weapon is fully drawn.

With your weapon fully drawn, your opponent reaches across his/her body with the arm farthest from you and grabs the barrel of your sidearm.

Respond by pulling the weapon in to your center with both hands and driving your shoulder into the attacker's elbow. Continue to drive through the opponent's arm, then roll your elbow up and step out while maintaining your two handed grip on the weapon. This twists and locks the opponent's arm in an extended position.

Punch the weapon towards the opponent's head and pull back in one quick and powerful motion. The punch and pull should breakdown the opponent's wrist, causing him/her to release his/her grip.

Note: Because this attack is a cross grab, you will be driving your shoulder into the inside of the attackers elbow. Driving into the inside elbow will not lock the joint as it does with a linear grab. Since you are not locking the elbow, you need to continue driving forward so that when you elbow roll and step out, you will have moved to the outside of the opponent, which is where you want to be.

If the opponent does not release his/her grip after the punch and pull, step out again, roll your elbow to lock the arm, and then punch and pull. Continue these steps from side-to-side until the opponent lets go of the

weapon.

Important Follow-up Note: You must practice these Close-Quarters Weapon Retention drills on both sides so you can be prepared for any kind of attack. You never know where an attack may come from; expect the unexpected.

3. Weapon Disarms (When the Opponent Has the Grip of Your Weapon) - with a partner. Designate an officer and an opponent.

**Note:** Explain the difference to the students between Retention and Disarms. The difference between weapon retention and weapon disarms is whose hand is on the grip of the weapon. If your hand is on the grip of the weapon and an opponent grabs either your hand/wrist/arm or the barrel, then you are using weapon retention techniques. If the opponent's hand is on the grip, then you are trying to disarm him/her.

- a. Linear Weapon Grab From the Rear - This drill trains you to respond to a surprise linear weapon grab from the rear when your weapon is holstered.

Start with the opponent behind you. He/she pulls your sidearm from its holster.

When you feel the hand on your sidearm, reach down with your weapon hand and grab the gun. Then reach over with your free hand and grab the weapon; get both hands on the weapon as soon as possible. Drop your center. Roll your elbow up and step out while maintaining your two handed grip on the weapon.

Drive the weapon at the opponent while turning it so that it points towards your attacker. This should breakdown the opponent's wrist, causing him/her to release his/her grip. When the opponent lets go of the weapon, pull it back to your center.

Disengage and create distance, then check your weapon.

**Note:** The elbow roll is the common denominator. Make sure to keep your elbow up to protect your face from a second attack.

- b. Cross Weapon Grab From the Rear - This drill trains you to respond to a surprise cross weapon grab from the rear when your weapon is holstered.

Start with the opponent behind you. He/she pulls your sidearm from its holster.



When you feel the hand on your sidearm, reach down with your weapon hand and grab the gun. Then reach over with your free hand and grab the weapon; get both hands on the weapon as soon as possible. Drop your center. Roll your elbow up and step out while maintaining your two handed grip on the weapon.

Drive the weapon at the opponent while turning it so that it points towards your attacker. This should breakdown the opponent's wrist, causing him/her to release his/her grip. When the opponent lets go of the weapon, pull it back to your center.

Disengage and create distance, then check your weapon.

**Note:** The elbow roll is the common denominator. Make sure to keep your elbow up to protect your face from a second attack.

Always remember to rack and tap (immediate action drill) your weapon after each of these techniques to ensure that you sidearm is ready to be fired if the situation escalates to a higher level of force.

### 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.