

**SAN LUIS OBISPO POLICE DEPARTMENT
ARREST / CONTROL TECHN UPD
COURSE OUTLINE
Course ID: 21025**

I. Introduction, Warm-up and Stretching

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

- A. Discuss rules and safety with the class

- B. Philosophy of warm-up
- C. Exercises and variation
- D. Stretching and flexibility
- E. Warm-up verse stretching

Activity: Student participation in warm-up and stretching

II. Review San Luis Obispo Police Department's USE OF FORCE POLICY

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

- A. Hand out policy to each student (Refer attached policy)
- B. Review highlights
- C. Review Applicable Case Law

III. Punch Training

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

- A. Stances

[REDACTED]

- B. Movement

[REDACTED]

- C. Palm Heel

[REDACTED]

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D. Making a Fist

[REDACTED]

E.

[REDACTED]

Activity: Demo Pad Holding

F. Straight Punches

[REDACTED]

Activity: Demo Pad Holding

G. Hammer Fist Punches

[REDACTED]

H. Elbows

[REDACTED]

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I. Medical Concerns

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

IV. Kick Training

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Front Kick Regular (A-Frame)



B. Front Kick Vertical Target (Push Kick)



C. Utilizing the knees



D. Medical Concerns

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

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V. **Defenses**

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

Discuss from Neutral, FI and Combat stance

A. 360° Outside Defense

[REDACTED]

B. Inside Defense

[REDACTED]

C.

[REDACTED]

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[REDACTED]

[REDACTED]

[REDACTED]

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[REDACTED]

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

VI. Carotid Restraint

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Application of Restraint

[REDACTED]

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[REDACTED]

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

VII. Weapon Retention

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Handgun in the holster (standing)

[REDACTED]

B. Handgun in the holster (on the ground in the mount position)

[REDACTED]

C. Handgun out of the holster (Standing)

[REDACTED]

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[REDACTED]

D. Handgun out of the holster (on the ground in the mount position)

[REDACTED]

E. Handgun out of the holster (on the ground in the officers guard)

[REDACTED]

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

VIII. Weapon Recovery Handgun

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Gun from the front

[REDACTED]

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[REDACTED]

B. Suspect holding gun in officer's back

[REDACTED]

XIV.

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

Defense against threats (**takeaway/disarm**) with a shotgun/assault rifle/SMG

[REDACTED]

Weapon retention *Long gun*

[REDACTED]

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

XV. Arrest and Control

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Arm Control

[REDACTED]

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[REDACTED]

B. Arm Bar Control (from arm control)

[REDACTED]

C. Shoulder Control (from arm control)

[REDACTED]

D. Wrist control (from arm control)

[REDACTED]

E. Takedown from control positions

[REDACTED]

F. Single Wing Control

[REDACTED]

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Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

XVI. Handcuffing and Searching

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

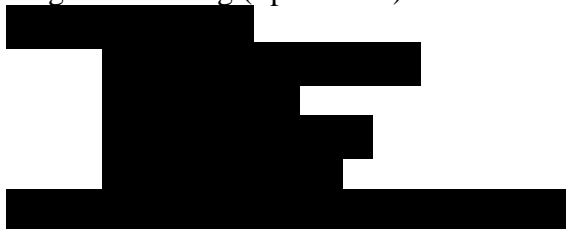
A. Visual Search (Prelude to the Cursory Search and handcuffing)



B. Pat down search (Standing Cursory)



C. Standing Handcuffing (Speed-cuff)



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[REDACTED]

G. Single Wing Takedown

[REDACTED]

H. Double Wing Takedown (not a control hold)

[REDACTED]

D. Kneeling Modified Position (High Risk)

[REDACTED]

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E. Prone position (High Risk)

[REDACTED]

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

XVII. Use of Restraints

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Positional asphyxia

[REDACTED]

B. Use of verbal commands

C. Hobble

[REDACTED]

D. RIPP restraint

[REDACTED]

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E. Medical concerns

Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

XVIII. Baton

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

- A. Safety Guidelines
- B. Department policy



- C. Verbal Commands
- D. Fundamental principles



E. Straight baton



F. Baton Retention

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XIX. Ground Fighting

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Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Mount escape against a punch

[REDACTED]

B. Defense Against Mount Position - Two-Hand Choke

[REDACTED]

C. Defense Against Mount Position – Front Headlock Escape

[REDACTED]

D. Defense Against Guard Position Defending Against A Punch

[REDACTED]

XX. Edged weapon defenses

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

a. [REDACTED]

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2. Defenses against edged weapon attacks



Activity: Students must demonstrate proficiency to the instructors in each of the above areas.

XXI. Test

Instructor: Villanti, Mickel, Inglehart, Koznek, Schafer, and Walsh

A. Red Man scenario

