

ELK GROVE POLICE DEPARTMENT  
ARREST AND CONTROL – GROUND CONTROL  
EXPANDED OUTLINE

- I. Introduction
  - A. Registration sign-in
  - B. Course Objectives
- II. Safety Orientation and Warm-ups
  - A. Safety
    - 1. Communication
      - a. Tap
      - b. Verbal communication
    - 2. Advise of preexisting injuries
    - 3. Go at your own pace
  - B. Warm-up
    - 1. Joint rotation
    - 2. Stretching
- III. Policies and Legal Issues
  - A. Use of Force Policy
  - B. Case law
    - 1. Graham v Conner
  - C. California penal code section(s)
- IV. Introduction to Ground Control
  - A. Introduction

POST Requirements:

- II (A,B) for Safety Orientation and Warm-Up
- III (A,B,C) for Policies and Legal Issues
- V (B)(1,2,3,4), VI (B)(1,2,3,4,5), VII (B)(1) - for Body Physics and Dynamics
- V (B)(4), VI (B)(4), VII (B)(1)(b) – for Use of Force Considerations
- V(A)(1) for Body Balance/Stance/Movement Patterns – In Exercise
- IX for Class Exercise/Student Evaluation/Testing
- IX (A)(1) for Verbal Commands in Exercise
- IX (A,B,C,D,E,F) for Control/Takedown in Exercise
- IX(F)(1) for Equipment/Restraint Device(s)
- IX(G) for Search in Exercise
- IX (H) for Recovery/First Aid

1. Discussion of mixed martial arts in its impact on law enforcement. Fast paced technical fighting where tide can turn very fast.

V. Sprawl Technique to Top Control Demonstrated and Performed

A. Body balance/Stance/Movement patterns

1. Maintain balance on balls of feet

B. Body Physics and Dynamics

1. Chest to back contact

2. Side or rear mounts

3. Disengaging/Use of Force Considerations

4. Lateral head displacement

VI. Side Escape to the Guard Demonstrated and Performed

A. Body balance/Stance/Movement patterns

B. Body Physics and Dynamics

1. Suspect in side mount position

2. Chest to back contact

3. Side or rear mounts

4. Disengaging /Use of force considerations

5. Lateral head displacement

VII. Guard Demonstrated and Performed

A. Body balance/Stance/Movement patterns

B. Body Physics and Dynamics

1. Intro and discussion of all aspects of the guard position

a. Breaking the guards

b. Disengaging /Use of Force Considerations

- VIII. Ground Control/Choke Defense Demonstrated and Performed
  - A. Body balance/Stance/Movement patterns
  - B. Choke from the rear
    - 1.Right, left, center
  - C. Tuck chin/Shrug shoulders
    - 1.Protect Throat
    - 2.Keeps airway open
  - D. Turn into Choke
    - 1.Pull choking arm away from throat
    - 2.Continue to breath despite pressure on throat
    - 3.Turn head to side
  - E. Top Control Reversal
    - 1.Take down defense
- IX. Class Exercise/Student Evaluation/Testing
  - A. Verbal Commands – in exercise
  - B. Sprawl Technique (Control/Takedown – in Exercise)
  - C. Side Escape to the Guard (Control/Takedown – in Exercise)
  - D. Guard (Control/Takedown – in Exercise)
  - E. Ground Control/Choke Defense (Control/Takedown – in Exercise)
  - F. Equipment/Restrain Devices
    - 1.Cuffing
  - G. Search – in Exercise
  - H. Recovery/First Aid
    - 1.Evaluate suspect for injury