

**POST PERISHABLE SKILLS PROGRAM (PSP)  
Impact Weapons and Personal Defense Weapons (21261)  
Turlock Police Department (2870) 4 Hours**

**COURSE GOAL:**

This course will provide participants with a review of use of force options, state law, department policies, and minimum topics of Arrest and Control techniques required in the POST Perishable Skills Program (PSP). Classroom and practical training will be given, on the use of personal defense weapons and impact weapons. This course provides updated legislative content of Penal Code Section 835a. Students will demonstrate proficiency through a hands-on practical skills assessment.

**ARREST AND CONTROL**

**Minimum Topics/ Exercises:**

- a. Policies, legal standards, and report writing
- b. Use of force Considerations
- c. Safety Orientation/ Warm-up(s)
- d. De-escalation/ Verbal Commands – in exercise(s)
- e. Balance/ Stances/ Movement patterns – in exercise(s)
- f. Searching – in exercise(s)
- g. Equipment/ Restraint Device(s) use – in exercise(s)
- h. Subject's actions and officer response to force
- i. Control/ Take down – in exercise(s) Verbal commands
- j. Class exercises/ Student Evaluation/ Testing
- k. Recovery/ First Aid (as applicable)

**COURSE OBJECTIVES**

The student will:

1. Demonstrate knowledge and understanding of all applicable laws, policies and procedures that govern use of force
2. Perform all techniques in a controlled and safe manner
3. Demonstrate the ability to perform strikes as they relate to personal defense weapons
4. Demonstrate proficiency with the collapsible and side handle baton
5. Demonstrate proficiency with all techniques presented to include:
  - a. Judgement and decision making
  - b. Officer Safety
  - c. Balance/ Stances/ Patterns of Movement
  - d. Searching and Control holds
  - e. De-escalation/ Verbal Command
  - f. Effectiveness Under Stress Conditions

**Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met**

## **EXPANDED COURSE OUTLINE**

### **I. REGISTRATION AND ORIENTATION**

- A. Introduction, Registration and Orientation
  - 1. Instructor and Student Introductions
  - 2. Course Roster
  - 3. Facility Overview
  - 4. Discussion of prior restrictions and injuries
- B. Course Objectives/ Overview, Exercises, Evaluation/ Testing
  - 1. Course Objectives
    - a. Personal Defense Weapons
    - b. Collapsible and side handle baton
    - c. Judgement and decision making
    - d. Officer Safety
    - e. Balance/ Stances/ Patterns of Movement
    - f. Searching and Control Holds
    - g. De-escalation/ Verbal Command
    - h. Effectiveness Under Stress Conditions
  - 2. Safety Policy/ Orientation

### **II. USE OF FORCE POLICIES AND LEGAL ISSUES**

**III (a,b)**

#### **(PowerPoint Presentation)**

- A. Case Law
  - 1. Graham Vs. Connor
  - 2. Tennessee Vs. Garner
- B. Statutory Law
  - 1. AB 392
    - a. PC 835a
    - b. PC196
  - 2. AB 490
    - a. GC 7286.5(a)
    - b. GC 7286.5(b)
- C. Local Policies
  - 1. SB 230 guidelines
  - 2. TPD Policy 300 Use of Force and Updates
  - 3. Use of Force Continuum and Force Options
  - 4. Supervisor notification
- D. Report writing
  - 1. Report Preparation

2. Proper documentation of all use of force incidents
3. Articulation of events
4. Documentation of injuries/ aid rendered to subjects, officers and bystanders
5. Use of Force Memorandums
6. Statements/Photographs

**III. SAFETY ORIENTATION AND WARM-UP**

**III (c)**

- A. Review of Safety Policies and Injury Precautions
  1. Review safety policy
  2. Emergency exits
  3. AED locations
  4. Avoiding injury
- B. Physical Conditioning
  1. Three Biggest Disablers
    - a. Heart Attacks
    - b. Lower Back and Knee Injuries
    - c. Ulcers
  2. Reducing Individual Risk
    - a. Nutrition
    - b. Lifetime Fitness
- C. Warm-up
  1. Stretching exercises
  2. Mental preparation

**IV. BODY DYNAMICS**

**III (e,j)**

- A. Stance/Balance
  1. Field Interview Stance
    - a. Purpose
    - b. Positioning
  2. Defensive Fighting Position
    - a. Purpose
    - b. Positioning
  3. Footwork
    - a. Shuffle Step- all directions
    - b. Shuffle Pivot
    - c. Progressive Pivot
    - d. Position of Advantage
  4. Break-falls and Base-ups
  5. Tactical Considerations
    - a. Environment (grass, pavement, curbs, etc.)
    - b. Multiple subjects, backup officers
    - c. Distraction Techniques
- B. Class Exercises and Student Evaluations

**V. SUBJECT'S ACTIONS AND OFFICER'S RESPONSE**

**III (h)**

- A. Subject's Actions
  - 1. Fight or Flight
    - a. Visual cues
    - b. Verbal cues
    - c. Hands/weapons/bulges
  - 2. Compliant
  - 3. Passive non-compliant
  - 4. Actively Resistant
  - 5. Assaultive
  - 6. Life Threatening
- B. Officer's Response to Resistance
  - 1. Verbal Commands
    - a. Provides clear directions, creates witnesses
    - b. Forces officer to breathe
  - 2. Control Holds
  - 3. Less Lethal
  - 4. Deadly Force

**VI. DE-ESCALATION OF FORCE**

**III (d)**

- A. Verbal Commands
  - 1. Tone of voice
  - 2. Attempt to gain voluntary compliance
  - 3. Single communicator
- B. Assessment
  - 1. Ability
  - 2. Opportunity
  - 3. Intent
  - 4. Recognize when to escalate vs. de-escalate
    - a. When communications fail – time to take action
    - b. Use of force warning, when feasible
  - 5. Tactical Considerations
    - a. Distance plus cover equals time
    - b. Resource
    - c. Contingency plan

**VII. SIDE HANDLE BATON**

**III (g,j)**

- A. Nomenclature
- B. Considerations for use
  - 1. Size, age, strength of suspect vs. officer
  - 2. Physical condition of suspect vs. officer
  - 3. Crimes involved, seriousness of offense, active resistance
  - 4. Multiple suspects
  - 5. Level of training or skill of suspect vs. officer
  - 6. Known history of suspect
  - 7. Crowd Control

8. Nothing else has worked/ lesser less than lethal force option
- C. Target areas to consider
  1. Fingers, hands, arms, elbows, collar bone, thighs, shins, toes, ribs
    - a. Generally, anywhere bones come close to the surface of the skin EXCEPT the head and spinal column.
- D. Target areas to avoid
  1. AVOID: Head, throat, spinal column, kidneys, heart, xyphoid process, groin, sternum, neck
- E. Exercises
  1. Body Mechanics
  2. Drawing and grip of the Side Handle Baton
    - a. Cross, Front, Power, Power Jab, Rear
  3. Strike Zones
    - a. Forward Strike Zones 1-4 (1-handed, 2-handed)
    - b. Forward and Reverse Strikes Zones 1-4 (1-handed, 2-handed)
    - c. Jabs (Front, Rear, Extended Front & Rear)
    - d. Yawara Strikes (regular and from extended)
    - e. Blocks Zones 1-4
    - f. Crescent Strike
    - g. Defensive Grabs
  4. Bag Drills

## **VIII. COLLAPSIBLE BATON**

**III (g,i)**

- A. Nomenclature
- B. Considerations for use
  1. Size, age, strength of suspect vs. officer
  2. Physical condition of suspect vs. officer
  3. Crimes involved, seriousness of offense, active resistance
  4. Multiple suspects
  5. Level of training or skill of suspect vs. officer
  6. Known history of suspect
  7. Crowd Control
  8. Nothing else has worked/ lesser less than lethal force option
- C. Target areas to consider
  1. Center mass of the arm
  2. Center mass of the leg
  3. Center mass of the body
- D. Target areas to avoid
  1. AVOID: Head, throat, spinal column, kidneys, heart, xyphoid process, groin, sternum, neck
- E. Opening
  1. To the ground
  2. Two handed opening
- F. Closing
- G. Strikes
  1. Closed Mode Strikes
    - a. Weapon Strike

- b. Reaction Strike
- c. Straight Strike (Bottom of closed baton)
- 2. Open Mode Strikes
  - a. Rapid Response Strike
  - b. Weapon Strike
  - c. Reaction Strike

H. Strike Zones

**IX. PERSONAL DEFENSE WEAPONS**

A. Considerations for Use

- 1. Size, Age, Strength of Suspect vs. Officer
- 2. Physical Condition of Suspect vs. Officer
- 3. Crime Involved, Seriousness of Offense, Active Resistance
- 4. Multiple Suspects
- 5. Level of Training or Skill of Suspect vs. Officer
- 6. Known History of Suspect
- 7. Nothing else worked and it is the lesser, less than lethal force option

B. Target Areas to Consider

- 1. Fingers, hands, arms, elbows, collarbone, thighs, shins, toes, ribs

C. Target Areas to Avoid

- 1. Throat, spinal column, kidneys, heart, xyphoid process, eyes, groin

D. Body Mechanics

- 1. Stance, footwork, position of advantage, distraction techniques

E. Basic Strikes (Left and Right)

- 1. Straight punch
- 2. Heel palm strike
- 3. Elbow Strikes (Horizontal and Vertical Strikes)
- 4. Knee Strikes
- 5. Straight Kick
- 6. Round House Kick
- 7. Blocks
- 8. Combination Strikes

F. Bag Drills

**X. SEARCHING AND CONTROL HOLDS**

**III (i,f,j)**

A. Types of Searches

- 1. Visual (plain view)
- 2. Terry Pat Down
- 3. Incident to Arrest
- 4. Probation/parole
- 5. Consent
- 6. Search Warrant

B. Systematic and Methodical

- 1. Start at belt line
- 2. Maintain control

C. Standing Modified Control Hold

1. Proper Stance and Arm Position
  - a. Searching
  - b. Transition to Rear Wrist Lock
  - c. Disengaging
- D. Twist Lock Control Hold
  1. Proper Stance and Arm Position
    - a. Searching
    - b. Disengaging
- E. Student Exercises/Student Evaluations

**XI. STUDENT RECOVERY**

**III (k)**

- A. Cool Down
  1. Stretching
  2. Hydration
- B. Address any Injuries
  1. Treat
  2. Document

**XII. TESTING REMEDIATION**

**III (j)**

- A. Students will participate in at least one scenario-based exercise to demonstrate
  1. Safety
  2. Awareness
  3. Balance
  4. Control
  5. Controlling Force
  6. Proper Techniques
  7. Verbal Command/Instructions
    - a. De-escalation may be incorporated into the scenario(s)

**Testing: Any student performing below standard on any exercise, as established by the presenter, will be remediated, and tested until competency is demonstrated to the satisfaction of the presenter.**