Impact Weapons Tactics Unit - 3 of 4

**Learning Goal:** *In order to promote safe and efficacious use of the various types of impact weapons typically carried by officers, the participant will learn and understand the various components of impact weapon use. Instruction will include, but not limited to the situations that allow for baton use and proper techniques involved in its employment.*

Total Unit hours – 10 hours

The impact weapons Tactics unit covers a limited number of tactics with various types of impact weapons e.g. flashlights, expandable and standard batons. There is a strong emphasis on transition to control tactics via movement/flow drills in order to enhance field application success. Skills include SAB, Wrap SAB, BAB, Propeller TD and head control TD. Many of the skills build on skills learned in other subjects such as handcuffing. Consequently emphasis should be placed on the movement commonalities of these skills.

Block/Class duration – 2 Hours – last block in unit

Instructional content: NOTHING NEW other than positional targeting….possible transition to firearm if class skill allows. review all past and use field baton on FMD’s. Movement with skills on forearm pads. Switch between flashlights and baton. More practice on Bridging to control tactics: BAB from “angle 1-BHC-angle 2 backhand-X”-entry, pegboard climb with flashlight to head control takedown along with variations on elbow-pull including one or both permutations of hand-elbow-clamp pull. Rear double leg and use as arm leverage tool on prone resistor.

**Drill Progression**

* Review: Angles 1-4, Backhand Circle Strike
* Thai Pad Drills
  + Downward Figure 8, moving forward and backward
  + Angle 1- 4 SAB Entry
  + 2- sided Thai Pad Drill: 1-BHC-2 alternating sides
* Red Man Arm/Shin Guard Drills
  + Feeder in chest shield, Red Man Arms, heavy shin guards, rattan sticks
  + Inside Dive-BAB
  + 1-4- SAB
  + 2-Check-BAB
  + Pegboard Entry to Knee, Head Control T/D
* *Supplemental: Green Man Drills with duty batons, 1 minute rounds*
* *Boxing Glove Feeder Drills (students in gloves/chest shield, shin guards, softstix)*
  + *Straight Punch Feeds*
  + *Wide Hook Punch Feeds*
  + *2-Check entry to BAB*
  + *1-4 entry to SAB*
  + *Pegboard Entry to Clinch-Knee-Head Control Takedown*

Equipment Needed

Equipment List: mats and gym space

Warm-up Evolution: Freshman Warm Up

Always check to ensure latest version of warm up routine.

Related performance objectives

1. Given a practical closed skill test, the student will correctly demonstrate a variety of impact weapon strikes and transition to control tactics.

Straight Arm Bar takedown

1. Can work with a variety of application methods, we are working off of the arm-pull drill.
   1. Foot placement
   2. Angle of “pull”
   3. Forward Flexion during movement
   4. Drills – see drill sheet for explanation
2. Entries
   1. Push/pull.
   2. Escort

Bent Arm Bar takedown

1. Has similarities to SAB may be easier to obtain in a dynamic situation.
   1. Elbow/wrist, Wrist/elbow positioning.
   2. Go all the way to the ground/ pull to the ground
2. Entries
   1. “X” entries
   2. Front armbar
   3. Drills – see drill sheet for explanation

ELBOW-WRIST ESCORT ENTRY

1. After the P/P entry

a. For classic version; secure the violator’s hand/wrist to your outside hip area. Simultaneously place your forearm/elbow near the violator’s elbow end of their triceps and raise and roll violator’s arm up, forward.

b. For rear pull version; secure hand and pull

2. Proceed down and around by bending your knees and dropping your center, taking the violator to the ground in a circular motion.

3. Continue pulling in a circular motion and maintain contact pressure on the violator until they are in a prone position.

4. Move to a handcuffing position and obtain compliance and secure both arms before placing the cuffs on the violator.

“UP OVER DOWN and AROUND’

TECHNIQUE ANALYSIS:

|  |  |  |  |
| --- | --- | --- | --- |
| PRIMARY ELEMENTS | SECONDARY ELEMENTS | TERTIARY ELEMENTS | COMMON ERRORS |
| 1. ELBOW LOCKED 2. PULL HAND TO HIP 3. SPINAL FLEXION 4. REMAIN CLOSE TO CENTER 5. SUFFICIENT SPEED 6. PRESSURE ON TRICEPS/ELBOW | 1. AUTOMATICITY 2. ENTRY/DISTRACTION 3. VERBAL COMMANDS 4. ROLL OVER 5. SWEEP 6. ANGLE CHANGE 7. WRIST LOCK | 1. POWER 2. FLUID-MOVE-PATTERN 3. VIOLATOR’S FOREARM VERTICAL 4. ADAPTS TO BENT ARM | 1. INSUFFICIENT SPINAL FLEX 2. TOO FAR FROM VIOLATOR 3. PRESS ON SHOULDER 4. NO BALANCE DISRUPTION |
| UNIQUE SUB SKILL DRILLS | FLOWS WELL FROM: | FLOWS WELL TO: | VARIATIONS |
| Sea-Saw Pulling Drill  From Satsau Flow  HUBUD Flow  Dive entry, Outside | Escort Position  SWTL  FWTL | W O T  O T S T  Figure 4 Takedown  Bent Arm Lock | Pushing or Straight  Pulling  Circle or to the side  Push-pull-Circle  Arm over  Abdomen over  Inverted  Sweep |
| COMPLIMENTARY | SUPPLEMENTARY | DANGERS/COUNTERS | CONTROL MECHANISMS |
| W O T  O T S T  Figure 4 Takedown  Bent Arm Lock  Cross-face rear takedown  2 hand hair-hold takedown | Sweep  Hip bump to ribs  Foot trap | May Place Gun at risk.  V steps behind  Pull away  Stand up | Internal rotation of the humerus with force spinal flexion.  Balance disruption |

Name of drill: O2O / Sea-Saw Pulling or from HUBUD, Satsau

Purpose of drill:

Technique enhanced by drill STRAIGHT ARM BAR TAKEDOWN

Optimal use of drill

Equipment needed

Procedure(s)

Frequency of use:

Intensity of physical participation:

Level of resistance used by partner:

Repetitions: Time restrictions on reps:

Gym/student configuration:

Specific safety considerations:

Miscellaneous: