Handcuffing 1-4

**Learning Goal**

In order to promote Effective, Efficient and Ethical use of force, the student will learn the various components of Control and Defensive Tactics, including the situations and resistance levels that allow for its lawful use and the proper psychomotor skills involved in its employment

Total Unit hours – 8 hours

The Handcuffing unit covers a variety of handcuffing techniques and drills, including SWTL standing & handcuffing, Modified Faulkner Handcuffing, High Risk Prone Handcuffing, Rear Palm Touch Takedown, the 6 position handcuffing drill,

Block/Class duration – 2 Hours

Instructional content:

* Rear Palm Touch Takedown (one cuff engaged)
  + Conducted closed skill training in the rear palm touch takedown from a one cuff on position from SWTL handcuffing
* Push/Pull entry to Modified Faulkner Handcuffing
* Push/Pull entry to SWTL handcuffing, standing and kneeling
* Inverted arm bar takedown from SWTL cuffing position
  + Conducted closed skill training on Inverted arm bar takedown from SWTL cuffing
* arrestee stand-up procedures
  + Put your foot to your knee
  + On three, stand up over your bent knee
  + Lift under armpit, push back of neck

Equipment Needed

List of equipment:

handcuffs, handcuff keys, mats and gym space

Warm-up Evolution: Freshman Warm Up

Always check to ensure latest version of warm up routine.

Related performance objectives

* Given a practical closed skill test, the student will correctly demonstrate:
  + High Risk Prone handcuffing, to include all primary skill elements.
  + SWTL Standing handcuffing & kneeling variation, to include all primary skill elements.
* At the conclusion of this training block, the student will have:
  + Practiced Standing SWTL Compliant Handcuffing
  + Practiced Modified Faulkner Handcuffing
  + Practiced Inverted Arm Bar Take Down and Palm Touch Takedown