Ground Survival Tactics – Unit 1 of 3

In order to effectively and efficiently deal with assaultive-level resistors for self-protection, the Participant will learn and understand the various components of Ground Survival Tactics. These components include the situations that allow for the use of joints locks, neck restraints, striking and the proper psychomotor skills involved in their employment.

Total Unit hours – 6

The ground survival unit emphasizes the principle of getting back to the standing position, with some aspects of stalling on the ground and how to stall as safely as possible. Officers can find themselves in a ground survival situation by being overpowered, tripping, slipping, a failed ground control scenario or by being punched by an aggressor. Principles of ground survival are stand up, if you cannot stand, sit-up, if you cannot sit-up, attempt to sweep to a more dominant position, if all else fails, stall. The first unit of instruction deals with standing up from a grounded position.

Block/Class duration – 2 hours - Instructional content:

* Base position
* Stand up from base
* Escape from side control position
* Escape from mounted position
* Escape from back mounted position

Equipment and Resources Needed:

* 2-4 total instructors due to the PBL and multiple stations nature of the class

Warm-up Evolution:

Freshman Warm Up

Related performance objectives

* Upon successful completion of this block of instruction the Participant will be able to perform ground survival techniques in both an open and closed skill environment.
* Given a practical closed-skill test the student will correctly demonstrate grounded escapes from all positions.

Shrimping

1. Posting on foot and opposite shoulder
   1. Hips must be off the ground
   2. No sliding

Bridging

1. Posting on both shoulders and both feet

a. Hips high

b. 45 degrees over opposite shoulder for roll

Base Position

1. Seated position on one hip and one hand posted

a. other hand up to protect head and face

b. leg straight (for kicking or tripping) or folded under

Stand Up from Base

1. Weight on posted hand and opposite foot

a. hips off the ground

b. swing hips through to the rear

c. foot should land outside the hand and replace the hand

d. Knee variation for body type or disability

e. stand up going backwards

Escaping Supine X-body (offender controlling officer’s head)

1. Create a frame to support offender’s weight

a. far side hand grasps offender’s near side shoulder, placing forearm in the throat

b. near side hand creates a “horn”

2. While maintaining the frame to keep the offender “light”, shrimp hips away

a. hips high, face the offender placing your butt as far away as possible

b. fill the space created with the bottom side knee

c. push offender’s head offline, get to base position

d. Stand up from base

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| Escape from cross-body controlled position | | | |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. COVER HEAD 2. PROPER FRAME 3. SHRIMP AWAY 4. BOTTOM KNEE THRU | 1. PROTECT GUN 2. PLANT FEET 3. PROPER FOLLOW UP | 1. HIGH SPEED 2. POWER 3. FLUID-MOVE-PATTERN 4. AUTOMATICITY | 1. SHRIMP WRONG DIRECTION |
| COMMENTS/SCORE: | | | |

Escaping Side Control (offender is heavy on top)

1. Bridge hard into offender

2. Bridge back the other direction, pinning the post side arm to your body

Escaping the Mounted Position (aggressor sits up to strike)

1. Sit up to close the space, wrap arms around aggressor’s waist (*Grip*)

a. ear to the offender’s stomach

b. feet flat on the ground

2. Pull the offender down and over the top (*Rip*)

a. Post off the feet

b. keep tight body to body contact

3. Trap an arm by “answering the phone”, trap same side foot

4. Bridge hips high and roll at 45 degrees over trapped side (*Flip*)

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| Escape from (mount) bottom controlled position | | | |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. PROTECT HEAD 2. BUCK 3. ELBOW WRAP 4. ARCH BACK 5. PROPER ROLL ANGLE 6. SUFFICIENT SPEED | 1. TRAP ATTACKERS FOOT 2. PROTECT GUN 3. PLANT FEET 4. PROPER FOLLOW UP | 1. HIGH SPEED 2. POWER 3. FLUID-MOVE-PATTERN 4. AUTOMATICITY | 1. ROLL WRONG DIRECTION |
| COMMENTS/SCORE: | | | |

Escaping the back mounted position

1. Weapon retention and head protection

2. Bring knee up to elbow

a. lifts hips off the mat and displaces offenders weight

3. Scissor legs and roll to supine position