

Manhattan Beach Police Department (ID# 19440)
ARSTCTL (PSP)
Expanded Course Outline
CCN: 29503

- I. REGISTRATION AND ORIENTATION **(IIIa)**
 - A. Introduction
 - 1. Registration, Objectives
 - B. Safety Orientation
 - 1. Review of safety policies and injury precautions
 - C. Warm up exercises
 - 1. Stretching

- II. USE OF FORCE POLICIES AND LEGAL ISSUES **(IIIj)**
 - A. Review MBPD Use of Force Manual Sections 300.1 – 300.9. **(IIIg)**
 - 1. Use of force considerations
 - 2. Reporting
 - 3. Injuries and medical treatment

 - B. Case Law Update
 - 1. Tennessee vs. Garner
 - 2. Graham vs. Connor
 - 3. Forrester vs. San Diego
 - 4. Johnson vs. Glick

 - C. AB 392: The California Act to Save Lives
 - 1. Necessary Force vs. Reasonable Force

- III. BODY PHYSICS & DYNAMICS **(IIIh)**
 - A. Mental Conditioning
 - 1. White, yellow, orange, red
 - 2. Physiological stress response and officer performance in the field

 - B. Physical Conditioning
 - 1. Physical conditioning benefits
 - a. Biggest disablers are heart attacks, lower back/knee injuries, ulcers
 - b. Reduce risk of disablers by nutrition and conditioning
 - c. Life threatening physical altercations, 90 seconds of explosive endurance.

 - C. Checklist used on initial approach with subject
 - 1. Hands
 - 2. Cover

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3. Weapons/bulges
4. Associates and available resources
5. Escape routes (subjects) and tactical retreat (officer)
6. Footing/balance

IV. ARREST AND CONTROL

- A. Searching and Handcuffing exercises
1. Verbal commands during arrest and control **(III f)**
 2. Searching exercises **(III c)**
 3. Handcuffing exercises **(III e)**
 - a. Restraint devices/equipment use in exercises
 4. Control holds/take down exercises **(III d)**
- B. Testing
1. Using attached testing form all students will be evaluated on techniques.
 2. Remediate any students that fall below standard.

V. PERSONAL WEAPONS TECHNIQUES

- A. Balance and Footwork **(III i)**
1. Stance and balance
 - a. Position of advantage
 - b. On-guard stances
 - c. Self-defense/arrest
 2. Footwork
 - a. Shuffle step (front, back, side)
 - b. Pivot
 - c. Sidestepping and pivot
 - d. How to fall to ground safely and assume fighting position
 - e. Access to equipment on duty belt while on ground
- B. Pressure Points **(III d)**
1. Mandibular angle
 2. Infra Orbital
 3. Hypoglossal
 4. Jugular notch
- C. Striking movements
1. Utilization of reactive force.
 2. Use of breath control to contract muscles and stabilize internal organs

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3. Coordination of muscles that are being employed.
 4. Concentration on the point of contact.
 5. Hand
 - a. Fist, jab, cross, hook, upper cut
 - b. Palm heel, hammer fist, extended knuckles
 - c. Edge of hand and fingers
 6. Forearm, elbow
 7. Knee
 8. Foot
 - a. Ball of foot, outer edge, heel, stomping
 9. Head
 - a. Front butt-escape procedure from front bear hug.
 - b. Rear butt-escape procedure from full nelson or rear bear hug.
- D. Head/Eye Coordination and Movement Training
1. Focus Mitt Training
 2. Heavy Bag Training
 3. Red Man exercises
- E. Testing **(IIIb)**
1. Using attached testing form all students will be evaluated on techniques.
 2. Remediate any students that fall below standard.
- F. Recovery **(IIIk)**
1. Cool down exercises
 2. First Aid (as applicable)
 3. Student evaluations. **(IIIb)**