

# **Options for Reducing Use of Force Related Injuries to Apache Junction Police Officers and Citizens**



**Seth Painter  
Apache Junction Police Department**

**A Staff Study Submitted to the  
Northwestern University Center for Public Safety  
School of Police Staff & Command  
Class # 547  
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# **Options for Reducing Use of Force Related Injuries to Apache Junction Police Officers and Citizens**

## **Problem**

Over the last three years almost one in four of all reported use of force incidents in Apache Junction resulted in some level of officer injury (Annex A). To give some context to this figure, during these same incidents, 48% of citizens on whom force was used reported injury to some degree (Annex A). The standard for reportable use of force is instructive when reviewing these numbers as the Apache Junction Police Department policy dictates a use of force report if a citizen makes any type of pain complaint (Annex B). What is concerning here is the extremely high number of officers also injured during these encounters.

The Apache Junction Police Department currently follows a standard AZPOST approved lesson plan for defensive tactics. The training is conducted bi-annually and if an officer misses a training date there is no make up session. Aside from this department provided training, standard patrol officers receive no other training in arrest tactics. The current Apache Junction Police Department model for training officers to safely make arrests can be improved.

## **Assumptions**

- Apache Junction Police Officers will continue to be required to arrest combative citizens.
- The probability of officer injury when arresting a combative person will remain high.
- The City of Apache Junction is growing and calls for service will increase.
- Officer injuries will result in lost productivity and light duty.
- Inadequate training will also lead to increased civil litigation.

## **Facts**

- The Apache Junction Police Department services 45.43 square miles and a population of 38,499 citizens (Annex C).
- The Department currently employs 72 peace officers (Annex C).
- Between April 2020 and April of 2023, there were 48 use of force incidents reported (Annex A).
- Of those 48, officers reported injuries in 10 incidents, or 21% of the time (Annex A).
- During the same incidents, citizens reported injuries 23 times, or 48% of the time (Annex A).

## **Discussion**

*Background:*

The Apache Junction Police Department is a very busy agency considering its size, averaging 38,745 calls for service per year (Annex C). The unfortunate reality of law enforcement is that

many of these calls for service will result in arrests which, by their nature, require the officers to make physical contact with the arrestee. In 48 reported use of force incidents, injuries occurred (Annex A). It is in the interest of the well-being of its police officers and the citizens it serves, that the Apache Junction Police Department work to reduce this number.

The Apache Junction Police Department currently schedules defensive tactics training bi-annually and unless officers find an outside training venue on their own, this is the only formal preparation they will receive for the thousands of potentially physical calls they respond to.

#### *Benefits:*

The development of a more robust or supplemental training program that focuses on physical control of combative subjects will serve the officers and citizens of Apache Junction by reducing liability. The better trained officer will remain calm during confrontations and using a developed skillset will be able to de-escalate physical confrontations through technique.

#### *What Other Agencies are Doing:*

One approach taken by many police organizations is to incorporate additional training such as Brazilian Jiu-jitsu. Brazilian Jiu-Jitsu is “a grappling-based martial art whose central theme is the skill of controlling a resisting opponent in ways that force him to submit. Due to the fact that control is generally easier on the ground than in a standing position, much of the technique of Brazilian Jiu-Jitsu is centered around the skill of taking an opponent down to the ground and wrestling for dominant control positions from where the opponent can be rendered harmless” (Danaher, 2023).

The Marietta, Georgia Police Department took on this supplemental approach when they began instituting Brazilian Jiu-jitsu into the training of their new officers. “Three years into the effort, ‘our overall use of force is down’, says Maj. Jake King, who initiated the program. For the Georgia agency, Brazilian jiu-jitsu has become a de-escalation tool” (Ridderbusch, 2022).

The Marietta Police Department began by sending their own defensive tactics instructors to become trained in the grappling art and then bring it back to conduct their own training. The agency is now partnering with a local gym to send officers directly there where the training is managed by an experienced coach. Marietta has seen a dramatic decline in use of force among its jiu-jitsu-trained staff. The Marietta Police Department notes that since their program began “jiu-jitsu-trained officers used Tasers in 54% of incidents involving the use of force, compared with a 77% usage rate among their untrained coworkers” (Ridderbusch, 2022). Within two years of implementation, they also found that there was “a 48% decrease in officer injuries, a 53% reduction in civilian injuries and a 59% decrease in overall use-of-force by Jiu-Jitsu trained officers” (Browne, 2021).

The Mesa Police Department in Arizona recently implemented a program referred to as “PJJ” or police jiu-jitsu. Their curriculum is supplemental to their regular defensive tactics training and “teaches methods to control a suspect and restrain them in various positions, which reduces the risk of injury to both the suspect and officer” (Annex D). Sgt. Dustin Hurley of the Mesa Police Department organizes PJJ squad trainings each month, and the training is mandatory. He views

the training as a supplement to traditional police defensive tactics and believes the squads who work together on the street should receive the training together on the mats (Hurley, 2023).

Arizona's largest agency, the Department of Public Safety, utilizes a modified defensive tactics lesson plan. Many of the traditional defensive tactics concepts are still included but there is now an entire component of jujitsu based takedowns and ground fighting control techniques. The curriculum includes links to videos of demonstrations and is taught four times per year. (Annex E).

## **Solutions**

To reduce the risk of continued high rates of injury related to officer use of force, the Apache Junction Police Department has the following four options:

### **1. Creation of a New Training Program**

Creation of a supplemental training program similar to the Mesa Police Department's PJJ program. The creation of a separate, supplemental training system which incorporates Brazilian Jujitsu into current defensive tactics practices but focuses on the ground fighting elements and safe control of resistive subjects. The considerations which need to be addressed are as follows:

Advantages:

- There is an existing model in a neighboring agency to reference.
- This type of training program can be mandated during shift overlap.
- The training is squad focused and will improve the effectiveness of work groups.
- BJJ training has been shown to be an effective de-escalation tool.
- If the training is conducted on-duty there will be no overtime cost.
- No additional training gear is required, current defensive tactics mats and training equipment can be used.

Disadvantages:

- Instructor staff will have to receive special training or the department will have to hire outside instructors.
- Additional training time will have to be allocated in an already full training schedule.
- The training is physical and may result in an increase in training related injuries.

Costs:

- Once the instructor staff are trained, there will be no outside cost the department. Potential training programs are listed in Annex F.

## **2. Update the Current Defensive Tactics Lesson Plans**

An update or revision of the current lesson plans to incorporate additional tactics and techniques. Neighboring agencies such as AZDPS currently utilize lesson plans that include ground fighting techniques as an added component of their basic defensive tactics training (Annex E).

Advantages:

- Requires minimal change to current training program.
- Resources are available from surrounding agencies.
- Could be implemented as an update and not a complete program change.

Disadvantages:

- Does not address the low frequency of training issue.
- Will require additional training of instructor staff.
- Does not provide any additional training time. Only adds to an already full training curriculum.
- Instructor's training will be limited to DPS availability.

Cost:

- No additional cost to the department. Training may be provided by AZDPS.

## **3. Hire an Outside Instructor to Teach**

The department may hire an outside expert to come and teach specific jiu-jitsu related tactics. There are many jiu-jitsu schools in existence that cater to police departments, many of which can be validated by other agencies.

Advantages:

- Expert level instruction that can be validated by other agencies.
- Can tailor a lesson plan to fit AJPD policy.
- Name recognition (i.e. Gracie) may create officer buy-in.

Disadvantages:

- Expensive. See Annex F.
- Subject to availability.
- May not be willing to cater to AJPD's specific needs.
- Over-reliance on a single source of training.

Cost:

- Varies but tends to be high. See Annex F.

#### **4. Allow Officers to Choose a Vetted BJJ Gym and Use Tuition Reimbursement**

The City of Apache Junction currently utilizes a tuition reimbursement program to assist employees with job-related educational advancement. “Coursework, if not a part of a degree program, must be related to work actually done by the employee” (Annex G). A system where department approved BJJ gyms provide job-related training to officers on their own time would place the scheduling and training injury liability on the gyms, while maintaining the goal of increased training.

Advantages:

- Officers choose their own gyms (on an approved list).
- Officers train on their own time.
- No risk to the city of on the job (training) injuries.
- Officers will not be reimbursed unless they attend a mandated number of trainings so the incentive to train is high.

Disadvantages:

- Officers not inclined to train on their own will not receive the additional training.
- Training may not be as police specific as programs like PJJ.
- Officers may not be able to afford the cost of tuition before being reimbursed.

Cost:

- The department will incur no cost. The City of Apache Junction already has a tuition reimbursement program in place that is funded each fiscal year based on participation.

### **Conclusion**

A review of officer use of force over the last three years showed that almost one in four of all reported use of force incidents in Apache Junction resulted in some level of officer injury (Annex A). Over the same period, 48% of citizens on whom force was used also reported injuries (Annex A). Given the Apache Junction Police Department’s current model of training AZPOST defensive tactics only twice a year, there is clearly room for improvement.

Creation of a new training program was examined but there are currently no instructors available for this role and allocating training time in an already full training schedule will be an issue. An

update of the current training plan would be beneficial but would not solve the issue of only training twice a year and if implemented would sacrifice the current defensive tactics curriculum. Also considered was the employment of an outside trainer who could come to the department and provide specialized training. This option would be effective but it is costly and would be exceedingly difficult to ensure all the staff received the training in a timely manner due to the instructors limited training schedule. All three options of training in-house would come with increased risk to the city of training injuries as well as the burden of scheduling.

A fourth option exists that comes with no liability to the city or burden of scheduling training. Allowing officers to choose from vetted BJJ gyms and reimbursing them for their membership dues gives officers the freedom of choice, both with which gym they use and the time at which they train. The tuition reimbursement program already exists as a city benefit and would require minimal modification to accommodate this training.

### **Recommendation**

It is recommended the Apache Junction Police Department implement solution #4, allowing officers to train at vetted BJJ gyms and use tuition reimbursement to pay for their yearly dues. This option allows officers to receive additional training which has been shown to reduce use of force incidents and has the additional benefits of increased officer health and mental well being. The solution would use the existing framework of the employee tuition reimbursement program. See attached implementation plan (Annex H).

\_\_\_\_\_ ( ) Approved ( ) Not Approved  
Commander Johnny John

Comments: \_\_\_\_\_

## Works Cited

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- Ridderbusch, K. (2022, March 29). Retrieved from USNEWS: <https://www.usnews.com/news/health-news/articles/2022-03-29/police-turn-to-jiujitsu-to-curb-dangerous-force-boost-mental-and-physical-health>



## **Executive Summary**

### **Options for Reducing Use of Force Related Injuries to Apache Junction Police Officers and Citizens**

#### **Problem**

Over the last three years almost one in four of all reported use of force incidents in Apache Junction resulted in some level of officer injury (Annex A). During these same incidents, 48% of citizens on whom force was used reported injury to some degree (Annex A). The extremely high number of officers and citizens injured during these encounters is concerning.

The Apache Junction Police Department currently follows a standard AZPOST approved lesson plan for defensive tactics which does not include any grappling components. The training is conducted bi-annually and if an officer misses a training date there is no make up session. Aside from this department provided training, standard patrol officers receive no other training in arrest tactics. The current Apache Junction Police Department model for training officers to safely make arrests can be improved.

#### **Possible Solutions**

- Creation of a new training program to include modern arrest tactics.
- Update current defensive tactic lesson plan.
- Hire an outside instructor to teach.
- Allow officers to choose a vetted BJJ gym and use tuition reimbursement.

#### **Recommendation**

It is recommended the Apache Junction Police Department implement solution #4, allowing officers to train at vetted BJJ gyms and use tuition reimbursement to pay for their yearly dues. This option allows officers to receive additional training which has been shown to reduce use of force incidents and has the additional benefits of increased officer health and mental well being. The solution would use the existing framework of the employee tuition reimbursement program. See attached implementation plan (Annex H).

\_\_\_\_\_ Concur Do not concur

Michael Pooley, Chief of Police  
Apache Junction Police Department

# Annexes

## Annex A

**Report Run in IA Pro by Lt. Painter on April 22, 2023**

**Use-of-force Incidents received between Apr 01, 2020 and Apr 01, 2023**

Total number of use-of-force incidents (including those in BlueTeam and not yet released into IAPro): **48**

Number of use-of-force incidents in BlueTeam and not yet released: 15

Total number of officers involved: 64

Type of force tally:

	Effective		Not Effective		Total
	#	%	#	%	
ASP	1	100%	0	0%	1
Closed Hand	7	64%	4	36%	11
Empty Hand	1	50%	1	50%	2
Firearm	1	100%	0	0%	1
Hard Empty Hand	3	100%	0	0%	3
Officer Presence	0	0%	1	100%	1
Soft Empty Hand	9	90%	1	10%	10
Soft Hand Weapons	3	75%	1	25%	4
Stun Bag	0	0%	2	100%	2
Taser	8	40%	12	60%	20
Verbal Direction		00%	2	100%	2

Citizen resistance tally:

	Count	Percent of total
aggressive	15	52%
passive	14	48%

**Total 29**

Citizen injury tally:

	Count	Percent of total
bruises	2	8%
cuts	2	8%
laceration	4	16%
No injuries noted or visible	2	8%
pain complaint	3	12%
scrapes	9	36%
taser wound	3	12%

**Total 25**

Citizen was injured in conjunction with use-of-force (# incidents):

	Count	Percent of total
No	28	58%
<b>Yes</b>	<b>20</b>	<b>42%</b>

Total 48

Officer injury tally:

	Count	Percent of total
abrasions	5	24%
bruises	2	10%
lacerations	1	5%
No injuries noted or visible	11	52%
pain complaint	2	10%

Total 21

Officer was injured in conjunction with use-of-force (# incidents):

	Count	Percent of total
No	40	83%

**Yes 8 17%**

Total 48

Reason for use-of-force:

	Count	Percent of total
[No Entry]	3	6%
Attempt to Escape	7	15%
<b>Attempt to Injure Officer</b>	<b>11</b>	<b>23%</b>
Edged Weapon	5	10%
<b>Kicking</b>	<b>1</b>	<b>2%</b>
Other	17	35%
Projectile	1	2%
<b>Punching/Striking</b>	<b>3</b>	<b>6%</b>

Total 48

Report date range criteria: Received between Apr 01, 2020 and Apr 01, 2023

Report name: Use of Force stats

Report run on: Apr 22, 2023 at 15:36 by Lieutenant Seth Painter

# Annex B

## Apache Junction Police Department Use of Force Policy Policy Manual

1 | Use of Force

Policy

300

Use of Force

### 300.1 PURPOSE AND SCOPE [ALEAP 1.3, 1.7]

This policy provides guidelines on the reasonable use of force. While there is no way to specify the exact amount or type of reasonable force to be applied in any situation, every member of this department is expected to use these guidelines to make such decisions in a professional, impartial and reasonable manner.

#### 300.1.1 DEFINITIONS

Definitions related to this policy include:

Deadly force - Force reasonably anticipated and intended to create a substantial likelihood of causing death or very serious injury.

Force - The application of physical techniques or tactics, chemical agents or weapons to another person. It is not a use of force when a person allows him/herself to be searched, escorted, handcuffed or restrained.

#### 300.2 POLICY

The use of force by law enforcement personnel is a matter of critical concern, both to the public and to the law enforcement community. Officers are involved on a daily basis in numerous and varied interactions and, when warranted, may use reasonable force in carrying out their duties. Officers must have an understanding of, and true appreciation for, their authority and limitations. This is especially true with respect to overcoming resistance while engaged in the performance of law enforcement duties.

The Department recognizes and respects the value of all human life and dignity without prejudice to anyone. Vesting officers with the authority to use reasonable force and to protect the public welfare requires monitoring, evaluation and a careful balancing of all interests.

#### 300.2.1 DUTY TO INTERCEDE

Any officer present and observing another officer using force that is clearly beyond that which is objectively reasonable under the circumstances shall, when in a position to do so, intercede to prevent the use of unreasonable force. An officer who observes another employee use force that exceeds the degree of force permitted by law shall promptly report these observations to a supervisor.

#### 300.3 USE OF FORCE [ALEAP 1.3]

Officers shall use only that amount of force that reasonably appears necessary given the facts and circumstances perceived by the officer at the time of the event to accomplish a legitimate law enforcement purpose. Officers shall be aware that de-escalation techniques may be used to reduce the need for force based upon the situation.

Effective Date: July 1, 2017 Revision Date: August 1, 2020

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The reasonableness of force will be judged from the perspective of a reasonable officer on the scene at the time of the incident. Any evaluation of reasonableness must allow for the fact that officers are often forced to make split-second decisions about the amount of force that reasonably appears necessary in a particular situation, with limited information and in circumstances that are tense, uncertain and rapidly evolving.

Given that no policy can realistically predict every possible situation an officer might encounter, officers are entrusted to use well-reasoned discretion in determining the appropriate use of force in each incident.

It is also recognized that circumstances may arise in which officers reasonably believe that it would be impractical or ineffective to use any of the tools, weapons or methods provided by the Department. Officers may find it more effective or reasonable to improvise their response to rapidly unfolding conditions that they are confronting. In such circumstances, the use of any improvised device or method must nonetheless be reasonable and utilized only to the degree that reasonably appears necessary to accomplish a legitimate law enforcement purpose.

While the ultimate objective of every law enforcement encounter is to avoid or minimize injury, nothing in this policy requires an officer to retreat or be exposed to possible physical injury before applying reasonable force.

All sworn personnel receive and demonstrate understanding of the use of force procedure before being authorized to carry any firearm and annually thereafter.

#### 300.3.1 USE OF FORCE TO EFFECT AN ARREST

An officer is justified in threatening or using force against another if, in making or assisting in making an arrest or detention or in preventing or assisting in preventing an escape after arrest or detention, such person uses or threatens to use physical force and all of the following exist (ARS § 13-409):

- (a) A reasonable person would believe that such force is immediately necessary to effect the arrest or detention or prevent the escape.
- (b) The officer makes known the purpose of the arrest or detention or believes that it is otherwise known or cannot reasonably be made known to the person to be arrested or detained.
- (c) A reasonable person would believe the arrest or detention to be lawful.

#### 300.3.2 FACTORS USED TO DETERMINE THE REASONABLENESS OF FORCE

When determining whether to apply force and evaluating whether an officer has used reasonable force, a number of factors should be taken into consideration, as time and circumstances permit. These factors include, but are not limited to:

- (a) Immediacy and severity of the threat to officers or others.
- (b) The conduct of the individual being confronted, as reasonably perceived by the officer at the time.
- (c) Officer/subject factors (age, size, relative strength, skill level, injuries sustained, and level of exhaustion or fatigue, number of officers available vs. subjects).
- (d) The effects of drugs or alcohol.
- (e) Subject's mental state or capacity.
- (f) Proximity of weapons or dangerous improvised devices.

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- (g) The degree to which the subject has been effectively restrained and his/her ability to

resist despite being restrained.

- (h) The availability of other options and their possible effectiveness.
- (i) Seriousness of the suspected offense or reason for contact with the individual.
- (j) Training and experience of the officer.
- (k) Potential for injury to officers, suspects and others.
- (l) Whether the person appears to be resisting, attempting to evade arrest by flight or is attacking the officer.
- (m) The risk and reasonably foreseeable consequences of escape.
- (n) The apparent need for immediate control of the subject or a prompt resolution of the situation.
- (o) Whether the conduct of the individual being confronted no longer reasonably appears to pose an imminent threat to the officer or others.
- (p) Prior contacts with the subject or awareness of any propensity for violence.
- (q) Any other exigent circumstances.
- (r) Any physical maneuver that restricts the ability of a detained subject to breathe for the purpose of incapacitation is prohibited except in those situations where the use of deadly force is allowed by law.

### 300.3.3 PAIN COMPLIANCE TECHNIQUES

Pain compliance techniques may be effective in controlling a physically or actively resisting individual. Officers may only apply those pain compliance techniques for which they have successfully completed department-approved training. Officers utilizing any pain compliance technique should consider:

- (a) The degree to which the application of the technique may be controlled given the level of resistance.
- (b) Whether the person can comply with the direction or orders of the officer.
- (c) Whether the person has been given sufficient opportunity to comply.

The application of any pain compliance technique shall be discontinued once the officer determines that compliance has been achieved.

### 300.4 DEADLY FORCE APPLICATIONS

Use of deadly force is justified in the following circumstances:

- (a) An officer may use deadly force to protect him/herself or others from what he/she reasonably believes would be an imminent threat of death or serious bodily injury.
- (b) An officer may use deadly force to stop a fleeing subject when the officer has probable cause to believe that the person has committed, or intends to commit, a felony involving the infliction or threatened infliction of serious bodily injury or death and the officer reasonably believes that there is an imminent risk of serious bodily injury or death to any other person if the subject is not immediately apprehended. Under such circumstances, a verbal warning should precede the use of deadly force where feasible.

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(c) Imminent does not mean immediate or instantaneous. An imminent danger may exist even if the suspect is not at that very moment pointing a weapon at someone. For example, an imminent danger may exist if an officer reasonably believes any of the following:

1. The person has a weapon or is attempting to access one and it is reasonable to

believe the person intends to use it against the officer or another.

2. The person is capable of causing serious bodily injury or death without a weapon and it is reasonable to believe the person intends to do so.

#### 300.4.1 SHOOTING AT OR FROM MOVING VEHICLES

Shots fired at or from a moving vehicle are rarely effective. Officers should move out of the path of an approaching vehicle instead of discharging their firearm at the vehicle or any of its occupants. An officer should only discharge a firearm at a moving vehicle or its occupants when the officer reasonably believes there are no other reasonable means available to avert the threat of the vehicle or if deadly force other than the vehicle is directed at the officer or others.

Officers should not shoot at any part of a vehicle in an attempt to disable the vehicle.

#### 300.5 REPORTING THE USE OF FORCE [ALEAP 1.7]

Any use of force by a member of this department shall be documented promptly, completely and accurately in an appropriate report and “Blue Team” entry. The officer should articulate the factors perceived and why he/she believed the use of force was reasonable under the circumstances. To collect data for purposes of training, resource allocation, analysis and related purposes, the Department may require the completion of additional report forms as specified in department policy, procedure or law.

#### 300.5.1 NOTIFICATION TO SUPERVISORS

Supervisory notification shall be made as soon as practicable following the application of force in any of the following circumstances:

- (a) The application caused a visible injury.
- (b) The application would lead a reasonable officer to conclude that the individual may have experienced more than momentary discomfort.
- (c) The individual subjected to the force complained of injury or continuing pain.
- (d) The individual indicates intent to pursue litigation.
- (e) Any application of a TASER device or control device.
- (f) Application of kinetic energy impact projectiles or pepper spray.
- (g) Any application of a restraint device other than handcuffs, shackles or belly chains.
- (h) The individual subjected to the force was rendered unconscious.
- (i) An individual was struck or kicked.
- (j) An individual alleges any of the above has occurred.

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#### 300.6 MEDICAL CONSIDERATION

Prior to booking or release, medical assistance shall be obtained for any person who exhibits signs of physical distress, who has sustained visible injury, expresses a complaint of injury or continuing pain or who was rendered unconscious. Any individual exhibiting signs of physical distress after an encounter should be continuously monitored until he/she can be medically assessed.

Based upon the officer’s initial assessment of the nature and extent of the subject’s injuries, medical assistance may consist of examination by fire personnel, paramedics, hospital staff or medical staff at the jail. If any such individual refuses medical attention, such a refusal shall be fully documented in related reports and, whenever practicable, should be witnessed by another officer and/or medical personnel. If a recording is made of the contact or an interview with the



individual, any refusal should be included in the recording, if possible.

The on-scene supervisor, or if not available, the primary handling officer shall ensure that any person providing medical care or receiving custody of a person following any use of force is informed that the person was subjected to force. This notification shall include a description of the force used and any other circumstances the officer reasonably believes would be potential safety or medical risks to the subject (e.g., prolonged struggle, extreme agitation, impaired respiration).

Persons who exhibit extreme agitation, violent irrational behavior accompanied by profuse sweating, extraordinary strength beyond their physical characteristics and imperviousness to pain (sometimes called “excited delirium”), or who require a protracted physical encounter with multiple officers to be brought under control, may be at an increased risk of sudden death. Calls involving these persons should be considered medical emergencies. Officers who reasonably suspect a medical emergency should request medical assistance as soon as practicable and have medical personnel stage away if appropriate. (See Policy 346 – Excited Delirium)

### 300.7 SUPERVISOR RESPONSIBILITY

When a supervisor is able to respond to an incident in which there has been a reported application of force, the supervisor is expected to:

- (a) Obtain the basic facts from the involved officers. Absent an allegation of misconduct or excessive force, this will be considered a routine contact in the normal course of duties.
- (b) Ensure that any injured parties are examined and treated.
- (c) Once any initial medical assessment has been completed or first aid has been rendered, ensure that photographs have been taken of any areas involving visible injury or complaint of pain as well as overall photographs of uninjured areas. These photographs should be retained until all potential for civil litigation has expired.
- (d) Identify any witnesses not already included in related reports.
- (e) Review and approve all related reports.
- (f) Determine if there is any indication that the subject may pursue civil litigation.

1. If there is an indication of potential civil litigation, the supervisor should complete a memorandum and route through the appropriate chain of command.

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- (g) Evaluate the circumstances surrounding the incident and initiate an administrative investigation if there is a question of policy non-compliance or if for any reason further investigation may be appropriate.

In the event that a supervisor is unable to respond to the scene of an incident involving the reported application of force, the supervisor is still expected to complete as many of the above items as circumstances permit.

### 300.7.1 SUPERVISOR RESPONSIBILITY

The Patrol Lieutenant and/or Division Commander shall review each use of force by any personnel within his/her command to ensure compliance with this policy and to address any training issues. The documentation shall be entered into “Blue Team” for review by Command Staff.

### 300.8 TRAINING [ALEAP 1.3]

Officers will receive annual training on this policy and demonstrate their knowledge and

understanding. Annual train shall include the following topics to ensure members are kept current:

- (a) Legal updates.
- (b) De-escalation techniques.
- (c) Revisions in agency policy/procedures, rules and/or regulations.

# Annex C

## Apache Junction Police Department Quick Facts



### Apache Junction Police Department Quick Facts 2022

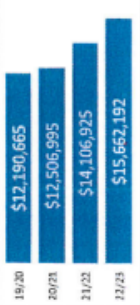
#### City of Apache Junction

Size: 45.43 sq miles

Population: 38,499 (Based on 2022 Census Results)

Use of Force Investigations: 22 (Less than 1% of Total Calls for Service)

#### Budget

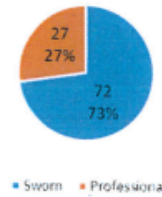


#### Personnel

\*Budgeted Positions; excludes grant funded



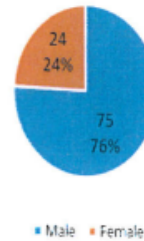
#### Sworn and Professional Assigned Staff



#### Calls for Service



#### Personnel Gender



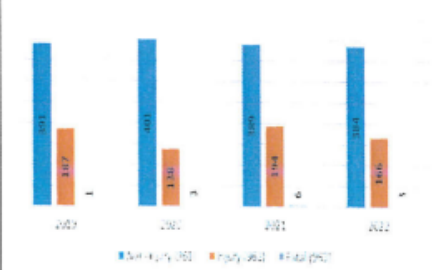
#### NIBRS Crime Overview

\*Offenses are counted using the FBI Units of Count for Crime



#### Accidents

\*Based on 2022



# Annex D

## MESA POLICE Police Jiu Jitsu Program Policy

PJJ 1.1

Police Jiu Jitsu

Supplemental Manual

Effective (New)

09/13/2021

Approved by:

Chief of Police

Chapter:

Organization & Administration

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### 1. PURPOSE

This policy provides Mesa Police Department (MPD) members with guidelines reference the Police Jiu Jitsu (PJJ) Program, which includes a Foundations Program and Advanced Program. This policy shall apply to all sworn members and detention members, including detention transport officers.

### 2. GENERAL

#### 2.1 MPD Police Jiu Jitsu (PJJ) Program

A. The MPD PJJ Program is meant to support, not replace, other MPD Defensive Tactics Training officers receive.

B. The goal of the MPD PJJ Program is to provide sworn and detention members with additional control tactics training to accommodate the everincreasing demands of the law enforcement profession.

C. PJJ teaches methods to control a suspect and restrain them in various positions, which reduces the risk of injury to both the suspect and officer.

D. This training will benefit the physical fitness of our officers and applicable professional staff.

E. The Foundations Program is mandatory for all new officers attending the Basic or Lateral Training Academies.

F. The Advanced Program is available to encourage additional training for solo officers.

G. All members who participate in any aspect of this training program are subject to DPM 2.1.1 Use of Force, which is the overarching guidance for

any application of force. Any technique or concept trained in either this program, or at any certified location, is subordinate to MPD Use of Force policy.

H. Program Guides provided in the References Section includes course curriculum.

## 2.2 Fitness Considerations & Training Mindset

A. Before beginning any physical training, it is advisable for members to have a medical examination to determine if there should be any restrictions in an exercise program.

1. Members may be eligible for medical examination through their respective health insurance plan.

B. All sworn members are encouraged to attend a bi-annual physical fitness assessment, consisting of the Modified Cooper Fitness Assessment Test.

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C. Participating members in the MPD PJJ Program should understand the physical limitations of both themselves and their training partners.

1. The intent of the training is to gain skill and competency.

2. Members shall understand training partners are not their competition, but instead are there to help each other develop and grow.

3. The Program is recommended to be trained and drilled at 50% of maximum effort.

## 2.3 Advanced Program Organizational Support

A. Members participating in the Advanced Program curriculum do so on a voluntary basis and are encouraged to participate during their allotted Power Hour time. See DPM 1.2.131 Power Hour Program.

1. Supervisors should make reasonable accommodations to ensure interested members are able to train during authorized Power Hour timeframes.

B. Members who choose to train at an outside certified location, on their own time, will not be compensated for duty time; however, their training time will be counted towards the semi-annual Incentive Program.

C. No overtime is authorized for duty training or in the completion of advancement assessments.

## 3. PROGRAM STRUCTURE

The MPD PJJ Program is divided into a Foundations Program and Advanced Program.

### 3.1 Foundations Program

A. All members hired and sent through the Basic or Lateral Training Academy will be trained in the Foundations Program.

1. The intent is to build a solid foundation allowing members to learn future lessons more quickly and effectively.

B. Completion of the Foundations Program is necessary to begin Level 1 of the Advanced Program. It consists of the following three sections, which are the minimum requirements for advancement:

1. Fundamental Principles & Concepts.

2. Techniques.

3. Dynamic Drills & Training.

C. There is no minimum time requirement to complete the Foundations Program, and experienced students may complete the program quickly.

D. Completion of the Foundations Program will earn the student the MPD White Pin and allow them to begin the Level 1 curriculum of the Advanced Program.

### 3.2 Advanced Program

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A. The Advanced Program is comprised of Levels 1 through 5, providing students of all levels an organized learning platform.

1. Throughout the curriculum, students learn a wide variety of principles, concepts, and techniques; while some techniques are directly related to completing police duties (i.e., subject control/custody and self-defense), others will be more indirectly beneficial by providing engaging physical training and advanced skill development to authorized members.

B. Students who dedicate themselves and progress may be eligible for advancement within the MPD PJJ Program.

1. Progression within the Program is recognized by the awarding of a uniform pin by a MPD PJJ Instructor in the following order:

a. Level 1: PJJ Pin/White Ribbon

b. Level 2: PJJ Pin/Blue Ribbon

c. Level 3: PJJ Pin/Purple Ribbon

d. Level 4: PJJ Pin/Brown Ribbon

e. Level 5: PJJ Pin/Black Ribbon

### 3.3 Advancement

A. As members progress through the curriculum, they will be presented with the opportunity to test for the next level.

B. Testing will occur twice a year and will be facilitated by the MPD PJJ Program Coordinator.

## 4. INCENTIVE PROGRAM

A. Incentives may be earned every six months as follows:

1. Members who are active in the MPD PJJ Program are authorized to wear the uniform pin with the respective identifier for the level they have earned.

a. Members must be an active participant in the MPD PJJ Program a minimum of four training sessions each month in order to wear the pin.

2. Members who complete a minimum of 48 hours of training sessions in a six-month cycle will receive five hours of Authorized Director's Time (ADT). See DPM 1.11.35 Special Recognition Programs.

3. Members who complete a minimum of 72 hours of training sessions in a six-month cycle will receive ten hours of Authorized Director's Time (ADT). See DPM 1.11.35 Special Recognition Programs.

B. For the purposes of this program, the six-month cycles are:

1. January through June.

2. July through December.

C. The MPD PJJ Program Coordinator or designee will be responsible for the receipt of training rosters and the list of employees eligible for ADT.

1. The list will be provided to Time & Labor for processing.

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## 5. TRAINING COMMUNICATION & DOCUMENTATION

### 5.1 Training Information & Communication

A. A group email list (MPDPJJ@MesaAz.gov) has been created for all members who choose to participate in the Advanced Program.

B. Communication between training members, as well as video dissemination of the program concepts and techniques, will occur through this email group.

### 5.2 Training Logs

A. All members must complete training logs after training with a training partner at an MPD facility or training at a certified location.

B. Logs will:

1. Track the date of training, training partner or certified location if training at an outside location, and hours trained.
2. Be completed by each member for each session trained.
3. Be submitted to the MPD PJJ Program Coordinator.
  - a. The MPD PJJ Program Coordinator shall maintain all training logs and enter the training hours for Department and/or AZPOST credit.
4. Track training time in six-month increments toward the MPD PJJ Incentive Program.

REFERENCES

- DPM 2.1.1 Use of Force
- PJJ 1.1A1 Foundations Program Guide
- PJJ 1.1A2 Level 1 Program Guide
- PJJ 1.1A3 Level 2 Program Guide
- PJJ 1.1A4 Level 3 Program Guide
- PJJ 1.1A5 Level 4 Program Guide
- PJJ 1.1A6 Level 5 Program Guide
- PJJ 1.1F1 Training Tracker
- PJJ 1.1A7 Certified Training Locations



# Annex E

## AZDPS Defensive Tactics Policy



### Arizona Department of Public Safety Course Syllabus / Outline



## 2023 Defensive Tactics – Keep It Stupid Simple (K.I.S.S.)

**DPS / AZPOST Course Number:** \_\_\_\_\_

**Course Hours/Type:** Four hours/Proficiency (4x in CY2023)

**Prerequisites:** None

**Instructor Qualifications:** Defensive Tactics Instructor

**Course Author(s):** Auer, Benjamin #6889

**Reviewing Subject Matter Expert(s):** Auer, Benjamin #6889

**Approving Supervisor:** Benitez, Jim #5005

**Approving Manager:** XXXXXXXXXXXXXXXX

**Course Approval:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Official Course Description

This is a 4-hour Defensive Tactics course. This is an interactive course with a review of General Order 4.1.10 on the use of force. The course will cover handcuffing, striking, shielding, moving, grappling, suspect control techniques, guarding, and Jiu-Jitsu-related tactics and techniques.

## **Course Materials – Instructor**

1. 2023 Lesson Plan
2. Bob Striking Dummies or Focus Mitts
3. Trifold or Available Mats

## **Course Materials – Student**

1. Soft Body Armor with nothing attached (parts C and D), make sure to remove trauma plates
2. B.D.U. and t-shirt (parts A, B, C, and D)
3. Mat/wrestling shoes or tennis shoes (parts A, B, C, and D)

## **Learning Objectives**

**At the conclusion of each of four 4.0-hour blocks of instruction, using information presented in the class, the student will:**

1. Demonstrate on another student holding pads to target proper striking, shielding, and moving.
2. Demonstrate proper team arrest tactics using the Hidden-hands technique.
3. Demonstrate side control, arm-in-head control, and knee on belly.
4. Demonstrate a proper Gift Wrap control hold on a subject.

## **Course Requirements**

Credit is awarded on an all-or-nothing basis, with no partial credit being awarded. The grading scale is administered equally to all students in the course. All students who are unable to complete the entire training course content will not receive class credit. Any absences must be approved by the Instructor of Record.

1. **Class Schedule:**

Refer to detailed class schedule within training course materials.

2. **Attendance:** Attendance is mandatory. Students are expected to be on time for all classroom instruction. Students who cannot attend their assigned block of instruction must notify their supervisor and, when possible, the class instructor.
  
3. **Disclaimer:**

At the instructor's discretion, the course content of this class varies to meet the needs of the class participants. Course content taught/delivered must be consistent with this lesson plan and must be consistent with and support the defined performance objectives.
  
4. **Disability Services & Resources:**

The Department of Public Safety will make reasonable accommodations for persons with documented disabilities. Notify your instructor of any special needs.
  
5. **Academic/Employee Misconduct:**

See D.P.S. Mission, Values, and Code of Ethics, General Order 1.2.10.
  
6. **Behavioral Objectives and Competencies**

A professional attitude and appropriate reactions are expected from all students participating in this course/program. Your instructor(s) will be evaluating each student throughout the course. A student must **meet expectations and policy standards (see DPS GO 1.2.10)** on all behavioral objectives in order to receive a passing grade/credit in the course.
  
7. **Safety Briefing for Potential Injuries**

If there is an injury that is not minor and needs medical attention, the Students can be transported by car or, if needed, by a medical professional. All injuries shall be documented and will need an Injury Claims Form. There needs to be a medical plan and I.F.A.K. kit in the training area. (<https://portal.azdps.gov/ReferenceMaterialsAndForms/DPSForms/SafetyForms/InjuryClaims>)

## Course Outline

### I. Introduction

#### A. Instructor introductions

#### B. Purpose and Motivator: “A trained person touching an untrained person that untrained person has no choice over what I want to do with their body. I can do anything I want to it. I can effortlessly put their hands by their back and put them in cuffs; I can move them cautiously and graciously, and kindly to the car as a trained person. It is so powerful to have that control over somebody else, and if you’re in that protect and serve mode, it is your obligation, it is your duty to know it” – Tim Kennedy

*Before every class and immediately after every class, the instructor SHALL clean the mats with either the Mat cleaning product or a 10% bleach-to-water mixture. This shall be done at least 10 minutes prior to class but no more than 60 minutes prior to the start of class.*

#### C. Performance Objectives *(repeated four times in the year)*

**At the conclusion of each 4-hour block of instruction, using information presented in the lecture and the demonstrations, the Students will:**

1. Demonstrate on another student holding focus mitts/pads to target proper striking, shielding, and moving.
2. Demonstrate proper team arrest tactics using the Hidden-hands technique.
3. Demonstrate side control, arm-in-head control, and knee on belly.
4. Demonstrate a proper Gift Wrap control hold on a subject.

## **TRANSITION: Warm-ups start here**

### **II. Physical and Mental Preparedness**

- A.** Mental preparedness is an essential aspect of any encounter with a suspect or an attacker. Students should be focused, relaxed, and intentional. Students must never give up. They will keep fighting until the fight is won and the attacker is subdued and controlled. Students must de-escalate once the suspect/attacker is subdued and controlled as part of the focused, relaxed, and intentional mindset that are key components of Jiu-Jitsu.
- B.** Warm-up exercises (instructor-directed) should increase the student's heart rate and blood flow. These exercises should focus on the legs, core, shoulders, and arms. This should be a light warm-up, just getting people's blood moving and the joints loosened up.
- C.** Warm-up stretching will increase the mobility and range of motion of the legs, core, shoulders, and arms. This will decrease the risk of injury to students. Warm-up stretching should be dynamic.

*Exercises are not mandatory but are suggested before technique instruction.*

*Exercise selections should be determined by class ability and applicability.*

## **TRANSITION: We will proceed with striking/defense techniques used in many different fashions in a street fight.**

- I. Standing Defense and Striking with Movement** (Reference D.T. manual section 8.5.7 and 8.5.8 Force Delivery Techniques)

### **A. Speed Shield –**

- 1. **Speed Shield** – A barrier students create with their arms to protect their heads from an attack.
  - a. The student should be in a good neutral stance with hands in a gradient position.

- b. When an attack is anticipated, the student will drive their hand up, cupping the back of their head for protection. This motion will look like brushing your hair back behind the head.
- c. The students' hand should cup the back of their head, covering just above the ear with the forearm. The students' shield should be in a position to block the attack with the bottom two-thirds of the students' forearms.
- d. This shield is not meant to be held for a long time. This shield is a fluid movement and can be used to attack the suspect by striking with the tip of the elbow into the suspect's pectoral muscle or shoulder.
- e. The students need to remember to MOVE!!! and create distance to use a different weapon or close (CRASH) distance and attack the attacker. (This shield can be switched to either side of the head by sliding the hands over the top of the head in a hair-washing motion) – this is another Jiu-Jitsu key tactic.

*Demonstrate how the Speed Shield can be used to attack the attacker. Show the correct position for how the arms should be held and where the body can be attacked. Point out the different places where damage can be taken and delivered to the students and the attacker.*

**EMPHASIZE** *the need for the commitment of action, proper stance, balance, rotation, and fundamental elements of techniques. Students shall perform techniques until proficiency is observed by the instructor/s.*

**B. Striking – for each set of striking, the students will have THREE minutes to effectively strike the focus mitts.**

**1. Closed-hand Strike**

- a. Students should start in a neutral stance with hands in a gradient or raised position.
- b. Students will be shown how to properly make a closed fist.
  - 1. First, hold hands out in front of the student, fingers pointing toward the ceiling.
  - 2. The fingers shall fold down, curling into the palm of the hand.

3. The thumb shall then go over the second bone on the finger, covering the index and middle finger. This should make the hand into a compact fist.
  - c. Lead hand strike: whichever of the students' feet is closest to the subject, the corresponding hand should thrust forward, impacting the target with the index and middle finger knuckles on the base of the fingers.
  - d. Rear Hand Strike: whichever foot is furthest from the subject. Strikes should be done on command, with instructors observing and correcting as needed.
  - e. While a student is striking the focus mitts, their partner will be wearing the focus mitts on their hands.
2. Students should be moving in between all strikes. The students should be throwing simple combinations, such as a lead or jab, then a rear or cross, also known as a 1-2. They should throw closed-hand strikes for approximately three minutes, alternating grips and angles.
    - a. Talk to the students and show them the striking tree.
      1. is a jab
      2. is a cross
      3. is a lead hand hook to the head
      4. is a rear hand hook towards the head
    - b. Have the students use a 1-2, then a 3-4, but do not move into too much more than simple strikes.

#### [how to make a punch](#)

**NOTE:** *Instructors will demonstrate how to hold the Focus Mitts or the dummies to see how to hold both. Instructors shall point out striking areas for the closed-hand strike where it will be most effective. (i.e., ears, pressure points, chin, sternum, and other sites). Remind students to strike through the object and not stop at the front of the surface. Attempt to strike six inches through the surface.*

### 3. **Knee Strikes**

- a. Students should start in a neutral stance with their hands in a gradient position.
- b. Students need to be at touch distance for a knee strike to be effective. Students should control their partner, grabbing an arm or clinching around the neck of their partner. (*The person holding the focus mitts will stack the mitts one on top of each other to protect*

*their body and give a good reaction for the striker.)* Instructors shall show different ways to hold the neck or the arms.

- c. Students shall not lean back when they throw a knee strike and should be leaning forward, even putting a little weight onto their partner and pulling them into the strike.
- d. Students shall strike with speed and intensity. Remind students that a knee that is not a fast strike is not a good strike.
- e. Students should be moving in between all strikes. They should throw knee strikes for approximately three minutes, alternating grips and angles.

#### 4. **Elbow Strikes**

- a. Troopers should start in a neutral stance with their hands in a gradient position.
- b. Troopers need to be closer than touch distance for an elbow strike to be effective. Troopers should be reminded that throwing an elbow and overextending the reach can put them off balance and give up the troopers back.
- c. When throwing an elbow strike, the elbow should not be pulled way behind the shoulder to strike. Elbow strikes are meant to be short and intense. Using the hip movement to help power the strike.
- d. Elbow strike should land with the last 3-6 inches of the arm and not the elbow's actual tip. When striking, grabbing the suspect adds additional force, amplifies the strike, and gives better accuracy.
- e. Elbow strikes can be vertical or horizontal in motion. While throwing the elbow, the hand should stay near the chest, so the arm is not coming away from the body and turning into a forearm shiver or a push.
- f. Troopers should continually be assessing the situation after every strike or set of strikes.
- g. Troopers should pay attention to the distance for the elbow strike and grab the back of the focus mitt to simulate grabbing the back of the head.
- h. Troopers should be moving in between all strikes. They should throw elbow strikes for approximately three minutes, alternating grips and angles.

*Explain that it should be extremely fast and explosive in an attempt to go through the suspect/target and should return at the same speed.*



**C. Pummelling** – Now, we will work on a standing hug break. This will work with standing students against standing attackers.

1. Starting with one arm over and one arm under. The students will start with either the left shoulder touching the left shoulder or the right shoulder touching the right shoulder.
2. The students will slide the overarm attempting to get both arms under the other person's armpits. Both students will start slow and build up speed with the fluid movements.

*Note: The students should start slowly getting used to the movement and building a rhythm. Once they have a knowledge of the movement, they can begin to pick up speed and power. This movement should have them banging their shoulders into each other with power.*

3. Once students feel out the movements, they will attempt to get both arms under the other's arms and try to lock both hands behind the other student's back.

**Transition: Now that we have done the Stand-Up portion of the course, we will move on to the Ground Fight aspect.**

## II. **Ground Defense** –

**A. Rear Seat Takedown** —This is a simple takedown from the O'donnel Continuos Control Sysytem (OCCS) standing position. We will be starting with two hands locking the arm, the hand that is on the suspect's backside will "C" clamp the tricep, and the hand near the front will "C" clamp the front of the forearm. This will be the starting position.

1. Move your hands from the arm to encircling the waist using a gable grip.
2. Now straighten the leg which is nearest the rear of the suspect's back. Place the leg behind the base of the far heel, making a stop block for the foot to move backward.
3. Students will now sit back like they are sitting down. It should be at a 45-degree angle towards the rear of the suspect. The student should land on their rear end. While falling to their rear, they need to pull their hands away from the suspect's hip, releasing the gable grip.
4. Once the suspect is on the ground, the trooper can secure either side control or move to the mount. This will all depend on their justification.

<https://www.youtube.com/watch?v=RghwTXreebQ>

**B. Shoulder Pin Takedown** – This is a simple takedown from the OCCS standing position. We will be starting with two hands locking the arm, the hand that is on the suspect's backside will "C" clamp the tricep, and the hand near the front will "C" clamp the front of the forearm. This will be the starting position.

1. Starting the armlock, one hand on the suspect's tricep and the other on the wrist.
2. The hand on the wrist will pull the arm down while the hand on the tricep snakes between the arm and ribcage. The suspect's elbow should be near the trooper's sternum. The trooper can add pressure to the suspect's elbow by pulling the wrist to the trooper's back.
3. If the suspect is too tall, the trooper may need to shorten him by striking soft tissue areas. This will help to lean the suspect forward.
4. The trooper shall lean forward, pushing their shoulder into the suspect's armpit, keeping the arm straight and fully extended. The trooper will guide them to the ground placing all their weight onto the suspect's back and pulling the suspect's arm toward their hip.
5. Once control is established and the suspect stops resisting, the trooper can move to a kneeling handcuffing position. If the trooper does not feel secure in their position, they can disconnect from the suspect and create distance.

**C. Arm in Head Control** – This is a new control hold authorized by Arizona Peace Officer Standards and Training (AZ POST). This is a type of control that can be used on many different types of suspects. This control, when done right, will control the suspect's arm and head and can be done from standing, kneeling, sitting, and laying down. This control will not be done while sprawled out on the suspect. While using this technique, the suspect may lose consciousness. If the suspect loses consciousness, control them to the ground and lay them on their side. Handcuff the suspect as soon as practical. Then move them into the recovery position laying on their back or side, feet extended, and making sure the head is higher than the heart.

1. **Arm in head control** – This will be one hand and arm over the opposite shoulder with the hands connected and the suspect's head and arm in between your wrist and shoulder. The more you constrict, the tighter the hold.

<https://www.youtube.com/watch?v=zX4K7IFLhu8>

- a. Start with the right hand on the suspect's left shoulder, and the students should be standing off at a 45-degree angle.
- b. The students will extend their arm over the suspect's shoulder with the suspect's right arm behind the student's right ear.
- c. The students will then connect their hand's palm to palm and thumbs connected top palm facing down.
- d. The right forearm with the palm facing toward the belt will put the arm's bone on the side of the neck. This placement will help with the control of the suspect.

*Note: While standing, the suspect will not be able to turn toward you. The suspect will have a hard time moving their shoulders or their feet.*

- e. Transitioning to the ground, you will need to keep control of the suspect and carry their weight to the ground. You can do this by placing your foot near their heel. You will use your foot as a backstop for their foot, so they cannot step back.
- f. Once on the ground, if the suspect is still attempting to move around and escape or fight, you can move your knees into two places. One knee near the back of the head and the other by their belt (side control). You can also straddle the suspect over the waist and lay flat with your knees spread, creating a wide base.

**D. Hidden Hands control Technique/ Team Arrest Technique** – This technique will help remove the suspect's hands when pulling them under the chest or at the waist. This technique is supposed to be done slowly and gradually.

1. First, place the suspect face down on their belly with their hands in near the chest. This can happen in many different ways. (Give some examples)
  - a. The student will place their knees at the beltline and near the shoulder.
  - b. They will lean their weight on the suspect, making it hard to move.
  - c. The student can then do a pat-down of the exterior area of the suspect.
  - d. Once the student is ready to remove the hands, they must release the suspect's head and get up onto their toes.
  - e. The student will then grab the suspect's shoulder and place the knee on the suspect's arm and place the knee on the tricep of the suspect.
  - f. As soon as the knee is in place, the student will place their weight on the tricep rolling it away from the suspect's body, exposing the forearm. The student will take the hand that is nearest the head and reach in to grab the suspect's forearm in a "C-clamp" grip, with the

back of the student's forearm against the suspect's triceps. The student's free hand will now cover the hand gripping the suspect's forearm.

- g. The student will then remove their knee from near the tricep. The student will then use their forearm as a lever and try to place their elbow onto the ground next to the suspect's tricep. This should make their arm the pivot point and should be able to pull the hand out from under the suspect.

*Note: the students should be putting weight onto the suspect's tricep, pinning them to the ground.*

- h. Now the student can take the hand to the suspect's lower back and use it as a tool to entice the suspect to pull their other hand out and place it on their lower back.

<https://www.youtube.com/watch?v=ZQIUPLzAvdQ>

## 2. **Now we are going to use this Hidden-hands technique to accomplish a team arrest.**

- a. First depending on how many troopers are there to complete the arrest depends on how the task gets accomplished.
  1. Four troopers on the scene-
    - i. First two troopers need to trap the arms into the body.
    - ii. The Third trooper will cross the ankles of the suspect's legs and control the legs either by:
      - a. Bending the knees and placing the suspect's feet near the suspect's butt.
      - b. Placing the suspect's ankles in the armpit of the third trooper while the trooper is laying on the ground.
    - iii. The fourth trooper will then control the head, making sure it will not be able to move.

*When fewer troopers are available, remove the last position of the arrest team. The biggest component of team arrest is **COMMUNICATION**. If there is no communication, then there is a higher likelihood of injuring the suspect more than needed.*

**E. Side Control** – (A Jiu-Jitsu technique designed to control a person while keeping the ability to disconnect quickly) After teaching the technique, let the students just roll for 1-2 minutes so they can feel the different spaces and how it will work for their bodies.

1. Side control will be started chest-to-chest with the person who is facing the ground to be out at a 90-degree angle. The bottom person will be considered the suspect.
2. The top student will sprawl their legs out and be on their toes. The top student should be pushing pressure onto the bottom suspect.
3. The top student can put their forearm under the suspect's head or grab the tricep and control the arm closest to their feet.
4. The top student will be able to roll the suspect over onto their side or onto their stomach.

**F. Knee on Belly** – (a simple technique that can give you the ability to create space or move to another control hold)

<https://www.youtube.com/watch?v=NyzW4WqjqPc>

1. For this technique, the trooper will be starting from side control.
2. Moving from side control, the trooper will place their hand across the hip pinning the hips to the ground.
3. Next, the trooper will follow their hand with their knee.
4. The trooper will then place the knee at approximately a 45-degree angle placing the knee cap just below the rib cage.
5. The trooper will put pressure on the suspect using the knee and palm of the hand. With the knee that is on the suspect's body, the trooper could drive their knee down to add more pressure.
6. We can use this technique to either get into a chest-to-chest ground fight, you may end up back in side control, end up on their back, or use it to create distance by getting up and away.
7. For the trooper to create space and get away, they will need to place their palm on the knee of the suspect and drive the knee into the body while pushing themselves off of the suspect.

**G. Gift Warp Control hold** – This is a control hold that can help to contain a person by using their own arm and body against them. This position, if done correctly, can be held for a few minutes or used to escape and create distance.

<https://www.youtube.com/watch?v=AFptlKE8d7k>

1. The trooper will be starting from the side control position. Once we have taken down the suspect and achieved the side control position, the trooper will begin by under-hooking the nearest arm.
2. Once the trooper has an under-hook on the arm, the trooper will push it across in front of the suspect's face.

3. Now the trooper will reach behind the suspect's head and grasp the wrist of the arm across the suspect's face.
4. The trooper will then pull the suspect's hand by the suspect's neck, pulling it tight so they can't move their arm over their head.
5. The trooper can then either stay chest to chest with the suspect or move the suspect to their side and place one leg over the suspect's body to control the suspect's hips. If the trooper feels they need to separate, they can quickly.

**H. Americana from the mount** – we are going to use the "Americana," a Jiu Jitsu technique, and will be using it as a control and handcuffing technique:

- a. While you are mounted on the person's hips (mount is when you are straddling the suspect's hips while they are on their back), the student will obtain the wrist with one hand and the elbow. The hand grasping the wrist will be the far hand of the students', the hand grasping the elbow will be the closest (it is recommended to attack the arm on the student's gun side to assist with weapon retention).

NOTE: The grips we will be using will be the thumb in (Monkey or Barbie grip)—all four fingers connected and the thumb along with the index finger.

- b. While keeping hold of the arm, the student will lean forward, pushing the arm to the ground - full extension of the arm is not wanted. Once the arm is pinned to the ground, the student's body should be crossing over the suspect's body, and the legs should still be straddling the suspect.
- c. The student's elbow nearest the suspect's head should be buried in the suspect's neck.
- d. Once the arm is controlled, the student can release the hand on the elbow and slide it under the suspect's wrist. The hand that just released the elbow will reach up and grab the student's wrist while being between the ground and the suspect's arm.
- e. The elbow nearest the suspect's belt will slide down toward the beltline. While the elbow is sliding toward the beltline, the student will rotate the suspect's wrist away from his body.
- f. The pressure should be present once the arm is pulled toward the beltline and the wrist has been rotated out. The pressure can be increased by lifting the suspect's elbow toward the sky and painting the ground with the back of the suspect's knuckles.

- g. Once the suspect shows verbal and physical signs of compliance (body goes limp, says they give up, shows signs of complete exhaustion), we can continue handcuffing.
- h. The student will rotate onto their knees and place the other foot flat on the ground with a 90-degree bend. The trapped arm will then be pulled across the bent knee and have the suspect rotate onto their side and then onto their belly.

### **III. The final thing to drive home is the training DRILLS! (IF TIME ALLOWS)**

**A.** The final progression we are going to go through is the drills. The drills will assist the students in seeing what will work in a fight.

1. First portion of the drill:
  - a. Students will start with striking dummies or focus mitts for approximately 60 seconds.
  - b. Next, students will start from standing and be taken down by the suspect. The student will then need to fight to gain control of the suspect or get up and away. This should not last longer than 60 seconds.
  - c. The student will then start with the subject in side control and then use side control and take the suspect into custody.
  - d. Finally, the student will handcuff a suspect using the Americana technique handcuffing covered earlier in class.

### **IV. Conclusion**

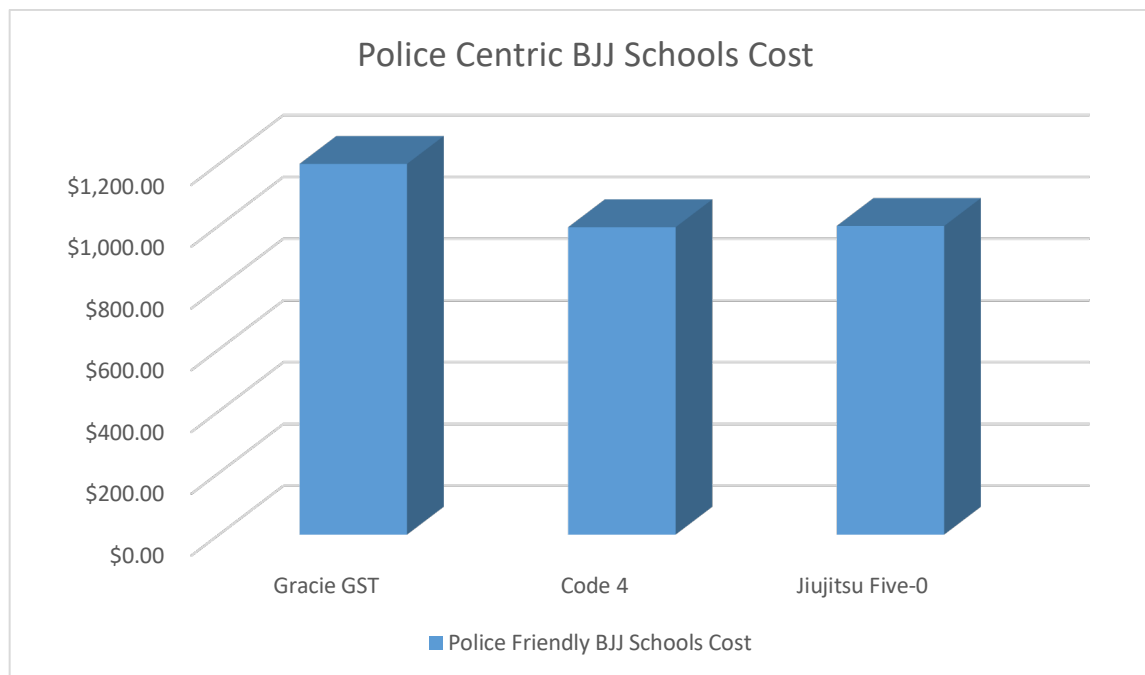
**A.** Performance Objectives review

**At the conclusion of this 4-hour block of instruction, using information presented in the class, the student will:**

1. Demonstrate on another student holding pads to target proper striking, shielding, and moving.
2. Demonstrate proper team arrest tactics using the Hidden-hands technique.
3. Demonstrate side control, arm-in-head control, and knee on belly.
4. Demonstrate a proper Gift Wrap control hold on a subject.

# Annex F

## Instructor Programs for Police Jiu Jitsu and Cost



Chad Lyman Code 4 Concepts Instructor Course NJ - C4C PJJ Level 1 **\$925.00**

<http://code4combat.net/about-us.html>

Gracie Survival Tactics POST **\$1200.00**

<https://www.gracieuniversity.com/Pages/Public/Informationpages/graciesurvivaltactics2>

Jiu Jitsu Five-O Instructor Certification Course **\$999.00**

<https://www.jiujitsufiveo.com/products/instructor-certification-course-rochester-mn-aug-21-24>



