

- I. Introduction
 - A. All instructors will introduce themselves to the class. The introduction will include the instructor's professional and teaching background.
 - B. Instructors will give a brief description of course outline and learning objectives.
- II. Standing Guillotine Defense
 - A. Standing to ground defense
 - 1. Designed when a suspect has secured the officers neck in a guillotine choke. Control the suspect's wrist that is around the neck. The other hand will be placed over the suspect's shoulder reaching deep for the belt. This position will stop the suspect from being able to effectively choke the officer. The officer will then release the hand holding the suspect's wrist and place it on the suspect's thigh. The officer will then hop to the side and bump the back of the suspect's knee with their knee. This will break the suspects balance and enable the officer to take them to the ground. Once on the ground the officer will keep the hand on the suspect's thigh to prevent being kneed in the face. They will then take the arm from around the suspects back and place it on the suspect's neck. They will use this carotid neck pressure to make the suspect release the headlock.
- III. Standing Up Into Base
 - A. Standing up when knocked to the ground
 - 1. The officer must first position themselves so their feet are between them and the suspect. The officer will lean to one side and put one arm on the ground and the other arm to protect the face. They will then lift their hips off the ground and swing the bottom leg back to replace the hand that is on the ground. They will then stand completely up still protecting their face with the other arm.
- IV. Clench also known as "Bear Hug"
 - A. Offensive
 - 1. The officer will first protect their face by sliding both hands to the top of their head, palms facing them. They will ensure their forearms are together to prevent getting struck in the face. The hands will stay up until contact is made to suspect's chest. Once contact is made, the officer will slide both hands under the suspect's arms, and will lock hands behind suspect's back.
 - B. Take-Down
 - 1. Leg-Trip: Once the clench has been established, the officer will remain tight to the suspect. The officer needs to keep their head close to the suspect's chest to prevent damage to their face. The officer will then use the "leg-trip" method by using the leg opposite of the head position. Example: If the officer is 2.looking left, they will use the right leg to trip. They will hook behind the suspect's leg with their leg, and pull the suspect's leg until it is slightly off the ground. They will then use their leg and head to move the suspect's body down to the ground. The

officer will end up in either side-mount, mount, or remain standing.

Double-Leg: From the clench position, the officer finds it difficult to use the leg-trip method. The officer will then drop the knee used for the trip to the ground, at the same time, they will slide both hands to the back of the suspect's knees. They will place their head on the side of the suspect's body. They will then push off the leg that is up, and drive suspect to the ground. Again from this position the officer will end up in side-mount, or remain standing.

C. Defensive: Preventing the clench

1. The suspect rushes the officer to attempt a take-down. The officer will step back with one leg, and place both hands on the suspect's shoulders.
2. Suspect achieves the double-leg position. The officer will jump back with both legs and put their chest on the suspect's back. They will use their free hand to drive across the suspect's face (known as a cross-face). The officer will then stand-up.

V. Mount Position (Top) - When the officer is sitting on the suspect's chest.

A. Maintaining the position

1. The suspect pushes on the officer's chest. The officer will push the suspect's hands off their chest.
2. The suspect pushes on the officer's knees. The officer will grab the suspect's wrist, with their palm facing up, and pull suspect's hands off their knees.
3. The suspect pushes on the officer's hips. The officer will put feet together and drive their hips forward.
4. The suspect grabs the officer's clothing at the chest area and attempts to throw the officer off. The officer will grab behind the suspect's head with one hand, and place the other hand on the ground to prevent being rolled over.
5. The suspect attempts to roll to their stomach. The officer will allow the suspect to roll over and will achieve the back mount position.

VI. Mount Position (Bottom) - When the suspect is sitting on the officer's chest.

A. Protecting themselves from punches

1. The suspect attempts to strike the officer in the face. The officer protects their face with their hands and forearms. At the same time, they will raise their hips by pushing off the ground with both feet. This will cause the suspect to fall forward and place their hands on the ground by the officer's head. The officer will keep their hips up, while reaching up between the officer's head and suspect's arm. The officer will trap the suspect's arm with their arm. The officer will then block the matching foot of the suspect's trapped arm with their foot. The officer will then lower their hips and then quickly raise them again. The suspect's head must go straight to the ground before the officer rolls them over. This will put the officer in the top position.
2. The suspect leans back to strike the officer in the face. The officer will use their non-weapon arm to push on the

suspect's hip. They will then move their hips back at the same time they push the suspect back. This motion will cause the officer to end up in the top position.

B. One/Two hand choke

1. Suspect is choking the officer with one or two hands. The officer will trap one arm by placing one hand on the suspect's wrist, and one hand behind the suspect's elbow. The officer will then block the matching foot of the suspect's trapped arm with their foot. Then the officer will use both feet to push off the ground and raise their hips. As soon as the suspect's head touches the ground the officer will roll them over. This will put the officer in the top position.

VII. Side-Mount (Bottom) - Suspect is laying across the officer's chest

A. Defending punches

1. The officer will place one forearm on the suspect's hip to prevent getting kneed in the face. Then the officer will place the other hand under the suspect's armpit. The officer's head will be high and tight to the suspect's armpit to prevent elbows to the face. The officer will bring both knees to their chest to prevent blows to the body.
2. The suspect sits up to punch the officer in the face. The officer will quickly move their hips away from the suspect and place their knees on the suspect's chest. The officer will keep both forearms and hands up by their head to prevent punches to the face.

B. Reversing the position

1. From the side-mount punch defense position. The officer will use both feet to quickly raise their hips, at the same time lifting their arm that is under the suspect's armpit. The suspect will roll-over and put the officer in the side control position.
2. If the suspect does not roll over. The officer will continue raising their arm that is under the suspect's armpit and turn to their knees. From this position, the officer can quickly stand up.

VIII. Side-Mount (Top) - The officer is laying across the suspect's chest

A. Control

1. Head and arm immobilization. The officer will place one arm under the suspect's neck and the other arm under the suspect's opposite armpit. The officer then locks their hands together securing the suspect.

B. How to Mount

1. Using the head and arm immobilization. The officer will place the knee closest to the suspect's leg on their stomach. The officer will then slide the knee across the suspect's stomach until the knee touches the ground. They will then bring their foot over and achieve the mount position.

- IX. Guard (Bottom) – The officer is lying on the ground with the suspect between their legs.
 - A. Defending Punches - Close
 - 1. Head and arm immobilization technique. The officer will grab behind the suspect's head with one hand. Then wrap around their arm and grab the suspect's tricep with their other hand. They will keep the suspect close to prevent punches.
 - B. Defending Punches – Suspect sits up
 - 1. The officer will defend their face with forearms and hands. The officer will put both knees in the suspect's chest to keep them away. The officer will then, turn to one side and put one foot on the hip, and one knee on the suspects chest. The officer will place their hand on suspect's chest or head and stand-up into base.
 - C. Suspect Stands Up
 - 1. The officer will place both feet on the suspect's hips (toes pointing out) to keep them away. If the suspect steps back, the officer will stand-up into base.
- X. Guard (Top) – The officer is on their knees between the suspect's legs.
 - A. Standing Escape
 - 1. The officer will place their hands on the suspect's biceps, keeping their head on the suspect's chest. The officer will quickly sit back, then put one hand on the suspect's chest and one hand on their hip. The officer will then stand up, one leg at a time. After the officer is up and in base, they will put one hand on the suspect's knee pushing down to open their legs. Once the suspect's legs are open, the officer will step back and disengage.
- XI. Back Mount
 - A. Control the Back
 - 1. The officer is under the suspect with their chest against the suspect's back. The officer will need to also, wrap their legs around the suspect's waist insuring they DO NOT cross their feet. The officer will obtain a head and arm control grip. One hand will go around the suspect's head; the other hand will be under the suspect's arm. The officer will lock their hands to confirm the hold.
 - B. Rear Naked Choke
 - 1. After establishing back control on the suspect. The officer will wrap one arm around the suspect's neck (making sure the elbow is in-line with the suspects chin). The officer will grab the bicep of the opposite arm. The second hand will slide behind the suspect's head and make a fist. To apply the choke, the officer will need to squeeze their elbows together, and shrug their shoulders. The choke should render the suspect unconscious in 7 to 12 seconds.
- XII. Back Mount Defense
 - C. Escaping – If the suspect is on the officer's back.
 - 1. The officer should first defend their neck by crossing their hands, and placing them on either side of their neck. The officer

will then use both feet to push off the ground and lean to their weapon side. Then the officer needs to put their head on the ground and square their shoulders. The officer then, controls the suspect's knee with their hand. This prevents the suspect from mounting them. The officer will then scoot their hips out and away from the suspect. After scooting away, the officer should turn on their knees and obtain the side-mount position.