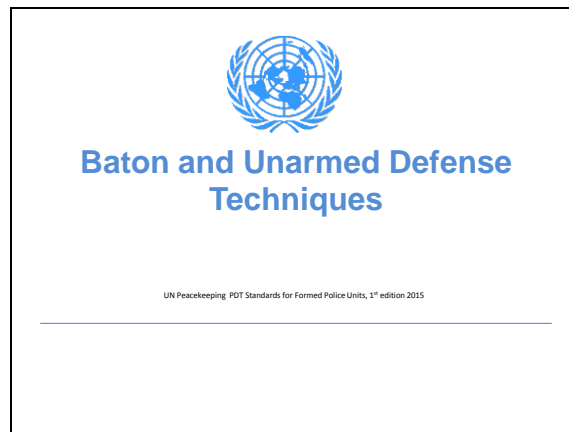


**Police Tactics & Techniques**

# **Baton and Unarmed Defense Techniques**

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Slide 1

## Training sequence

The material in this module is designed to be delivered over fifteen 40 minute periods, the first of each part (I, II, III) being a theoretical lesson with PowerPoint presentation the next three sessions of each being practical lessons where each of the individual techniques is demonstrated and practiced by the student. In the last lesson of all three parts, the moves will be practiced and the instructor will be able to assess the officers to ensure that they have learnt the techniques. This is on the assumption that the students have received no previous training in this subject.

## Duration

Minimum Session time	Lecture/Presentation	Question/Assessment	Session Activities
15 hours	(3X40) 120 mins	(3X40)120 mins	(9X40)360 mins
Additional Options	Mission Specific	Optional film	Optional activity

## Methodology

This module contains basic PowerPoint presentations to explain and show the various techniques. However, the majority of this module should be taught in a practical manner using the format:

- Demonstration by the instructor

- Explanation by the instructor
- Imitation by the students (with instructor correcting where necessary)
- Practice by the students until the technique is perfected

At the end of the final stage the instructor will be able to assess if the student is competent in the technique having carried out continuous assessment throughout the preceding lessons.

The instructor should inform participants of the content, format and timing. Knowing what to expect, participants can improve their ability to focus on the subject and benefit better from the session.

Instructors are encouraged to add practical examples and mission specific information related to the specific deployment of participants, if known.

## Instructor Profile

This module is best presented by an instructor who has practical experience in Baton and Defensive Tactics in peacekeeping operations and who could share his/her experience with the group should present the module. If there is more than one instructor, at least one should have practical experience in either domestic policing or a peacekeeping mission.

## Instructor Preparations

### Required Readings:

- DPKO Policy on Formed Police Units in United Nations Peacekeeping Operations
- FPU Training Handbook
- Basic Principles on the Use of Force and Firearms by Law Enforcement Officials
- CPTM Unit 1 Part 2 – Non use of force except in self-defense & defense of mandate
- Directive on the Use of Force (DUF - mission specific)

### General Preparations:

Equipment:

1. Computer and PowerPoint slides
2. Projector and Screen
3. Training weapons

Note that where possible, training weapons should be used as they are less likely to cause injury while engaging in training. Instructors should also consider the use of 'fist suits' which give protection to instructors whilst still allowing the student to practice the correct strikes and techniques. Where these types of advanced training equipment are not available training pads are desirable to practice the strikes.

Training Area:

The initial lesson should be carried out in the classroom; however subsequent

lessons will need a large area where students can work in pairs, and have the space to move around and practice techniques without injuring colleagues.

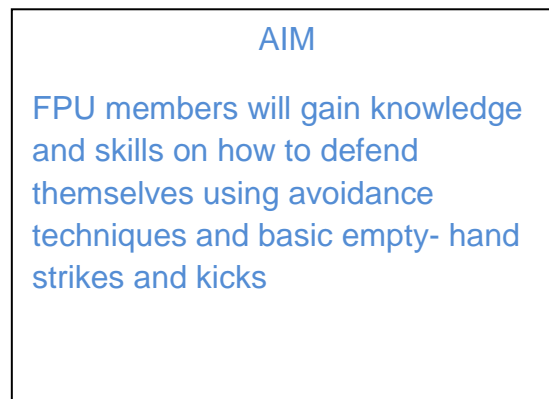
## Part I Unarmed Defensive Strikes

### Background

Even when mindful of the Safety Zones (Observation, Verbal Contact, and Intimate) and taking care with the Triangle of Aggression, there are times when an officer must approach and make contact with a suspect. Whether in the process of searching, handcuffing, or escorting, when the officer is within the intimate zone and the suspect resists, the officer has various options. If resistance comes in the form of a stiffing of his arms and failure to cooperate, one of the restraint techniques as outlined in the last section of this lesson might be appropriate. If however, the suspect violently attacks, the officer's options are to disengage through use of an avoidance technique or to use the empty hand strikes to either disengage or subdue the offender.

### Aim

To familiarize the FPU members with good practices in defending themselves using avoidance techniques and basic empty-hand strikes and kicks



Slide 2

### LEARNING OUTCOMES

At the completion of this part, officers will be able to:

1. Demonstrate disengagement through use of avoidance techniques
2. Demonstrate direct strikes with fist / palms
4. Demonstrate direct leg and knee kicks
5. Demonstrate circular and direct strikes with elbows

#### Slide 3

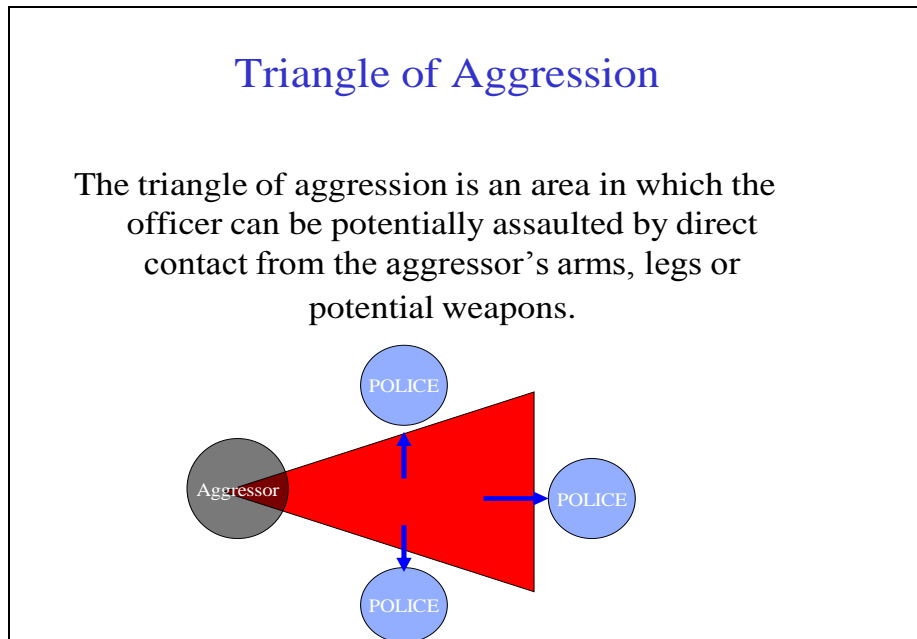
### Learning outcomes

At the completion of this part, FPU members will be able to:

1. Demonstrate disengagement through use of avoidance techniques
2. Demonstrate direct strikes with fist / palms
4. Demonstrate direct leg and knee kicks
5. Demonstrate circular and direct strikes with elbows

### Triangle of Aggression

The triangle of aggression is that space in front and forward sides of the suspect in which he can most dangerously move and attack.



Slide 4

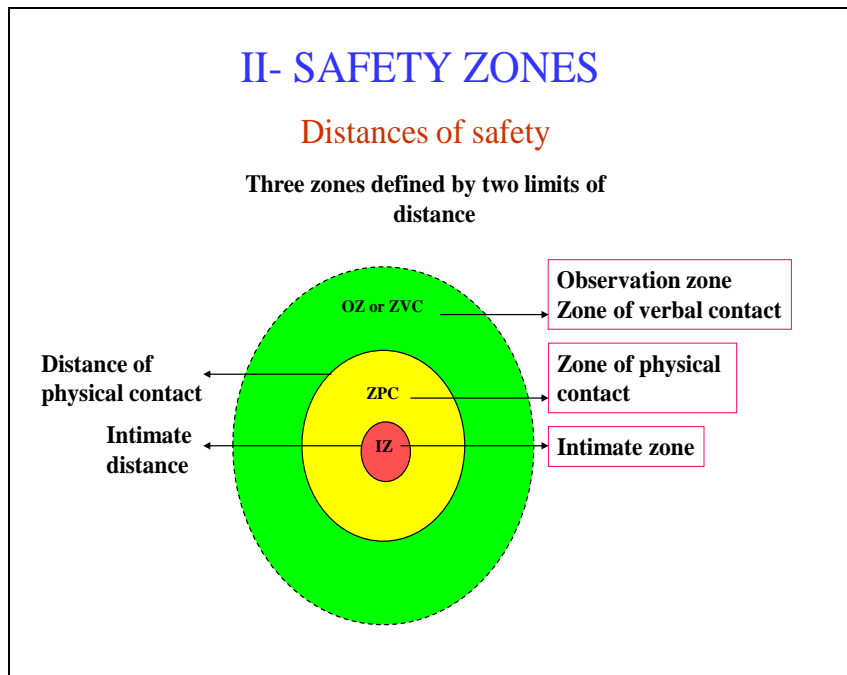
## Safety Zones

There are three safety zones of physical contact that vary according to distance from the suspect and represent varying levels of safety from sudden attack.

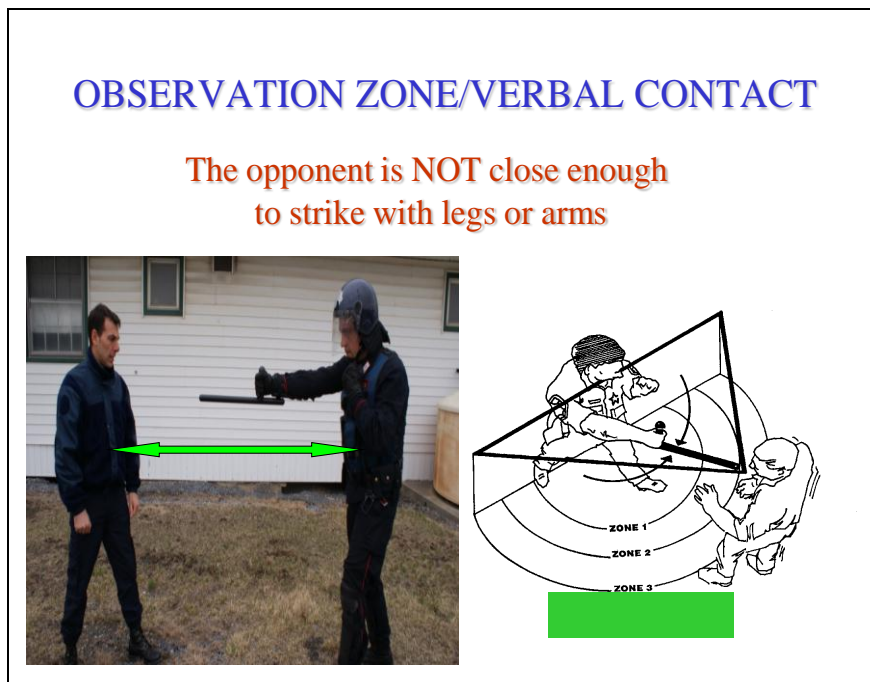
**The Observation Zone** is the distance from which an officer can speak to a suspect but is out of the suspect's reach and sudden movement area.

**The Physical Contact Zone** is the distance from which the opponent can reach the officer with a kick or an edged weapon.

**The Intimate Zone** is that area within which an opponent can immediately strike with hands, elbows, and knees, without having to move any closer.



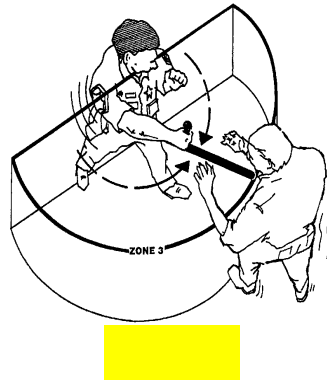
Slide 5



Slide 6

## ZONE OF PHYSICAL CONTACT

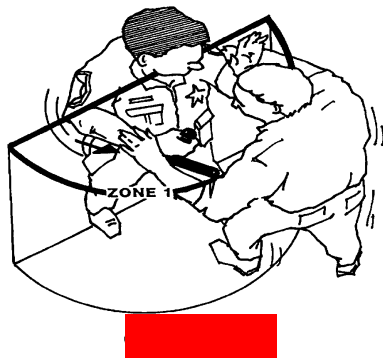
The opponent is close enough to strike with legs or stabbing weapons



Slide 7

## INTIMATE ZONE

The opponent is in close contact.



Slide 8

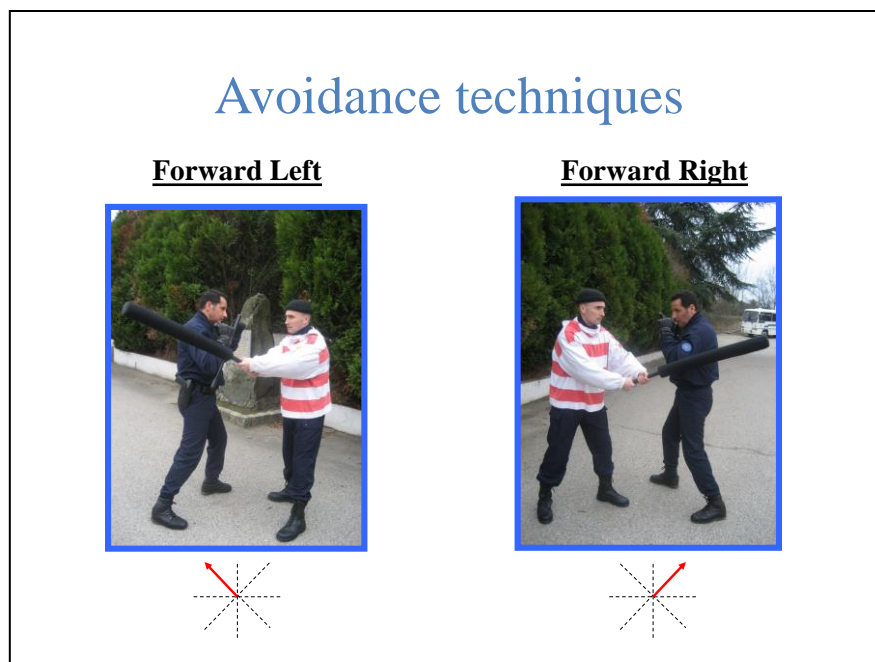


## Avoidance Techniques

There are several avoidance moves. The Step Back seeks to quickly gain distance between the assailant and the officer, while the various Lateral techniques quickly move the officer outside the assailant's triangle of aggression. Since these moves gain only momentary benefit with the suspect also in motion, they must be interchanged and repeated as necessary and in combination with defensive strikes, either with baton or fists and feet.

To perform the step back, from the regular guard position the officer pushes off with this front leg and steps to the rear with his back leg. The front foot may drag the ground slightly during this move so the officer remains in the regular guard upon its completion.


To performing the lateral avoidance is similar to the step back except that the movement is directed to either side, always seeking to conclude in an active guard position. In the forward and rearward lateral moves the officer must rotate his body while moving to ensure he is always facing the assailant.



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### Avoidance techniques


**Left Side**                      **Right Side**



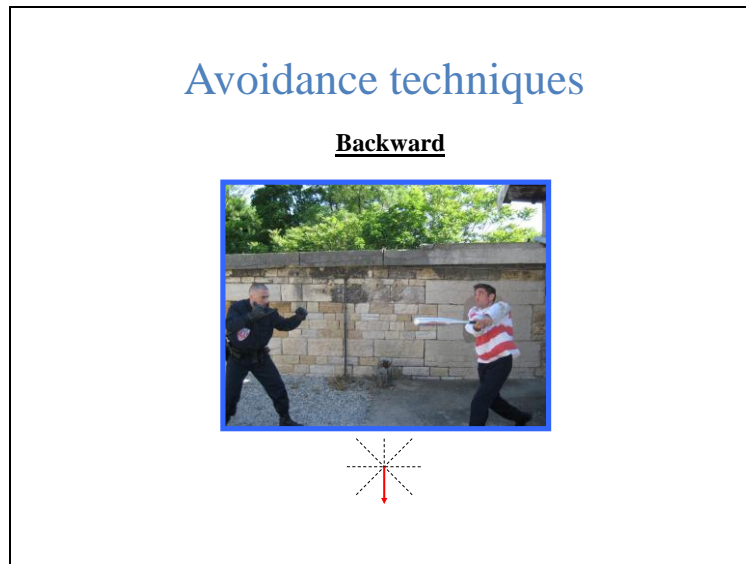
Slide 10

### Avoidance techniques

**Backward Left**                      **Backward Right**



Slide 11



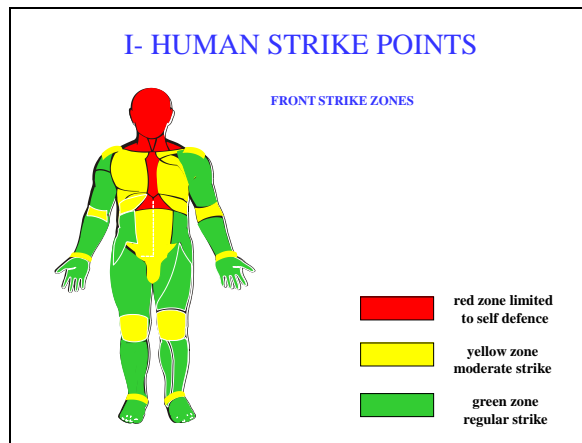
### Strike Zones of the Human Body

FPU members must be mindful of the three zones of the human body that indicate levels of vulnerability to serious injury or death.

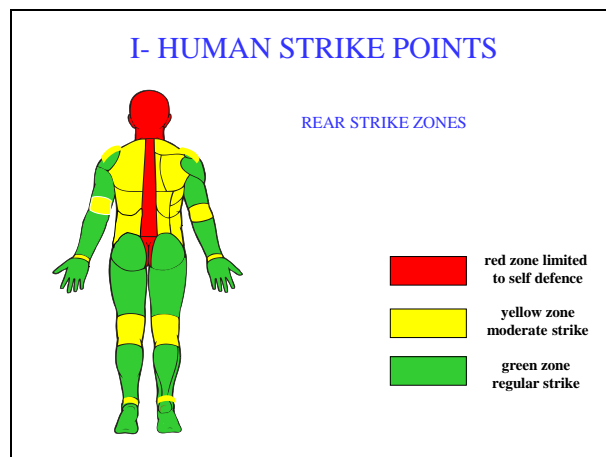
The green zone indicates those areas where strikes to the body are least likely to result in serious injury or death.

The yellow zone indicates those areas where it is possible for strikes to result in serious injury or death.

The red zone indicates those areas of the body where strikes should be avoided unless the application of deadly force is necessary.



Slide 13



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## Unarmed Strikes

Where the suspect is within the intimate zone of the officer and body to body, there are two types of elbow strikes that can be used to stun an assailant and allow the officer to make distance. The direct elbow strike is delivered by the officer thrusting either of his elbows directly upwards raking the assailant's upper body. The circular elbow strike is delivered by the officer making a fist near his own front shoulder area and then bringing the elbow inward across the center of his own body horizontally to rake the suspect's upper body. These two types of strikes can be delivered interchangeably by either or both elbows in combination, until the officer is able to make distance and deliver other strikes as necessary, draw a baton for defense, and subdue the assailant.

Knee Strikes can also be used on an assailant within the intimate zone. These are delivered by the officer thrusting his knee(s) upwards into the assailant's lower body.

When the suspect is outside the intimate zone yet still within the zone of physical contact, direct punches and direct kicks can be used to fend off an attacker. These can be delivered with either the hands or the feet. When delivering punches with the hands, officer's should remain mindful that for delivering strikes on hard parts of the body (face and head area) the flat palm of the hand should be used, while on soft areas the fist is preferred. This hard / soft consideration not only demonstrates restraint as a use of force issue, but will save the small bones in the officer's hands from damage and possible incapacitation should the assault against the officer continue.



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**Circular strike with elbow**



Slide 16

**Strike with knee**



Slide 17

## DEFENSIVE STRIKES

The defensive strikes are used to keep distance with the opponent in order to avoid his presence in the intimate zone.



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## Summary

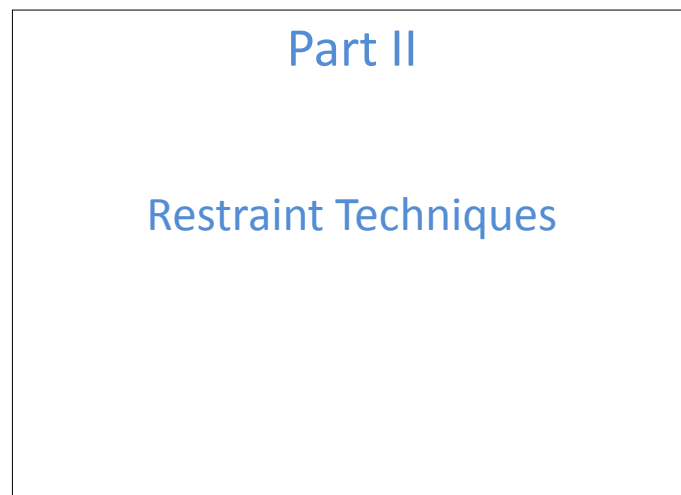
- Triangle of Aggression
- Safety Zones for contact
- Avoidance techniques
- Human Strike Zones
- Direct and Defensive Strikes

Slide 19

## Part II Restraint Techniques

### Background

When dealing with suspects that must be removed from a location and / or who are displaying behavior or are within a setting where it is suspected they may become assaultive, certain care must be taken when handling them. Since persons who verbally refuse to cooperate will often go along without further resistance once police actually take hold of them physically, it is necessary for police to have tactics that protect them from assault while employing the minimum force necessary to perform the task.



Slide 20



## AIM

- To enable FPU members to escort suspects properly and utilize branching options for the appropriate use of force in response to suspect's actions

Slide 21

### Aim

To enable FPU members to know how to correctly escort suspects and provide them with branching options for the use of force, depending upon a suspect's reactions

### Learning Outcomes

At the completion of this module, officers will be able to demonstrate:

1. How to make initial physical contact with a person that must be forcibly moved.
2. How to hold onto a person being physically escorted.
3. How to apply an Escort Compliance Hold
4. How to apply the straight arm bar takedown

### LEARNING OUTCOMES

At the completion of this module, officers will be able to demonstrate:

1. How to make initial physical contact with a person that must be forcibly moved.
2. How to hold onto a person being physically escorted.
3. How to apply an Escort Compliance Hold
4. How to apply the straight arm bar takedown

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### Basic Escorting

The Basic Escort hold is performed by the officer approaching the suspect's right side, if the situation allows. This ensures the suspect's strong side is being dealt with and allows the officer performing the maneuver to keep his sidearm away from the suspect.

1. The officer blankets the suspect's right elbow with his hands. At this point, if the suspect is going to resist he may well do so. Having control of his strong side elbow will allow the officer protection to disengage (step back avoidance) if he suddenly becomes assaultive.
2. If no assault develops from the officer performing step one, the officer quickly slides his right hand (palm inward) down the suspect's forearm and grips the wrist so the officer's thumb is in the crease under the wrist. The officer's left hand remains in place on back of the suspect's elbow. From here, the officer can walk the suspect with elbow pressure to move him forward while maintaining a hold on the wrist with no further action necessary.

Note: The escort procedure outlined above may be performed by two officers, each taking hold of one of the suspect's arms, however one of the officers will invariably have his sidearm exposed to the suspect in such a case, and must therefore take care with regards to weapon retention.



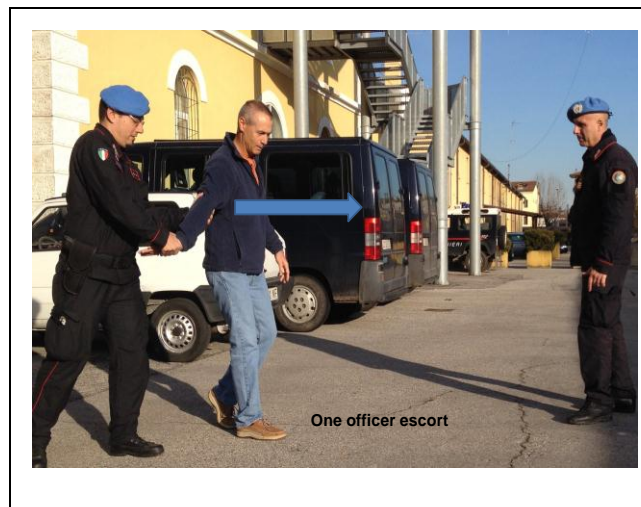
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Slide 25



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## Use of Force Options

**Escort Compliance Hold:** If at some point the suspect begins to become resistant or uncooperative, but not fully assaultive, the escorting officer can apply the escort compliance hold (“gooseneck” or “swan”). The officer does this by lifting up on the suspect’s right wrist while bending down the suspect’s hand using the officer’s thumb as a fulcrum simultaneously the officer’s left hand bends the suspect’s elbow downward and traps it between the officer’s left arm and body. To complete the step the officer’s left hand slides up between the suspect’s arm and his body to double over the officer’s other hand. When applied quickly, the right pressure is maintained downward on the suspect’s hand, so that the suspect must continue to walk under his own power.

**Straight Arm Bar Takedown.** If the suspect being escorted becomes resistant or violent at a level where application of the Escort Compliance Hold is not feasible, then from the original escorting position the suspect can be taken to the ground for handcuffing. This is done by the escorting officer sharply stepping away from the suspect to the right while pulling diagonally on the suspect’s wrist with his right hand. This throws the suspect momentarily off balance allowing the officer’s left hand which was on the elbow to draw away and momentarily upwards to perform a downward movement with the blade of the palm /wrist onto the back of the suspect’s extended arm at the triceps. The force of the downward movement should be almost that of a strike but with weight and follow-through enough to force the suspect to the

ground at the officer's feet. By maintaining the grip on the suspect's wrist, the officer kneels on the suspect's back/side in a manner that traps the suspect's shoulder. From this position, the suspect is ready for ground handcuffing per the procedures outlined in that lesson plan.



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Slide 31



Slide 32



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### Summary

- Basic Suspect Escorts
- Wristlock Escort Holds
- Arm bar Takedowns

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## Part III

# Baton Techniques

### Background

The straight baton is one of the basic weapons used in Crowd Control for self-defense. All FPU officers should be issued with batons and should be able to employ basic self-defense techniques for use when dealing with suspects armed with less lethal weapons.

Whenever an officer has to resort to the use of force they must be able to justify it against the conflict resolution model outlined in the CPTM on the use of force and firearms, although they are used for self-defence all the techniques in this module involve the use of force.

This module contains a number of basic techniques used in many police services around the world, they are easy to learn and simple to employ.

While it is accepted that some FPUs will deploy side handled batons such as the Monadnock PR-24 (Tonfa) or extendable batons such as the Asp, this module is based around the use of standard straight fixed batons with a length of between 24 and 36 inches.

**This module has been designed to be delivered in association with the lesson on searching & handcuffing a suspect which explains the safety zones and the active guard position, therefore the element in this lesson in relation to that topic should be used as revision.**

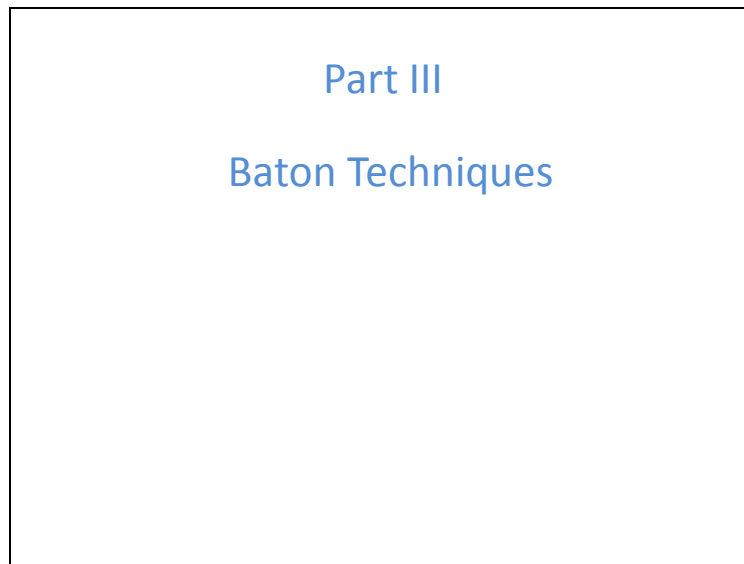
## Aim

To familiarize the FPU members with good practices in defending themselves using basic baton techniques

## Learning outcomes

At the completion of this part, FPU members will be able to:

1. Demonstrate Guard positions
2. Demonstrate the defensive strike techniques
3. Demonstrate the basics of defensive block / avoidance techniques
4. Identify the three types of strike zones and their location on the human body



Slide 35

## AIM

To enable FPU members to defend themselves using a baton.

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## LEARNING OUTCOMES

On completion of this module the participants will be able to:

1. Demonstrate Guard positions
2. Demonstrate the defensive strike techniques
3. Demonstrate the defensive block techniques

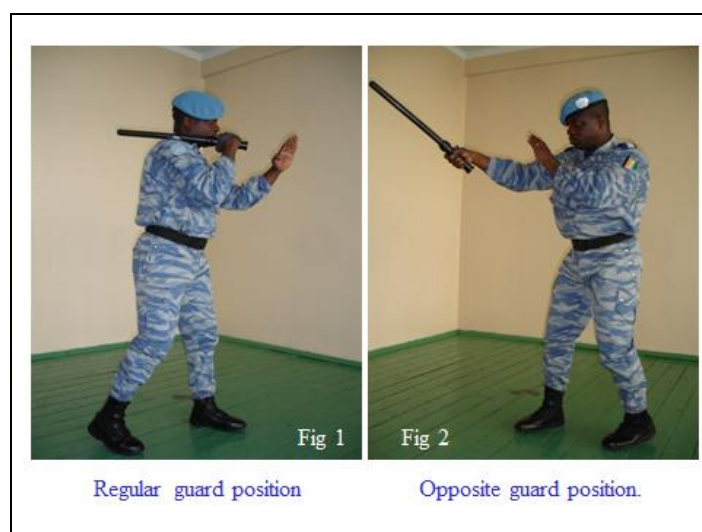
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Human Strike Points -Officers will have been introduced to this theory if they have already been given the module on Unarmed Defensive Tactics. Provided this is the case this should be used as revision and the students should be questioned on the zones and their risks.



Slide 38

Officers will have different methods of carrying the baton on the body; however the normal method is by some form of holder which suspends the baton from the belt as in the first illustration. It should be noted that FPU members most often carry the baton on the opposite side of the belt from their strong hand and withdraw it from the holder in a cross-draw fashion. Either way, the baton can be drawn and held in the stand by position which is parallel with the strong side leg slightly to the rear so that it is not obvious to any suspects positioned in front of the officer. This way the baton can be raised into the regular position very quickly without the officer having to free it from the belt first. This position should be adopted when the officers feels that there is or maybe potential danger, or when operating as part of a public order management formation, when ordered to do so.



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The regular guard position is with the baton held in the strong hand over the

shoulder with the baton handle facing towards the suspect/potential danger; the stance is exactly the same as the active guard stance adopted for searching, handcuffing and UDT, except the baton is in the strong hand. From this position the baton can easily be brought forward to carry out defensive strikes or blocks. The guard can be changed to either the strong side or weak side foot forward (see Fig 2). The officer moves forward, backwards or to the side in the same manner as used during UDT although they have the baton ready as an additional weapon if required.



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All baton strikes are for defensive purposes and should only be carried out if in line with the guidance on use of force. The officer should always direct strikes to the appropriate body area for the threat that is directed at them, and they must be aware that they may have to justify the amount of force used at a future time. The strike is delivered by bringing the baton down over the shoulder onto the selected target (in the case of Fig 1 & 2 the upper arm) the officer should aim the strike so that the top section of the baton contacts with the suspects target body area to make the strike efficient. If the aim is not taken carefully, then the top of the baton may just glance over the target area having little effect on the suspect. Poorly aimed and delivered strikes will only serve to aggravate the suspect. The methodology behind the defensive strike is to temporarily incapacitate the suspect without causing major injury so that the officer can withdraw from the danger zone or arrest and detain the suspect in safety.



Slide 41

The strike can also be directed to the lower limbs where, if effectively delivered, it can cause temporary loss of sensation in the leg causing the suspect to have difficulty in standing or moving, therefore being easier to subdue and arrest. Note that as the officer has to bend down toward the legs of the suspect, the weak hand is used to shield the face from any attempt to strike it.

Once the strike has been delivered, the officer must reassess the situation and decide on the next stage. This could be to move in and detain the suspect in an arm lock, apply handcuffs, to withdraw and attempt to use tactical communication or to escalate the force if the suspect indicates that is their intention and it can be justified.

Officers should be reminded of need to remain calm and focused when engaged with a suspect. They must be mindful of their accountability and cannot strike out continuously or without thought, every move must be justified. They should be warned of the dangers of 'Red Mist' where they become absorbed on fighting the suspect and they will not stop until the suspect is subdued by force. This action must remain professional and never felt as personal.



Slide 42

The following method can be used when dealing with suspects armed with edged weapons. *However, it should be remembered that it may be more prudent for the officer to make distance between themselves and the suspect to enable them to draw their handgun, remembering that the suspect can cross a considerable distance in the time it takes to draw a weapon.* By changing to a weak side guard, the officer is already making distance and increasing the zone of physical contact.



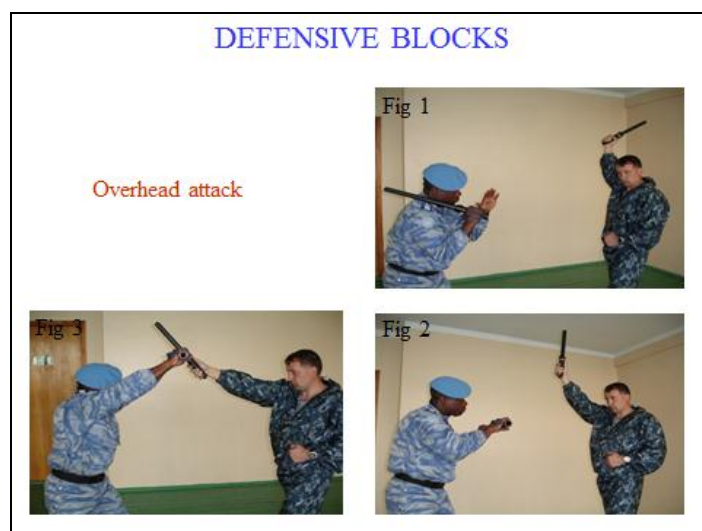
Slide 43

If it is not possible to change guard and make distance (i.e. trapped in a corner) then the officer should protect their body surface by keeping as little of it as possible exposed to the suspect.



Slide 44

The officer should then make short, powerful strikes on the suspect's wrist so that they release the weapon. The officer must be careful not to become too focused on the knife in case the suspect engages them with their other hand or one of their legs. In all cases, when a suspect attacks an officer with an edged weapon it is a deadly force situation and baton strikes or blocks can be useful to create temporary distance and gain the moment in time that it takes for the officer to draw an employ a firearm or escape the danger.



Slide 45

In addition to defensive strikes, the baton can be used to block attacks with both edged weapons and blunt instruments such as wooden or metal poles.

*In these movements that are referred to as 'blocks', the officer must overcome the time delays involved in action / reaction and be able to anticipate the move and*



*counter it by placing his baton between the strike and his own body. Even for officers with years of advanced training, this is very difficult to do. FPU members are reminded that if they are quick enough to correctly anticipate the timing and movement of the suspects blow and successfully block it, they must take offensive action to neutralize the threat or escape the danger. Nothing taught here should be misconstrued by FPU members to indicate that they can realistically expect to block blow after blow. The action / reaction delay simply makes this dangerously improbable.*

The officer is in the active guard position when they see suspect coming towards them with the weapon (Fig 1). They move the baton across their head and take hold of the far end of it with the weak side hand (Fig 2). During this time, they remain in the active guard position in case they need to move forwards, backwards or to the side. They extend both arms towards the direction of the suspect's weapon to block it from hitting any part of their body (Fig 3). Having blocked the attack the officer should be ready to move in any direction to clear any further strike or to increase the distance from the suspect and remove themselves from the zone of physical contact. They can also consider making a defensive strike if the circumstance can justify it.



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A similar form of blocking movement can be used to counter and kicks from a suspect, the officer is in the active guard position when they perceive the suspect aiming a kick towards them (Fig 1). They move the baton to the front centre of the body and grip the far end with their weak side hand (Fig 2). They then push the baton towards the lower shin and ankle area holding it firmly with both hands to absorb the kick. Note that the officer does not bend down towards the leg but maintains distance keeping their head up to observe any other movements the suspect may be making (Fig 3).

Once again the active guard position is maintained throughout, giving the officer the ability to step away in any direction or to follow through with a defensive strike if the situation justifies it.

It is important for officers to practice maintaining a straight back and keeping their head well away from the suspect.



Slide 47

As well as blocking strikes aimed at the head the baton can be used to block swinging attacks to the right and left side. The officer is in the active guard position and perceived the weapon being swung towards their left side (Right Lateral Attack) (Fig 1). They move the baton across their chest and take hold of the far end of the baton with their weak side hand (Fig 2). They then pivot their body on their weak side leg to turn into the suspect's swing whilst holding the baton vertical to the ground to absorb the blow (Fig 3). They are still in the active guard position ready to move away to make distance or follow through with a defensive strike if the situation justifies it.



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The block can be employed on the right side the technique is similar to that shown above but in this instance the officers pivots in the opposite direction to block the left lateral attack.

**SUMMARY**

- Human strike points
- Baton positions
- Defensive baton strikes
- Blocking moves

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The officers should be given a summary of the key points of the lesson before being asked if they have any questions

**Questions?**



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