

**PERISHABLE SKILLS PROGRAM  
ARREST AND CONTROL  
PASADENA POLICE DEPARTMENT - 5680  
CNN: 29503 | POST CERTIFICATION II | 4 HOURS**

**COURSE GOAL:**

The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The trainee will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

The course consists of a hands-on / practical skills as well as policies and legal issues on the topic of arrest and control training for in-service officers.

**ARREST AND CONTROL**

**Minimum Topics / Exercises:**

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation / Verbal commands - in exercise(s)
- e. Body balance / stance / movement patterns – in exercise(s)
- f. Basic Strikes – in exercise(s)
- g. Search – in exercise(s)
- h. Equipment / Restraint device(s) use – in exercise(s)
- i. Subject's Actions and Officer's response to force
- j. Control / Takedown – in exercise(s)
- k. Ground Control – in exercise(s)
- l. Class exercises / Student Evaluation
- m. Recovery / First Aid (as applicable)

**COURSE OBJECTIVES**

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.

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3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise to include:
  - a. Judgement and Decision Making
  - b. Officer Safety
  - c. De-escalation, Verbal Commands
  - d. Body Balance, Stance, and Movement
  - e. Basic Strikes
  - f. Searching / Handcuffing Techniques
  - g. Control Holds / Takedowns
  - h. Ground Control
  - i. Effectiveness Under Stress Conditions
  
4. Student Participation:
  - a. Instructors will teach and demonstrate each of the arrest and control topics outlined. Students will then be allotted time to practice each of the instructional topics under the supervision of the instructors.
  
  - b. After each practice session, students will be required to demonstrate proficiency of the topic to the instructors.

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**EXPANDED COURSE OUTLINE**

**I. REGISTRATION AND ORIENTATION**

- A. Introduction, Registration and Orientation
  - 1. Instructor and Student Introductions
  - 2. Course Roster
  - 3. Facility Overview
- B. Course Objectives / Overview, Exercises, Evaluation / Testing
  - 1. Course Objectives
    - a) Judgement and Decision Making
    - b) Officer Safety
    - c) De-escalation/Verbal Commands
    - d) Body Balance, Stance, and Movement
    - e) Basic strikes
    - f) Searching / Handcuffing Techniques
    - g) Control Holds / Takedowns
    - h) Ground Control
    - i) Effectiveness Under Stress Conditions
  - 2. Safety Policy / Orientation

**II. SAFETY ORIENTATION AND WARM-UP (c)**

- A. Review of safety guidelines and injury precautions
  - 1. Review of class safety guidelines
  - 2. Emergency Exits
  - 3. Avoiding injury
- B. Removal of any jewelry which could cause injuries
- C. Students will participate in warm-up/stretching exercises
- D. Discuss Physical Conditioning

**III. USE OF FORCE POLICIES AND LEGAL ISSUES (a, b)**

- A. Case Law Update, report documentation and policy updates
  - 1. Tennessee v. Garner
  - 2. Graham v. Connor
- B. Pasadena Police Use of Force Policy – Lexipol 300
- C. Overview of Penal Code 835a and any updates

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**D. Overview of Penal and Government Code Updates**

1. AB 392
  - a) PC 835a
  - b) PC 196
2. AB 490
  - a) GC 7286.5(a)
  - b) GC 7286.5(b)

**E. Report Writing**

1. Proper documentation of use of force incidents
2. Articulation of events
3. Documentation of injuries / aid rendered to subjects, officers, bystanders

**IV. DE-ESCALATION OF FORCE (b, d)**

**A. Verbal Commands**

1. Tone of voice
2. Gain voluntary compliance
3. Single communicator

**B. Assessment**

1. Ability
2. Opportunity
3. Intent
4. Recognize when to escalate vs. de-escalate
  - a) When verbal commands fail – time to take action
  - b) Use of force warning when feasible

**C. Tactics**

1. Distance plus cover equals time
2. Resources
3. Contiguously Plan

**V. BODY BALANCE / STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND POSITION OF ADVANTAGE (e)**

- A. FI Stance
- B. Movement and footwork in all directions
- C. Startle defense
- D. Falling technique

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VI. BASIC STRIKES (f)

- A. Punches
- B. Elbows
- C. Kicks

VII. SEARCH TECHNIQUES, CONTROL / TAKEDOWN, RESTRAINT  
DEVICES, DE-ESCALATION, and VERBAL COMMANDS (b, d, g, h, i,  
j)

- A. Low Profile Searching / Handcuffing
  - 1. Application, search, and handcuffing
  - 2. Contingency for a resistive subject
  - 3. Locating a weapon during the search
  - 4. Discuss verbal commands and de-escalation
  - 5. Discuss subject's actions and Officer's response to force
- B. Seated Position
  - 1. Handcuffing a seated subject
  - 2. Takedown to prone position and handcuffing (all variations)
  - 3. Discuss verbal commands and de-escalation
  - 4. Discuss subject's actions and Officer's response to force
- C. High Risk Search
  - 1. Solo Officer / Officer with backing officer to handcuffing
  - 2. Handcuffing / searching subject on his knees
  - 3. Handcuffing / searching subject in the prone position
  - 4. Discuss verbal commands and de-escalation
  - 5. Discuss subject's actions and Officer's response to force
- D. Takedowns
  - 1. Fleeing subject
  - 2. Resistive subject
  - 3. Utilization of under hooks
  - 4. How to fall

VIII. GROUND CONTROL (f, i, j, k)

- A. Side Control

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- B. Mount
- C. Back Mount
- D. Guard
- E. Weapon Retention
- F. Strikes

**IX. STUDENT RECOVERY (1)**

- A. Cool Down
  - 1. Stretching
  - 2. Hydration
- B. Injuries
  - 1. Treat
  - 2. Document

**X. REMEDIATION (1)**

- 1. If the trainee cannot properly demonstrate any of the techniques in Arrest and Control that are taught throughout the course outline, the trainee will be asked to attend an additional day of Arrest and Control PSP.