

ELIZABETH POLICE DEPARTMENT GENERAL ORDERS



VOLUME: 3

CHAPTER: 2

OF PAGES: 159

SUBJECT: USE OF FORCE

EFFECTIVE DATE:

February 5, 2026

ACCREDITATION STANDARDS:

(NJSACOP) 1.10.2a, 3.3.1, 3.3.2, 3.3.3, 3.3.4

(CALEA) 4.1.1, 4.1.2, 4.1.3, 4.1.4, 4.1.5, 4.1.6, 4.1.7, 4.2.1, 4.2.2, 4.2.3, 4.2.4, 4.3.4

BY THE ORDER OF:

Chief Giacomo Sacca

BY AUTHORITY OF:

Police Director Earl J. Graves

SUPERSEDES ORDER #:

PURPOSE

The purpose of this general order is to maintain procedures regarding the lawful use of force and to maintain compliance with guidelines and directives promulgated by the New Jersey Attorney General, the Union County Prosecutor, and existing statutory and case law.

POLICY

It is the policy of the Elizabeth Police Department that officers hold the highest regard for the dignity and liberty of all persons and place minimal reliance upon the use of force and instead use de-escalation tactics to the extent possible under the circumstances. This department respects and values the sanctity of human life and the application of deadly force is a measure to be employed only in the most extreme circumstances.

Law enforcement officers have been granted the extraordinary authority to use force when necessary to accomplish lawful ends. That authority is grounded in the responsibility to comply with the laws of the State of New Jersey regarding the use of force and to comply with the provisions of this general order. In situations when officers are justified in using force, officers shall use only that degree of force that is reasonable, necessary, and proportional considering the totality of the circumstances, including the subject's mental and physical condition, the nature of the offense, and most importantly the level of resistance or threat known to the officer at the time.

Officers whose actions are consistent with the law and the provisions of this general order will be strongly supported by the law enforcement community in any subsequent review of their conduct regarding the use of force. Conversely, officers whose actions are contrary to law and the provisions of this general order may be subject to disciplinary action, up to and including criminal prosecution and/or termination.

TABLE OF CONTENTS / CORE PRINCIPLES

PURPOSE	1
POLICY	1
TABLE OF CONTENTS / CORE PRINCIPLES	2
I. DEFINITIONS	3
II. CORE PRINCIPLE #1 – officers shall make every effort to preserve and protect human life and the safety of all persons. Officers shall always respect and uphold the dignity of all persons in a non-discriminatory manner.	9
III. CORE PRINCIPLE #2 – Force shall only be used as a last resort when necessary to accomplish lawful objectives that cannot reasonably be achieved through verbal commands, critical decision making, tactical deployment or de-escalation techniques. Force shall never be used as a retaliatory or punitive measure.	9
IV. CORE PRINCIPLE #3 – Officers shall use the least amount of force that is objectively reasonable, necessary, and proportional to safely achieve the legitimate law enforcement objective under the circumstances.	13
V. CORE PRINCIPLE #4 – Deadly force shall only be used as an absolute last resort and in strict compliance with this general order. Other actions by law enforcement that create a substantial risk of death or serious bodily injury must be avoided or employed only under the strictest of conditions.	25
VI. CORE PRINCIPLE #5 – Every officer, regardless of rank, title, seniority, or status, has an affirmative duty to take steps to prevent any use of force that is illegal, excessive, or otherwise inconsistent with such policies, regulations, and laws, if possible, before a fellow officer uses excessive, illegal, or otherwise inappropriate force. Every officer has a duty to immediately report any improper use of force.	28
VII. CORE PRINCIPLE #6 – After any use of force, and when the environment is safe, officers shall promptly render medical assistance to any injured person consistent with the officer’s training and shall promptly request emergency medical assistance for that person, if needed or requested. Officers also have a duty to monitor individuals for potential medical intervention after any officer uses force.	29
VIII. CORE PRINCIPLE #7 – Every use of force must be reported and receive a meaningful command level review as set forth in this general order that includes review by the law enforcement executive. The law enforcement executive shall also conduct an annual review and analysis of the overall use of force by the department.	33
IX. NOTIFICATIONS	36
X. TRAINING	38
XI. APPENDIX I	41
XII. APPENDIX II	72

PROCEDURES

I. DEFINITIONS

A. Use of force options:

1. Physical force involves contact with a subject beyond that which is generally used to effect an arrest or other law enforcement objective. Physical force is employed when necessary to overcome a subject's physical resistance to the exertion of the officer's authority, or to protect persons or property. Examples include taking a resisting subject to the ground, using wrist or arm locks, striking the subject with the hands or feet, or other similar methods of hand-to-hand confrontation, such as certain pain compliance techniques.
2. Mechanical force involves the use of a device or substance, other than a firearm, to overcome a subject's resistance to the exertion of the officer's authority. Examples include use of a tactical baton or other object, oleoresin capsicum (OC) spray, conducted energy device, less lethal device/ammunition, or the physical apprehension by canines.
3. Deadly force is force that an officer uses with the purpose of causing, or that a reasonable officer knows, creates a substantial risk of causing death or serious bodily injury.
 - a. Discharging a firearm, constitutes deadly force, unless the discharge occurred during a law enforcement training exercise, routine target practice at a firing range, a lawful animal hunt, or the humane killing of an injured animal.
 - b. A threat to cause death or serious bodily injury by the display of a weapon or otherwise, so long as the officer's purpose is limited to creating an apprehension that deadly force will be used, if necessary, does not constitute deadly force.

B. Active assailant is a person who is using or imminently threatening the use of force, with or without a weapon, in an aggressive manner that poses a substantial risk of causing bodily injury to an officer or another person. A threatening assailant becomes an active assailant when the threat becomes imminent.

C. Active resistor is a person who is uncooperative, fails to comply with directions from an officer, and instead actively attempts to avoid physical control. This type of resistance includes, but is not limited to, evasive movement of the arm, flailing arms, tensing arms beneath the body to avoid handcuffing, and flight.

D. Aerosol spray device (ASD) means a device carried by a law enforcement officer that projects a spray of foam, a stream of oleoresin capsicum (OC), or other chemical or natural agent intended to produce temporary physical discomfort or to incapacitate a suspect. NOTE: Aerosol spray device does not include chemical munitions or similar projectiles that are launched by a firearm or by a non-firearm delivery device or system.

E. Bodily injury is physical pain or temporary disfigurement, or any impairment of physical condition. Bodily harm and bodily injury have the same definition for the purposes of this general order (N.J.S.A. 2C:11-1(a); N.J.S.A. 2C:3-11(e)).

- F. Civil disturbance is an assembly of persons engaged in or creating an immediate threat of collective violence, destruction of property, looting, or other criminal acts. Such a gathering may also be referred to as a riot.
- G. Chokehold is a technique that involves applying direct pressure to a person's trachea (windpipe) or airway (front of the neck) with the effect of reducing the intake of air. This includes a carotid restraint or any lateral neck restraint, when direct pressure is applied to the carotid artery restricting the flow of blood to the brain causing temporary loss of consciousness. Chokeholds, neck restraints, vascular restraints, or carotid restraints are prohibited except in extraordinary circumstances when the officer's life is in danger and deadly force is reasonable and authorized.
- H. Conducted energy device (CED) means any device approved by the New Jersey Attorney General that is capable of firing darts/electrodes that transmit an electrical charge or current intended to temporarily disable a person. Related definitions include:
1. Cartridge is a shell containing two probes that penetrate the target and deliver neuromuscular incapacitation (NMI).
 2. Data download is the method of electronic recovery of the firing data saved by the CED upon activation.
 3. Discharge means to cause an electrical charge or current to be directed at a person in contact with the darts/electrodes of a conducted energy device.
 4. Drive stun mode means to discharge a CED where the main body of the device is in direct contact with the person against whom the charge or current is transmitted.
 5. Fire means to cause the darts/electrodes of a CED to be ejected from the main body of the device and to contact a person for the purpose of transmitting an electrical charge or current against the person.
 6. Spark display means a non-contact demonstration of a CED's ability to discharge electricity that is done as an exercise of constructive authority to convince an individual to submit to custody.
- I. Constructive authority is not considered a use of force because it does not involve physical contact with the subject. Rather, constructive authority involves the use of officers' authority to exert control over a subject.
1. Examples include verbal commands, gestures, warnings, and un-holstering a weapon.
 2. Pointing a firearm at a subject is an element of constructive authority to be used only in appropriate situations.
- J. Cooperative person is a person who responds to and complies with an officer's directions.
- K. Critical decision-making model is an organized way of making decisions about how an officer will act in any situation, including those that may involve potential uses of force.

- L. Deadly weapon means any firearm or other weapon, device, instrument, material or substance, whether animate or inanimate, which in the manner it is used or is intended to be used, is known to be capable of producing death or serious bodily injury, or in the manner in which it is fashioned would lead the victim reasonably to believe it to be capable of producing death or serious bodily injury (see N.J.S.A. 2C:11-1(c)).
- M. De-escalation refers to the action of communicating verbally or non-verbally to reduce, stabilize, or eliminate the immediacy of a threat. De-escalation may also be used to create the time needed to position additional resources to resolve the situation with the least amount of force necessary.
- N. Elizabeth Police Defensive Tactics Training Program is the program of defensive tactics training adopted by the Elizabeth Police Department. The Elizabeth Police Defensive Tactics Training Program will emulate the most current defensive tactics training program provided by the John H. Stamler Police Academy. As such, agency personnel will receive initial defensive tactics training by either a training program provided through the John H. Stamler Police Academy or receive initial defensive tactics training through the Elizabeth Police Department Training Division using the Elizabeth Police Defensive Tactics Training Program. Subsequent refresher training will be provided annually.
- O. Excited delirium is a medical disorder generally characterized by observable behaviors, including extreme mental and physiological excitement, intense agitation, hyperthermia often resulting in nudity, hostility, exceptional strength, endurance without apparent fatigue, and unusual calmness after restraint accompanied by a risk of sudden death. Specific signs and characteristic symptoms may include, but are not limited to:
1. Constant or near constant physical activity.
 2. Irresponsiveness to police presence.
 3. Nakedness/inadequate clothing that may indicate self-cooling attempts.
 4. Elevated body temperature/hot to touch.
 5. Rapid breathing.
 6. Profuse sweating.
 7. Extreme aggression or violence.
 8. Making unintelligible, animal-like noises.
 9. Insensitivity to or extreme tolerance of pain.
 10. Excessive strength (out of proportion to the person's physique).
 11. Lack of fatigue despite heavy exertion.
 12. Screaming and incoherent talk.
 13. Paranoid or panicked demeanor.

14. Attraction to bright lights/loud sounds/ glass or shiny objects.
- P. Feasible means reasonably capable of being accomplished or carried out, given the totality of the circumstances, in a manner that maintains the safety of the public and officers
- Q. Imminent danger describes threatened actions or outcomes that are immediately likely to occur during an encounter absent action by the officer. The time involved is dependent on the circumstances and facts evident in each situation and is not the same in all situations. The threatened harm does not have to be instantaneous, for example, imminent danger may be present even if a subject is not at that instant pointing a weapon at the officer, but is carrying a weapon and running for cover, to gain a tactical advantage.
- R. Law enforcement executive means the Chief of Police. In situations when the Chief of Police is recused from a matter, then law enforcement executive refers to the next highest-ranking officer without a conflict.
- S. Law enforcement incidents are defined as:
1. Any use of force by an officer resulting in death.
 2. Any use of force by an officer resulting in serious bodily injury.
 3. Any use of deadly force (including the discharge of a firearm as defined in subsection V.A of this general order) by an officer, regardless of whether such force resulted in injury.
 4. The death of any civilian during an encounter with an officer.
 5. The death of any civilian while in the custody of law enforcement.
- T. Less-lethal ammunition (also referred to as less-lethal impact projectiles) means ammunition approved by the New Jersey Attorney General that is designed to stun, temporarily incapacitate, or cause temporary discomfort to a person without penetrating the person's body. The term shall also include ammunition approved by the New Jersey Attorney General which is designed to gain access to a building or structure and is used for that purpose (N.J.S.A. 2C:3-11(f)).
1. Specific less-lethal ammunition and platforms that are currently approved can be found at the New Jersey Attorney General's *Approved List of Less-Lethal Ammunition* (as amended).
 2. Less-lethal ammunition may include different types such as:
 - a. Kinetic less-lethal flexible projectiles.
 - b. Kinetic less-lethal non-flexible projectiles.
 - c. Rubber balls and pellets.
 - d. Baton projectiles.
 - e. Pad projectiles (i.e., bean bag rounds).

- f. Drag stabilized projectiles (i.e., sock rounds).
 - g. Fin-stabilized projectiles.
 - h. Encapsulated projectiles.
- U. Less-lethal device means any less-lethal weapon that is approved by the New Jersey Attorney General or his/her designee. The term does not include OC spray, or tactical batons.
- V. Meaningful command review (also known as an administrative review) is a formal documented process to determine whether policy, training, equipment, or disciplinary issues need to be addressed.
- W. Passive resistor is a person who is non-compliant in that they fail to comply in a non-movement way with verbal or other direction from an officer.
- X. Peaceful demonstration is a nonviolent assembly of persons organized primarily to engage in free speech activity. These may be scheduled events that allow for law enforcement planning or spontaneous. They include, but are not limited to, marches, protests, and other assemblies intended to attract attention.
- Y. Physical contact involves routine or procedural contact with a subject necessary to effectively accomplish a legitimate law enforcement objective. Examples include guiding a subject into a police vehicle, holding the subject's arm while transporting, routinely handcuffing a subject, and maneuvering or securing a subject for a frisk. Physical contact alone does not constitute force.
- Z. Positional asphyxiation is insufficient intake of oxygen because of body position that interferes with the subject's ability to breathe. It can occur during the process of subduing and restraining a person by placing the person in a posture that prevents or impedes the mechanism of normal breathing. If the person cannot escape from the position, death may occur very rapidly. Restraint in the prone position presents a significant risk of asphyxia, particularly when a person is handcuffed and left in a face-down position. As soon as handcuffed and restrained, a person should be raised immediately to a seated or standing position that does not impede the mechanism of normal breathing.
- AA. Proportional force is the minimum amount of force, of both type (e.g., physical, mechanical, or deadly) and intensity, that is necessary to control a situation and achieve a legitimate law enforcement objective. The law permits officers to overcome unlawful force or resistance; thus, the term proportional force is not intended to mean a type and intensity of force that is exactly equal to the type and intensity of force being used by the subject. The term proportional force is intended to highlight that the level of force a law enforcement officer utilizes shall be no more than is necessary to overcome the unlawful force or resistance being confronted by the officer.
- BB. Reasonable belief is an objective assessment based upon an evaluation of how a reasonable police officer with comparable training and experience would react to, or draw inferences from, the facts and circumstances confronting and known by the officer at the scene.

- CC. Resisting arrest refers to the act of a person who purposely prevents a law enforcement officer from effectuating an arrest, to include such things as threatening to use physical force or violence against the law enforcement officer or use of any other means to create a substantial risk of causing physical injury to a law enforcement officer when acting under the color of his official authority (N.J.S.A. 2C:29-2).
1. Active resistance refers to a person who uses or threatens to use physical force or violence against the law enforcement officer or another or uses any other means to create a substantial risk of causing physical injury to the public servant or another.
 2. Passive resistance refers to a person who doesn't obey a command to submit to an arrest (e.g., a person refuses a police command to exit a vehicle and grabs on to the steering wheel to prevent being removed by physical force, refuses to get on the ground, etc.)
- DD. Serious bodily injury means bodily injury which creates a substantial risk of death, or which causes serious permanent disfigurement or protracted loss or impairment of the function of any bodily member or organ. Serious bodily injury and serious bodily harm have the same definition the purposes of this general order. See N.J.S.A. 2C:11-1(b); N.J.S.A. 2C:3-11(d).
- EE. Strategic redeployment is repositioning by an officer to increase space and time to react to a subject. It includes gaining time to de-escalate by withdrawing from the immediate vicinity of the subject if doing so will not create a threat to the safety of the public or the officer in doing so.
- FF. Tactical communication is verbal communication techniques that are designed to avoid or minimize the use of force. Such techniques include giving clear, simple instructions or directions, using active listening techniques to engage the suspect, and explaining the consequences of failure to comply with directions or instructions, including that force may be used.
- GG. Tactical positioning is making advantageous uses of position, distance, and cover to reduce the risk of injury to an officer and avoid or reduce the need to use force.
- HH. Threatening assailant is a person who is threatening the use of force against an officer or another person, with or without a weapon, in an aggressive manner that may cause bodily injury. Examples may include a person armed with a weapon who fails to disarm, and an unarmed person who advances on an officer or any other person in a threatening manner thereby reducing the officer's time to react, putting the officer in reasonable fear of a physical attack.
- II. Time as a tactic is a method to avoid forcing an immediate resolution to a situation if it can be safely done, including establishing a zone of safety around a person that creates an opportunity for an assessment and action, when feasible, thereby decreasing the need to resort to force.

II. CORE PRINCIPLE #1

A. *In serving the community, officers shall make every effort to preserve and protect human life and the safety of all persons. Officers shall also always respect and uphold the dignity of all persons in a non-discriminatory manner.*

1. A respectful and cooperative relationship with the community is essential for effective law enforcement. That relationship can be undermined when force is used unnecessarily or unequally.
2. Every officer shall respect the sanctity of human life and the dignity of every person, and act to preserve every life, whenever possible, and avoid unnecessary injury to members of the public or themselves.
3. In carrying out their duties as guardians of public safety, officers shall always treat every person equally without regard to the individual's actual or perceived race, creed, color, national origin, ancestry, age, marital status, civil union status, domestic partnership status, affectional or sexual orientation, genetic information, sex, gender identity or expression, disability, nationality, familial status, or any other protected characteristic under N.J.S.A. 10:5-1 et seq.

III. CORE PRINCIPLE #2

A. *Force shall only be used as a last resort when necessary to accomplish lawful objectives that cannot reasonably be achieved through verbal commands, critical decision making, tactical deployment or de-escalation techniques. Force shall never be used as a retaliatory or punitive measure.*

B. Officers are granted the unique authority to use force for lawful purposes, including, but not limited to, the following:

1. Effectuating a lawful arrest or detention.
2. Carrying out a lawful search.
3. Overcoming resistance directed at the officer or others.
4. Preventing physical harm to the officer or to another person (including intervening in a suicide or other attempt of self-inflicted injury).
5. Protecting the officer or a third party from unlawful force.
6. Preventing property damage or loss.

C. Officers cannot use or threaten to use force for any following reasons:

1. To punish a person or to retaliate against them for past conduct; or
2. As a lesson to prevent a person from resisting or fleeing in the future; or
3. To resolve a situation more quickly, unless delay would risk the safety of the person involved, officers, or others, or would significantly interfere with other legitimate law enforcement objectives.

- D. Officers shall exhaust all other reasonable means to gain compliance before resorting to force, if feasible. Thus, if a safe alternative would achieve law enforcement's objective, force shall not be used. Therefore, officers shall use verbal commands, critical decision making, tactical deployment and de-escalation techniques to gain voluntary compliance, when feasible. Importantly, officers shall never engage in unnecessary, overly aggressive, or otherwise improper actions that create a situation when force becomes necessary.
- E. Critical decision-making and tactical deployment techniques include tactical communication and tactical positioning, such as strategic redeployment and time as a tactic. Critical decision-making and tactics require officers to do the following:
1. Begin critical assessment and planning prior to arriving at the scene; and
 2. Collect available information; and
 3. Assess situations, threats, and risks; and
 4. Identify options for conflict resolution; and
 5. Determine the best course of action; and
 6. Act, review, and re-assess the situation as it evolves.
- F. De-escalation is the action of communicating verbally or non-verbally to reduce, stabilize, or eliminate the immediacy of a threat. De-escalation may also be used to create the time needed to allow the situation to resolve itself or to position additional resources to resolve the situation with the least amount of force necessary. Officers should employ de-escalation techniques when feasible, which include, but are not limited to, the following:
1. Communication techniques to calm an agitated subject (e.g., regulating tone and pitch, such as speaking slowly in a calm voice).
 2. Techniques to promote rational decision making, such as ensuring that only one officer addresses the subject and other officers remain detached as safety permits as to not escalate the situation and splitting up individuals at the scene who are arguing.
 3. Active listening techniques, such as sharing the officer's name, asking the subject their name, and exhibiting a genuine willingness to listen.
 4. Slowing down the pace of the incident by taking deep breaths, slowing speech, and/or applying strategic or critical thinking.
 5. Using calming gestures and facial expressions (e.g., arms extended with palms out and avoid angry expressions).
 6. Practicing procedural-justice techniques, such as explaining the officer's actions and responding to questions.
 7. Verbal persuasion and advisements (e.g., explaining, without threats, how the person would benefit from cooperation, and the subject's rights or what the officer wants the subject to do).

8. Avoiding the unnecessary display of weapons, including firearms, less-lethal devices, batons, or OC aerosol.
- G. Generally, officers should not immediately use force when encountering noncompliance with verbal directions. Instead, and whenever feasible before using force, officers shall:
1. Provide clear instructions and warnings.
 2. Attempt to determine whether the person has a special need, mental condition, physical limitation, developmental disability, or language barrier (See subsection III.H below).
 3. State the consequences of refusing to comply with a mandatory directive, including that force will be used unless the person complies.
 4. Give the suspect a reasonable opportunity to comply.
- H. Officers should consider an individual's mental, physical, developmental, intellectual disability, or other conditions, such as age of the suspect, that affect the person's ability to communicate or comply. This includes, when feasible, considering the following factors related to the individual:
1. Behavioral or mental health crisis; or
 2. Drug interaction; or
 3. Medical condition; or
 4. Mental impairment; or
 5. Physical limitation; or
 6. Developmental disability, including autism spectrum disorder; or
 7. Cognitive impairment or intellectual disability; or
 8. Hearing loss or impairment; or
 9. Communication disorder, including speech impairment; or
 10. Language barrier; or
 11. Visual impairment; or
 12. Age; or
 13. Other factors beyond the individual's control.
- I. Whenever an officer determines that one of the above listed factors exists (subsection III.H above) and is influencing the person's failure to comply with an officer's command, when feasible, the officer shall consider whether specific techniques or resources would help resolve the situation without the need to utilize force. Techniques for responding include, but are not limited to, the following:

1. Obtaining information about the person from available sources including family members, caregivers or others who know the individual; and
 2. Decreasing exposure to the potential threat by moving to a safer position. This may involve creating distance, seeking cover, tactical repositioning, concealment, and/or placing barriers between an uncooperative person and the officer; and
 3. Slowing down the pace of the incident by the officer slowing their speech, taking deep breaths, and/or applying strategic and critical thinking; and
 4. Using time as a de-escalation strategy, thereby creating an opportunity to calm the non-compliant person; and
 5. Keeping the non-compliant person confined to a limited area and calling for a supervisor, back-up officers, and specially trained resources to assist in resolving the incident. These specially trained resources may include crisis intervention team-trained officers, behavioral or mental health care providers, negotiators, qualified bi-lingual officers, or officers equipped with less-lethal devices; and
 6. Using simplified speech and shorter verbal directions or instructions; and
 7. Eliminating or reducing sensory distractions (e.g., bright flashing lights, sirens, or other loud noises); and
 8. Any reasonable strategy that lessens the emotional anger, frustration, combativeness of a subject or others who may be present may be appropriate.
- J. Importantly, officers should not default to attempting to resolve the incident immediately if slowing down the pace is viable and can be accomplished without creating an immediate threat to the public or placing officers in unreasonable danger.

IV. CORE PRINCIPLE #3

- A. Officers shall use the least amount of force that is objectively reasonable, necessary, and proportional to safely achieve the legitimate law enforcement objective under the circumstances.
- B. In situations when officers are justified in using force, officers shall use only that degree of force that is reasonable, necessary, and proportional considering the totality of the circumstances, including the subject's mental and physical condition, the nature of the offense, and most importantly the level of resistance or threat known to the officer at the time.
- C. The decision to use force and the appropriate amount of force requires careful attention to the facts and circumstances of each incident. As time permits and is feasible, officers must consider the following non-exhaustive list of factors when determining whether and how much force to apply:
1. Immediacy and severity of the threat to officers or the public; and

2. The conduct of the individual being confronted, as reasonably perceived by the officer at the time; and
 3. Characteristics of the officer and subject (e.g., age, size, relative strength, skill level, injuries sustained, level of exhaustion or fatigue, the number of officers available vs. subjects); and
 4. The effects of drugs or alcohol; and
 5. The individual's mental state or capacity; and
 6. The proximity of weapons or dangerous improvised devices; and
 7. The degree to which the subject has been effectively restrained and their ability to resist despite being restrained; and
 8. The availability of other options and possible effectiveness; and
 9. The seriousness of the suspected offense or reason for contact with the individual. For example, in dealing with minor offenses, such as motor vehicle or and local ordinance violations practicing procedural justice techniques, such as explaining the officer's actions and responding to questions before resorting to force, is particularly important; and
 10. The officer's training and experience; and
 11. The potential for injury to officers, suspects, and the public.
- D. Since law enforcement encounters are never static and rapidly evolve, officers must continuously assess the effectiveness, proportionality, and necessity of their actions, including their tactical positioning, to decrease the likelihood of force being needed for self-protection. Officers may increase the time available to evaluate the threat by positioning an object between themselves and the subject, being aware of their surroundings, and waiting for backup, when it is available.
- E. The level of resistance that officers encounter is a key factor in determining the appropriate amount of force that can be used in response. Although it is not possible to determine in advance what the appropriate level of force is for every encounter, one factor that is consistent is the amount of resistance the officer is facing at the time. The less resistance an officer faces, the less force the officer should use. Consistent with training, the following general rules apply in determining the appropriate level of force:
1. Cooperative person – when dealing with a cooperative person, officers may rely on police presence and/or verbal control techniques but should not use force.
 2. Passive resistor – when dealing with a passive resistor, officers may rely on police presence, verbal control techniques, holding techniques, lifting/carrying, wrist locks and other manual pain compliance techniques. Greater force, such as strikes, punches, CEDs, or less lethal devices shall not be used.

3. Active resistor – when dealing with an active resistor, in addition to the options available for passive resistors, officers may use physical strikes with hands or feet, use OC spray, use tactical batons applied with non-impact pressure, use CEDs under limited circumstances (see subsection IV.K.2), use less lethal devices under limited circumstances (see subsection IV.L.1), and taking the person to the ground. Intentional strikes to the head or face, which are only allowed in an act of self-defense, are not permitted when dealing with an active resistor (see deadly force, subsection V.C of this general order). Police canines shall not be utilized against an active resistor.
 4. Threatening assailant – in general, when dealing with a threatening assailant, officers may use all types of force options other than deadly force. This includes striking with tactical batons, OC spray, and CEDs. Although a range of force options is generally available, the officer shall only use force that is proportional to the threat faced. Any strikes to the head or neck with a tactical baton are considered deadly force and can only be used when deadly force is allowed (subsection V.C of this general order).
 5. Active assailant – in general, when dealing with an active assailant, officers have all force options available, though deadly force shall only be used as a last resort in accordance with Core Principle #4 (see deadly force, section V of this general order).
- F. An individual's status evolves from a resistor to an assailant when they use force, threaten to use force, or otherwise act in an aggressive manner that increases the likelihood that they may cause physical injury to an officer or to another person. However, flight from an officer does not, on its own, qualify a person as an assailant.
1. When dealing with an individual who poses a threat to the officer, the individual could be considered either a threatening assailant or an active assailant. To determine the individual's status for appropriate officer response, the officer must assess whether the threat poses an imminent danger.
 2. If the threat is imminent, then that individual is considered an active assailant and all use of force options are available with deadly force being an absolute last resort in accordance with Core Principle #4 (see deadly force, section V of this general order).
- G. Officers face a dynamic environment in which interactions with individuals can escalate very quickly from one level of resistance to another. For example, a passive resistor may become an active assailant in an instant.
1. In responding to the level of resistance, the officer may use the level of force that corresponds to the level of resistance the officer is facing and need not use lesser levels of force that will not address the threat that the officer faces at the time.
 2. If the individual's resistance diminishes, the officer shall immediately reduce the level of force used against the individual. If the individual stops resisting entirely, the officer must immediately cease using force.

- H. Special requirements must be met before an officer can display a firearm. Unholstering or pointing a firearm are tactics that should be used with great caution. The presence of an officer's firearm, under the right circumstances, can discourage resistance and ensure officer safety in potentially dangerous situations without the need to resort to force. However, at the same time unnecessarily or prematurely drawing a firearm could limit an officer's options in controlling a situation, could create greater anxiety on the part of the public, and could result in an unwarranted or accidental discharge of the firearm.
1. Consistent with training, officers can point a firearm at a person only when circumstances create a reasonable belief that it may be necessary for the officer to use deadly force.
 2. When the officer no longer reasonably believes that deadly force may be necessary, the officer shall, as soon as practicable, secure or holster the firearm.
- I. Pain compliance techniques may be effective in controlling a passive or active resistor. Officers can only apply pain compliance techniques on which the officer has received department approved training in accordance with the Elizabeth Police Department Defensive Tactics Training Program and only when the officer reasonably believes that the use of such a technique is necessary to further a legitimate law enforcement purpose. Officers utilizing any pain compliance technique should consider the totality of the circumstances including, but not limited to, the following:
1. The potential for injury to the officer(s) or others if the technique is not used; and
 2. The potential risk of serious injury to the individual being controlled; and
 3. Whether the pain compliance technique is effective in achieving an appropriate level of control or a different technique should be employed; and
 4. The nature of the offense involved; and
 5. The level of resistance of the individuals(s) involved; and
 6. Whether immediate resolution is necessary; and
 7. The application of any pain compliance technique shall be immediately discontinued once the officer determines that compliance has been achieved or other more appropriate alternatives can reasonably be utilized; and
 8. Officers shall only use striking techniques directed at a subject's face as a means of self-defense, or in the defense of others. Striking at a subject's face using fists, elbows, knees, and feet, shall not be used as a means of pain compliance.

- J. Officers must recognize the heightened risk of positional asphyxiation and compression asphyxiation during restraint and be alert to any actions that must be immediately taken to avoid or minimize the risk of asphyxiation.
1. Positional asphyxia can occur when a person is restrained, handcuffed, or left unattended in any position that impedes their ability to breathe normally, particularly in a prone position. If the person cannot escape from the position, death may occur very rapidly. Thus, while using force officers shall be alert to the following heightened risk factors for positional asphyxiation:
 - a. Alcohol or drug intoxication; and
 - b. Possible mental health episode or incident; and
 - c. A substantially overweight individual; and
 - d. Possible suffering of respiratory muscle fatigue (exhaustion); and
 - e. Possible airway obstruction; and
 - f. Unconsciousness.
 2. Officers shall take the following actions to reduce the risk of positional asphyxiation:
 - a. As soon as handcuffed and restrained, a person should be immediately rolled to the side and taken to an upright position that does not impede the mechanism of normal breathing. This requirement is especially important when the subject is handcuffed face down in the prone position; and
 - b. Care should be taken not to put sustained pressure on the neck or back, as breathing can be restricted even if the person is placed in the recovery position. This includes sitting, kneeling, or standing on a person's chest, back, or neck for a prolonged time; and
 - c. Officers shall continuously monitor the person's condition while being restrained, as death can occur suddenly and develop beyond the point of viable resuscitation within seconds; and
 - d. Whenever possible during team restraint, the on-scene supervisor or senior officer shall designate a '*Safety Officer*', with the responsibility to monitor the health and welfare of the person during restraint; and
 - e. The arrested person must not be transported in the prone position; and
 - f. The arrested person should be monitored prior to, during, and at the conclusion of the transport.
 3. Officers shall continually monitor the condition of the subject(s) in their custody for the following warning signs of positional asphyxiation:

- a. Verbal complaints or comments of being unable to breathe properly, although be aware that a person suffering breathing difficulties may not be able to complain about their crisis; and
 - b. Visual signs that the subject is struggling or exhibiting increased effort to breathe; and
 - c. Gurgling/gasping sounds with foam or mucus coming from the nose or mouth; and
 - d. Display of a heightened level of aggression during restraint, which may be a physiological response to fighting for air, such that any increased resistance during restraint of a person should be regarded with caution; and
 - e. Sudden behavioral changes, such as going from being violent and noisy to passive, quiet, and tranquil, or alternatively, suddenly becoming more aggressive; and
 - f. Blue discoloration of facial skin (cyanosis); and
 - g. Swelling, redness or blood spots to the face or neck; and
 - h. Any loss or a reduced level of consciousness.
- K. Conducted energy devices – conducted energy devices (CEDs) may be utilized but only within the parameters outlined in this SOP and this agency’s general order on *Weapons and Ammunition*. CEDs shall not be utilized against a passive resistor. Officers shall always strive to use only that degree of force that is objectively reasonable, necessary, and proportional considering the totality of the circumstances.
- 1. When feasible, officers should warn the person against whom a CED is directed that the officer intends to fire the weapon.
 - 2. Officers authorized to use a CED pursuant to this general order may fire, discharge, or utilize drive stun mode of the device during an actual operation, only against:
 - a. An active assailant; or
 - b. A threatening assailant; or
 - c. An active resistor who will not voluntarily submit to custody after having been given a reasonable opportunity to do so considering the exigency of the situation and the immediacy of the need to employ law enforcement force; or
 - d. A person who is threatening to cause or attempting to cause death or serious bodily injury to themselves; or
 - e. A fleeing suspect, if clear and convincing evidence exists to believe the suspect has committed a crime in which the suspect caused or attempted to cause death or serious bodily injury; or

- f. A fleeing suspect who, immediately prior to the flight, satisfies the definition of active assailant, whenever the pursuing officer reasonably believes that upon reengagement the suspect will again become an active assailant. This provision is subject to the limitations in subsection IV.K.8 (below) on the deployment of a CED against the operator of a moving vehicle.
3. CED operators shall reevaluate the situation and reassess the need to use force before any second or subsequent firing or discharge or utilization of drive stun mode of the device against the same person. Any second or subsequent firing or discharge or utilization of drive stun mode of the device must be necessary and justified by the circumstances at that moment.
4. Officers shall not direct an electrical charge or current against a person who is restrained by handcuffs unless the use of physical or other mechanical force options are not feasible or would be ineffective prior to CED activation.
5. Consistent with training, operators may point a CED at a person only when circumstances create a reasonable belief that it may be necessary for the officer to use mechanical force. When the operator no longer reasonably believes that mechanical force may be necessary, the officer shall, as soon as practicable, secure or holster the CED.
6. Unholstering, displaying, or pointing a CED shall be considered a display of constructive authority.
7. A spark display from a CED shall be considered a display of constructive authority.
8. The following uses of CEDs are prohibited:
 - a. A CED shall not be used or threatened to be used to retaliate for any past conduct or to impose punishment.
 - b. A CED shall not be used against a person who is a passive resistor.
 - c. A CED shall not be used against an active resistor unless the subject refuses to voluntarily submit to custody after having been given a reasonable opportunity to do so considering the exigency of the situation and the immediacy of the need to employ law enforcement force.
 - d. A CED shall not be discharged for the sole purpose of preventing a person from committing property damage.
 - e. A CED shall not be deployed against the operator of a moving vehicle unless the use of deadly force against the operator of the motor vehicle would be authorized.
 - f. Two or more CEDs shall not be discharged upon a person at the same time.
 - g. A single CED shall not be used simultaneously against two or more people, unless deadly force is authorized.

9. Officers should not fire a CED if there is a substantial risk that the electrode/darts will strike an innocent person, unless firing the device in such circumstances is reasonably necessary to protect the innocent person(s) from death or serious bodily injury.
10. To ensure officer safety, when feasible, at least one law enforcement officer other than the one deploying the CED should be present, be armed with lethal ammunition, and be prepared to utilize deadly force if the use of a CED for any reason fails. Deadly force would only be authorized in this situation as a last resort, if otherwise permitted by this general order.
11. During the deployment of a CED, the deploying officer shall, when feasible, continually evaluate the options selected against changing circumstances.
12. Officers trained and authorized to carry a CED shall be aware of and comply with any targeting recommendations made by the manufacturer.
13. A CED may be used in conjunction with a distraction device or non-flammable chemical agent. If the individual has already received an electrical charge from a CED, officers shall, when feasible, provide the person a reasonable opportunity to submit to law enforcement authority and to comply with law enforcement commands, considering the physiological effects of the discharge, before deploying a distraction device or chemical agent.
14. A CED shall not be directed against a person who is situated on an elevated surface (e.g., a ledge, scaffold, near a precipice, etc.) unless reasonable efforts have been made to prevent or minimize a fall-related injury (e.g., deploying a safety net).
15. In the event of CED activation in, on, or immediately adjacent to a body of water (e.g., a pool or pond) in which the targeted person could fall during any stage of the application of the electrical current generated or transmitted by the device, officers shall be fully prepared to effectuate an immediate rescue of the targeted person. The purpose of this provision is to prevent drowning of the subject. Wet conditions such as puddles or rain do not preclude the use of a CED.
16. A CED shall not be used in any environment where an officer knows or has reason to believe that a potentially flammable, volatile, or explosive material is present that might be ignited by an open spark, including, but not limited to, pepper spray with a volatile propellant, gasoline, natural gas, or propane.
17. While officers must always respect the seriousness and potential lethality of a CED, an officer shall use particular care when considering whether to use a CED against an individual who is particularly vulnerable due to age (either elderly or young), developmental disability, or a known or reasonably apparent medical condition (e.g., a pregnant female).

18. In all instances when a CED is fired at or discharged upon a person, the CED operator shall immediately notify communications of the deployment. A supervisor (or his/her designee if the supervisor discharges the CED), shall take custody of the CED including discharged parts (i.e., AFIDS and darts/electrodes) and secure them.
 1. The supervisor (or his/her designee if the supervisor discharges the CED) shall safeguard the digital information in the device concerning the incident by docking the CED for upload.
 2. The supervisor (or his/her designee if the supervisor discharges the CED) shall photograph all probes and cartridges (displaying the serial number) and enter such into evidence.
 3. The training division commander or his/her designee shall print out a copy of the related firing data (or download an electronic copy) and include it with the use of force forms and related investigation reports.
 4. Only the training division commander, evidence custodian, and Chief of Police shall have access to CED data and evidence via evidence.com.
 5. The digital information from the CED deployment shall be retained on evidence.com in accordance with records retention schedules.
 6. Except when the deployment results in a death, authorized supervisors shall permit the deploying officer an opportunity to review the firing data, prior to completing his/her report.
 7. Under no circumstances shall any personnel tamper with, remove, erase or access CED recordings and associated data without the expressed permission of the Chief of Police.

L. Less-lethal devices and ammunition – are forms of mechanical force which may be utilized but only within the parameters. Authorized less-lethal devices and ammunition shall not be utilized against a passive resistor. Officers shall always strive to use only that degree of force that is objectively reasonable, necessary, and proportional considering the totality of the circumstances.

1. Officers authorized to use a less-lethal device pursuant to this directive may fire or discharge the device during an actual operation, only against:
 - a. An active assailant; or
 - b. A threatening assailant; or
 - c. An active resistor who will not voluntarily submit to custody after having been given a reasonable opportunity to do so considering the exigency of the situation and the immediacy of the need to employ law enforcement force; or
 - d. A person who is threatening to cause or attempting to cause death or serious bodily injury to him/herself; or

- e. A fleeing suspect if clear and convincing evidence exists to believe the suspect has committed a crime in which the suspect caused or attempted to cause death or serious bodily injury.
 - f. A fleeing suspect who, immediately prior to the flight, satisfies the definition of active assailant, whenever the pursuing officer reasonably believes that upon reengagement the suspect will again become an active assailant. A less-lethal device shall not be deployed against the operator of a moving vehicle unless the use of deadly force against the operator of the motor vehicle is authorized.
2. Officers shall reevaluate the situation and reassess the need to use force before any second or subsequent firing or discharge of a less-lethal device against the same person. Any second or subsequent firing or discharge of a less-lethal device must be necessary and justified by the circumstances at that moment.
 3. Less-lethal instruments, ammunition, or impact projectiles shall not be used at a lesser or greater distance than that specified and approved by the New Jersey Attorney General.
 4. When it can be reasonably accomplished without increasing the danger to officers or others, an officer about to discharge a less-lethal device should advise other law enforcement officers at the scene prior to the discharge of the less-lethal weapon. This is to minimize the possibility that the firing of a less-lethal platform or ammunition would provoke other officers to discharge their weapons.
 5. Prior to deploying less lethal ammunition, the deploying officers shall notify officers nearby to minimize the potential for other officers to discharge their firearms. Unless otherwise impractical, officers shall loudly announce: '*LESS LETHAL! LESS LETHAL! LESS LETHAL!*' (Repeated 3 times) before deploying less lethal ammunition.
 6. Weapons used for the deployment of less lethal ammunition shall be dedicated exclusively for that purpose. These weapons shall be clearly marked to distinguish them from firearms intended for the use of lethal ammunition. The use of other than less-lethal ammunition in these designated weapons is prohibited unless it is immediately necessary to protect the life of a law enforcement officer or other person, and there is no other means available.
 7. During the deployment of less-lethal devices or ammunition, the deploying officer and supervisor shall, when feasible, continually evaluate the options selected against changing circumstances.
 8. Acceptable less-lethal impact projectiles/ammunition will be only those which are designed for single target-specific engagement from a minimum standoff distance as approved by the New Jersey Attorney General.
 9. Maximum effective distance/range for deployment of specific projectiles shall not exceed the specifications approved by the New Jersey Attorney General.

10. Intentionally aiming approved less-lethal impact ammunition at the head, neck, chest, or groin shall be avoided unless deadly force is justified, necessary, and appropriate.
11. No ammunition designed to be skip-fired and/or non-target specific will be deemed to be acceptable.
12. Approved less-lethal devices or ammunition shall not be used in a crowd management situation except against specific threatening assailants or active assailants, in strict compliance with subsection IV.M (below) of this directive.
13. Less-lethal devices or ammunition shall not be used to prevent a person from causing property damage.
14. Less-lethal device or ammunition shall not be directed against a person who is situated on an elevated surface (e.g., a ledge, scaffold, near a precipice, etc.) unless reasonable efforts have been made to prevent or minimize a fall-related injury (e.g., deploying a safety net).

M. Other mechanical force:

1. NOTE: other mechanical force options could be ineffective for subjects exhibiting signs of excited delirium (see definitions) due to the subject's elevated threshold of pain. See this department's general order on *Emotionally Disturbed Persons* for instructions on dealing with someone with signs of excited delirium.
2. Tactical batons:
 - a. Batons are defensive impact tools that may be used when the justification for the use of mechanical force exists in compliance with this general order.
 - b. Batons shall only be used as instructed.
 - c. Once resistance ceases, the use of the baton as a striking tool shall cease.
 - d. Officers must exercise special care in their use and avoid striking those potentially fatal areas of the body identified during training except when deadly force is otherwise authorized.
3. Oleoresin capsicum (OC):
 - a. OC is permitted in situations when the use of mechanical force is necessary and justified to apprehend or control an individual, and the use of the OC will facilitate the arrest with the minimum chance of injury to the officer, the arrestee, or innocent bystander.
 - b. OC must not be handled by children or unauthorized individuals.

- c. Generally, OC has been found to be ineffective in controlling persons who are under the influence of alcohol and/or narcotics, persons highly agitated or motivated and those who are mentally unbalanced. The effects of OC vary with different types of individuals. Therefore, officers must be continually alert to the possibility that other means may be necessary to subdue a resistive or noncompliant subject or attacker.
- d. OC has been found to be useful against aggressive animal attack and may also work well against attacking dogs. Caution must be used when repelling dogs trained to attack and/or those who are extremely motivated. OC exposure to animals may not be effective and may cause the animal to be even more aggressive.
- e. OC should be sprayed directly into the target's face with the spray being directed to the eyes, nose, and mouth from as close as safely possible. OC should always be used in the upright position with short one-half to one-second bursts.
- f. OC shall not be used in the immediate vicinity of infants or the elderly unless necessary.
- g. OC shall not be used on the operator of a motor vehicle unless the motor vehicle is first disabled (e.g., removal of keys from the ignition).
- h. Once resistance ceases, the further application of OC shall cease.
- i. All persons who have been exposed to OC will at the earliest practicable time, be allowed to flush the affected area with cold/cool water.

N. Use of force for crowd management – the following restrictions and limitations on the use of force should be observed during peaceful demonstrations and civil disturbances. The generally applicable rules in this general order apply to both peaceful demonstrations and civil disturbances, and in all cases, weapons or other devices should be carried and deployed only by trained and authorized officers and deployed consistent with this general order.

- 1. Prior to using force against people in a crowd, officers shall:
 - a. Provide clear instructions and warnings in a manner that can be heard by persons in the crowd, such as through a bullhorn or speaker system when available; and
 - b. State the consequences of refusing to comply with a mandatory directive (e.g., arrests will occur, force may be used) unless persons comply; and
 - c. Give a reasonable opportunity to comply.
- 2. Force shall not be used against crowds engaged in peaceful demonstrations. The visible presence or deployment of canines for crowd control purposes is prohibited in peaceful demonstrations.

- a. Canines may be used for explosive detection or similar security sweeps at such gatherings.
 - b. Canines shall not be deployed against a crowd, except to respond to a threat of death or serious bodily injury to a member of the public or to an officer.
3. Force may be used against specific individuals in a crowd for lawful purposes in accordance with the other provisions of this general order. Restrictions apply to the use of certain types of force in a crowd as follows:
 - a. OC aerosol:
 - 1) May be used against specific individuals who are active resisters, threatening assailants or active assailants as defined in subsection IV.E of this general order; and
 - 2) Shall not be used where bystanders would be unreasonably affected; and
 - 3) Shall not be used against passive resisters, or indiscriminately against groups of people.
 - b. Conducted energy devices:
 - 1) May be used against specific individuals who are threatening assailants or active assailants as defined in subsection IV.E of this general order; and
 - 2) May be used only when the individual can be accurately targeted; and
 - 3) Shall never be fired indiscriminately into crowds.
 - c. Less-lethal ammunition:
 - 1) May be used during civil disturbances only against specific individuals who are threatening or active assailants; and
 - 2) Shall not be used during a civil disturbance against groups of individuals.
4. Force may be used against groups of people only if authorized by the incident commander (IC) and only when other means of gaining compliance with lawful directives have been attempted and shown to be ineffective or are not feasible.
5. High-volume OC delivery systems are designed for, and may be used in, civil disturbances against groups of people engaged in unlawful acts resulting in, or creating an immediate risk of, bodily injury or significant property damage.

6. CS (2-chlorobenzalmalononitrile) chemical agents are primarily offensive weapons that shall be used with the utmost caution. Thus, CS:
 - a. May be deployed only by specially trained individuals who are part of a special tactical unit authorized to deploy such agents; and
 - b. May be deployed only with the specific and express approval of the IC; and
 - c. May be deployed defensively to prevent injury when lesser force options are either not available or would likely be ineffective; and
 - d. May be deployed only after an announcement is made and when avenues of egress are available to the crowd.

V. CORE PRINCIPLE #4

- A. *Deadly force shall only be used as an absolute last resort and in strict compliance with this general order. Other actions by officers that create a substantial risk of death or serious bodily injury must be avoided or employed only under the strictest of conditions.*
- B. Deadly force is force that an officer uses with the purpose of causing, or that a reasonable officer knows creates a substantial risk of causing, death, or serious bodily injury. Discharging a firearm constitutes deadly force, unless the discharge occurred during a law enforcement training exercise, routine target practice at a firing range, a lawful animal hunt, or the humane killing of injured animals.
- C. Deadly force includes the following potentially lethal actions:
 1. Applying a chokehold, carotid artery restraint, neck restraint, or similar technique that involves pressure on the neck; and/or
 2. Sitting, kneeling, or standing on a person's chest, back, or neck for a prolonged time; and/or
 3. Intentionally driving a vehicle at or in the direction of a person with the intent to strike the individual; and/or
 4. Using a baton or other weapon to intentionally strike an individual in the head or neck area.
- D. An officer may use deadly force only when the officer reasonably believes that such action is reasonable and immediately necessary to protect the officer or another person from imminent danger of death or serious bodily injury. This includes the use of chokeholds, carotid artery restraints, neck restraints, or other similar techniques. Officers must adhere to the following:
 1. When feasible, officers shall attempt to de-escalate situations, issue verbal warnings, or use less-lethal force with the goal of resolving encounters without using deadly force.

2. Officers shall not use deadly force if a reasonably available alternative will avert or eliminate an imminent danger of death or serious bodily injury and achieve the law enforcement purpose safely.
 3. When feasible, prior to using deadly force, officers shall identify themselves as a law enforcement officer and give a clear verbal warning to the suspect that they will use deadly force.
 4. Officers shall not use deadly force when the use of deadly force creates a substantial risk of injury to innocent persons.
- E. In addition to the requirements in subsection V.D of this general order (above), an officer may only use deadly force to apprehend a fleeing suspect in the rare case when the suspect's escape would create an imminent danger of death or serious bodily injury to the officer or a member of the public if the suspect is not immediately apprehended.
- F. There are specific circumstances in which the use of deadly force is prohibited. In general, officers cannot discharge their weapons or use other deadly force, as outlined above, in the following manner:
1. To signal for help; or
 2. To issue a warning shot; or
 3. To prevent property damage or loss; or
 4. To prevent the destruction of evidence (e.g., under no circumstances shall an officer use a chokehold, or any lesser contact with the neck area to prevent the destruction of evidence by ingestion); or
 5. Against a person who poses a threat only to themselves and not to others.
- G. Deadly force against individuals in a moving vehicle – strict additional requirements must be met before an officer may use deadly force against a driver or passenger of a moving vehicle. Moving vehicles create tremendous risk to officers engaged in enforcement operations, particularly officers attempting to arrest fleeing suspects. Officers must abide by the following guidelines:
1. During such operations, officers shall never intentionally position themselves in the path of a moving vehicle or a vehicle that is likely to move; and
 2. Officers shall make every effort to move out of the path of a vehicle to maintain their safety; and
 3. Officers shall not grab onto moving vehicles or the drivers or occupants of moving vehicles. If a vehicle begins to move while an officer is engaged with the driver or an occupant, the officer shall, if feasible, disengage from the contact with the driver or occupant to avoid being dragged, carried, or struck by the moving vehicle; and

4. While any firearm discharge entails some risk, discharging a firearm at a moving vehicle entails an even greater risk to innocent persons and passengers because of the risk that the fleeing suspect may lose control of the vehicle. Due to this greater risk, and considering that firearms are not generally effective in bringing moving vehicles to a rapid halt, an officer shall not fire at the driver or occupant of a moving vehicle, unless no other means are available at the time to avert or eliminate the danger and one of the following circumstances exists:
 - a. When there is imminent danger of death or serious bodily injury to the officer or another person, created by a person in the vehicle using means other than the vehicle, such as when shots are being fired from the vehicle; or
 - b. When the suspect is driving their vehicle toward persons other than the officer in a manner creating an imminent threat of death or serious bodily injury, such as in a terrorist attack; or
 - c. When the officer is being dragged or carried by the vehicle, cannot disengage from the vehicle, and is in imminent danger of death or serious bodily injury.
- H. Shooting from a moving vehicle – strict additional requirements must be met before an officer may shoot from a moving vehicle. Every discharge of a firearm by an officer creates risk to the public and to other responding officers. Firearms discharges from moving vehicles by law enforcement officers have proven to be inaccurate and ineffective, generally creating unacceptable levels of risk. Due to these risks, officers shall not discharge a firearm from a moving vehicle except in the following extraordinarily rare circumstance:
 1. When the suspect is driving a vehicle toward persons other than the officer in a manner creating an imminent threat of death or serious bodily injury, such as in a terrorist attack; and
 2. No other means are available at that time to avert or eliminate the danger.
- I. In active shooter situations, officers shall not fire a weapon into buildings, doors, windows, or other openings when the person being fired upon is not clearly visible unless extraordinary circumstances necessitate officers to engage the subject to protect the lives of injured persons requiring immediate rescue and evacuation from an area in which a subject's continued actions (i.e., active shooting) pose an imminent threat of death or serious bodily injury.
- J. Destroying an animal is justified only in the following circumstances:
 1. Officers may use a firearm to destroy an animal when the animal presents an immediate threat to human life; or
 2. Officers may use a firearm to destroy an animal that is so badly injured that humanity requires its relief from further suffering and the animal shelter has been notified and either cannot or is unable to respond. If the injured animal is domesticated, officers shall make every reasonable effort to notify an owner. The firearm discharge shall create no substantial risk to employees or third parties and must be approved by a supervisor.

- a. Officers shall be mindful that some animals have insufficient body mass to prevent a bullet from passing completely through their bodies.
- b. Therefore, officers must be cognizant of surrounding conditions, such as the composition of the material behind or below the animal, and nearby persons or structures that could be affected by a ricochet or deflection.
- c. When there is suspicion that the animal may be rabid, the point of aim should be the front shoulder area and not the head.
- d. Employees shall not touch an animal without first protecting themselves from blood borne pathogens.
- e. Employees shall protect any area contaminated with animal body fluids for cleansing by animal control or resources and means that are available to them.
- f. Contact an animal control officer or contracted vendor to remove the carcass.

VI. CORE PRINCIPLE #5

- A. *Regardless of rank, title, seniority, position, or status, every officer has an affirmative duty to take steps to prevent any use of force that is illegal, excessive, or otherwise inconsistent with such policies, regulations, and laws, if possible, before a fellow officer uses excessive, illegal, or otherwise inappropriate force. Every officer has a duty to immediately report any improper use of force.*
 - 1. An officer's duty to intervene is rooted in the commitment to always protect public safety. Interventions that prevent improper use of force will lead to fewer civilian complaints, fewer officer disciplinary matters, higher morale, and a healthier working environment. Preventing misconduct preserves the integrity of all officers and the law enforcement profession. Intervening to prevent improper use of force can assist fellow officers by preventing them from engaging in conduct that may be illegal, inappropriate, and in violation of this general order.
 - 2. All officers who observe another officer about to use force that is illegal, excessive, or otherwise inconsistent with this general order must, if feasible, do whatever they can to interrupt the flow of events before the fellow officer engages in an improper use of force. Officers can serve each other and the public by simply saying or doing the right thing to prevent a fellow officer from resorting to force illegally or inappropriately.
 - a. If officers observe a situation when another officer is attempting to intervene in an improper use of force, officers shall assist in that effort.
 - b. If a supervisor observes such a violation, the supervisor must issue a direct order to stop the violation.

3. Officers shall use signaling, verbal intervention, or physical intervention, if necessary, to stop any improper use of force. It is important to note that the duty to intervene does not stop at one officer. It is the responsibility of all officers to ensure use-of-force compliance.
4. Any officer who observes or has knowledge of a use of force that is illegal, excessive, or otherwise inconsistent with this general order must:
 - a. Notify a supervisor as soon as possible; and
 - b. Submit an individual written report to a supervisor before reporting off duty on the day the officer becomes aware of the incident. If the supervisor is the subject of the report, officers shall report the matter to the next level of the chain of command or directly to the internal affairs commander in accordance with this agency's general order on *Internal Affairs*
 - c. Such supervisors must report this incident in accordance with this agency's general order on *Internal Affairs*.
5. Commanders, supervisors, and officers are prohibited from retaliating in any form against an officer who intercedes in or reports illegal or inappropriate uses of force or who cooperates with an investigation into a possible violation of this general order.

VII. CORE PRINCIPLE #6

- A. *After any use of force, and when the environment is safe, officers shall promptly render medical assistance to any injured person consistent with the officer's training and shall promptly request emergency medical assistance for that person, if needed or requested. Officers also have a duty to monitor individuals for potential medical intervention after any officer uses force.*
- B. Following any use of force, officers shall immediately evaluate the need for medical attention or treatment for the person upon whom the force was used and provide first aid to the extent of their training except when the application of first aid will expose the officer to immediate danger.
 1. The duty to render medical assistance and monitor applies to all officers on scene and continues throughout any transportation and custody of the individual.
 2. Officers shall pay particular attention to persons reasonably believed to be pregnant, children, the elderly, physically frail individuals, and those experiencing a mental health or substance use crisis.
 3. In any instance when deadly force is used, officers shall summon EMS and paramedics as soon as possible. While EMS and paramedics will not be permitted to enter an area that is not tactically secure, they should still be summoned to a secure area near the scene to expedite treatment for the person(s) once the scene is secure.

4. Officers are required to control the situation to whatever degree possible until assistance arrives. This shall include:
 - a. Emergency assistance to injured persons; and
 - b. Search for additional suspects or weapons, if applicable.
5. Be alert for signs of potential excited delirium (see definitions).
 - a. Officers should check the subject's pulse and respiration on a continuous basis until transferred to EMS/BLS personnel. Officers shall ensure the airway is unrestricted and be prepared to administer CPR or an automated external defibrillator (AED) if the subject becomes unconscious.
 - b. Whenever possible, an officer should accompany the subject to the hospital for security purposes and to help as necessary.
6. If emergency medical services are summoned to treat an injured subject, who is under arrest, the arrestee shall remain handcuffed unless otherwise directed by medical personnel. If transportation to a medical facility is required, the arrestee shall remain under constant guard.
7. If a baton is used, officers shall observe the affected subject(s) for obvious changes in condition or breathing and shall immediately summon medical assistance if the subject appears to need medical aid.
8. Persons struck by less-lethal ammunition shall be transported to a medical facility for examination. The areas of the body struck shall be documented with photographs, including an image of the general overview of the person, a close-up of the affected area and the affected area with a ruler.
9. Following the use of OC, officers shall sit the subject upright and decontaminate the subject as soon as practicable. Personnel shall monitor subjects who had been exposed to OC staying alert to any obvious changes in condition or breathing and shall immediately summon medical assistance if the subject appears to need medical aid.
10. Decontamination procedures for exposure to OC consist of:
 - a. Once subjects have been secured, have ceased resisting, and are no longer a threat to officers, themselves, or others, every reasonable effort will be made to relieve discomfort.
 - b. Expose the subject(s) to fresh air as soon as possible and have them remain calm.
 - c. Have the subject flush the affected areas with large amounts of fresh water.
 - d. Have subject remove contact lenses and contaminated outer clothing; have the subject wash these items prior to reuse.

- e. Do not apply salves, creams, oils, lotion, grease, or bandages to the exposed area. These remedies can trap the OC against the skin or mucus membranes and cause irritation.
 - f. Summon medical assistance if the subject has medical problems and/or continues to have difficulty after the decontamination procedures.
 - g. Officers shall be on constant alert for medical problem(s) or difficulty that the exposed subject may experience. Officers shall also monitor for positional asphyxiation.
 - h. If the affected area(s) remain inflamed or discomfort continues beyond 45 minutes, arrangements may be made for medical treatment if necessary.
- C. Subjects against whom a CED has been directed shall be transported to a medical facility for examination if any of the following circumstances exist:
- 1. The subject requests medical attention; or
 - 2. The subject had been rendered unconscious or unresponsive; or
 - 3. The subject, after being subjected to a discharge, does not appear to have recovered normally, as described in CED training; or
 - 4. The subject has exhibited signs of excited delirium prior to, during, or after the discharge of the CED; or
 - 5. The subject has suffered bodily injury requiring medical attention because of a fall, or otherwise reasonably appears to need medical attention; or
 - 6. The subject was exposed to three or more discharges from a CED during the encounter; or
 - 7. The subject has been exposed to a continuous discharge lasting 15 seconds or more; or
 - 8. No one present at the scene is qualified or authorized to remove the CED darts/electrodes from the subject's person; or
 - 9. An officer trained and authorized to remove darts/electrodes has trouble in removing a dart/electrode; or
 - 10. Any part of a CED dart/electrode has broken off and remains imbedded.
 - a. An officer is authorized to remove a CED dart/electrode from a subject only if the officer has received training on dart/electrode removal, provided, however, that an officer is not authorized to remove a CED dart/electrode from any part of the person's head or neck, or where the dart/electrode is near the subject's genitalia, or female breast.

- I. Any officer involved in a use of force incident while on-duty or off-duty in another jurisdiction shall:
 1. Immediately notify the law enforcement agency in the jurisdiction of the incident and notify the duty shift commander or his/her designee as soon as practicable following the incident.
 2. The involved employee shall fully cooperate with the investigating authority.
- J. Incidents involving the use of force and/or firearms discharge by off-duty officers that occur outside the boundaries of Elizabeth require the following action on the part of the duty shift commander:
 1. Collection of preliminary data regarding the event and notification to the Chief of Police through the chain of command.
 2. Provide the officer with instructions regarding his/her obligations as defined in this general order.
 3. Establish contact with the investigating law enforcement agency and determine what assistance the department can provide.

VIII. CORE PRINCIPLE #7

- A. *Every use of force must be reported and receive a meaningful command level review as set forth in a general order that includes review by the law enforcement executive. The law enforcement executive shall also conduct an annual review and analysis of the overall use of force by the department.*
- B. In all instances when law enforcement force is used except when such force results in a fatality, whether on or off duty, all officers who employ such force shall complete and submit the following:
 1. An electronic *Use of Force Report* (through Benchmark). The reporting guide is available on DMS.
 - a. The officer shall complete the report before the end the shift in which the force was used, but within 24 hours.
 - b. If the officer who used force is unable to complete the report within 24 hours, it should be completed as soon the officer is able to do so, or by a supervisor within 48 hours.
 - c. If the force resulted in a fatality, only the Division of Criminal Justice or the Union County Prosecutor can authorize the officer(s) to complete the electronic use of force report.
 2. The incident report and/or supplementary report made underlying the nature of the incident; except:
 - a. In accordance with *New Jersey Attorney General's Supplemental Directive Amending Attorney General's Directive 2019-4*, supervisors shall not require officers deploying force, which results in death or serious bodily injury, being investigated by the Union County

Prosecutor's Office or Division of Criminal Justice to submit case or supplemental reports.

- b. Only the Union County Prosecutor's Office or the Division of Criminal Justice can order such reports. Such officers' statements to the Union County Prosecutor's Office or Division of Criminal Justice can suffice as their report of the incident.
 - c. Officers not directly involved in the application of such force, but who may have indirect involvement (e.g., secondary responders, assisting responders, witnesses, etc.) may be required to submit incident reports upon approval of the lead investigating agency (i.e., Union County Prosecutor's Office or Division of Criminal Justice).
- C. Though not a use of force, pointing a firearm or less-lethal device at another constitutes a seizure that must be reported as a 'show of force' in Benchmark
- D. CED spark displays are considered constructive authority and must be reported as a 'show of force' in Benchmark.
- E. In all instances when a CED or less-lethal device is fired at or discharged upon a person by an officer, a higher-ranking supervisor shall investigate the circumstances and outcome of the device's use.
- 1. The investigating supervisor shall report on the incident to the Chief of Police, providing the Chief of Police information on all relevant circumstances, deployment, and outcome, including whether the deployment avoided injury to an officer and avoided the need to use deadly force.
 - 2. Upon receipt, the Chief of Police shall issue a report to the Union County Prosecutor's Office within 10 business days of the firing/discharge (unless the Union County Prosecutor grants the Chief of Police's request for a reasonable extension of time within which to forward the report for good cause shown), including a finding on whether the firing and all discharges complied with the *New Jersey Attorney General's Use of Force Policy* and this general order.
 - 3. The Union County Prosecutor shall review the matter for compliance with *New Jersey Attorney General's Use of Force Policy*. If the Union County Prosecutor finds the firing or discharge of a CED or less-lethal device to not be in compliance with the *New Jersey Attorney General's Use of Force Policy*, the matter shall be forwarded to the Director of the Office of Public Integrity and Accountability or his/her designee.
- F. An incident report is also required:
- 1. Except in deadly force incidents (see subsection VIII.B of this general order), in all instances whenever an officer discharges a firearm, CED, or less lethal device for other than training or recreational purposes:
 - a. If the firearms discharge occurs within another jurisdiction, the officer shall also immediately report the discharge to the law enforcement agency where the discharge occurred.

- b. For officers on duty, such reports shall be completed and submitted by the end of the officer's tour of duty.
 - c. For off duty officers, such reports shall be completed and submitted as soon as possible after the incident but in no event shall the time exceed twenty-four hours.
 - d. If an officer is incapacitated or fatally wounded because of the incident, the officer's division commander or his/her designee shall complete these reports.
 - e. If the firearms discharge was a result of an aggressive animal threatening human life, an electronic *Use of Force Report* is required in addition to the incident report.
 - f. These reports shall be forwarded through the chain of command.
 - g. The internal affairs commander or his/her designee shall notify the Union County Prosecutor's Office within 24 hours of the facts and circumstances regarding the discharge.
- 2. In all cases whenever an officer unintentionally discharges a firearm, CED, or less lethal device regardless of the reason.
 - 3. In all cases when an employee takes an action that results in, or is alleged to have resulted in, injury or death of another person.
- G. The desk officer (or pertinent bureau supervisor in the case of a non-patrol officer) shall review the use of force and related incident reports for accuracy and completeness and ensure that the pertinent facts and circumstances leading to the use of force is sufficiently memorialized in the report(s).
- 1. The reviewing supervisor must review the *Use of Force Report Benchmark*. The reviewing supervisor or his/her designee shall print a copy of the use of force report and include it with the case file.
 - 2. The review shall also include an examination of all available sources of information about the incident, including any video of the incident (except in deadly force incidents), reports, officer or other witness statements, medical records, and records of injuries.
 - 3. The review shall also include an analysis of whether force was used in a non-discriminatory fashion to ensure officers are treating every person equally without discrimination based on race, ethnicity, nationality, religion, disability, gender, gender identity, sexual orientation, or any other protected characteristic.
 - 4. The reviewing supervisor shall make a recommendation of what action, if any, should be undertaken, including commendation of the officer, policy changes, remedial training, equipment changes, administrative action, disciplinary action or, if appropriate, referral for criminal prosecution.
 - 5. If a ranking officer uses force, a higher-ranking officer shall conduct the initial meaningful review.

6. If the Chief of Police uses force, the Internal Affairs commander shall contact the Union County Prosecutor's Office, who will determine the process for the meaningful command review, which could include prosecutor's office staff.
- H. The Internal Affairs Unit shall conduct a secondary meaningful review of the incident.
1. The Internal Affairs Unit shall also make a recommendation of what action, if any, should be undertaken, including commendation of the officer, policy changes, remedial training, equipment changes, administrative action, disciplinary action or, if appropriate, referral for criminal prosecution.
 2. The Internal Affairs Unit shall initiate the required early warning record, as appropriate.
- I. The Chief of Police or his/her designee shall review each meaningful command review and approve or reject the recommendations of the supervisors who conducted the review. The Chief's (or designee's) decision shall be memorialized and retained.
1. After the review is completed, supervisory and/or training officers should examine and analyze the use of force incident, including any BWC/MVR or other video evidence, with the officer as a training tool.
 2. This examination should analyze the circumstances that led to the use of force as well as the force that was used, so that the officer can gain insight into which tactics and decisions were effective and whether different tactics or decisions could have been used to improve the outcome.
- J. Use of force reports are subject to discovery. In indictable cases, all reports should be forwarded to county intake with the complaints, police reports, and other case documents. In non-indictable cases, the use of force reports should be made a part of the case file and included in the discovery package provided in municipal court.
- K. Use of force reports (not incident reports) may also be subject to public release under OPRA or the common law right to access. Upon receiving an OPRA or common law right to access request for any use of force reports, the Chief of Police or his/her designee will contact the Union County Prosecutor's Office for a determination.
- L. All use of force incident reports shall be retained as required by New Jersey Division of Revenue and Enterprise Services, Bureau of Records Management (BRM) records retention schedules.
- M. The internal affairs commander or his/her designee is responsible for completing and submitting the quarterly and annual *Use of Force Summary* reports to the Union County Prosecutor's Office.

IX. DATA COLLECTION AND ANALYSIS

- A. This department collects, analyzes, and makes public data regarding uses of force. The department does so to ensure this agency's enforcement practices are fair, non-discriminatory, and involve the minimum amount of force necessary to accomplish legitimate law enforcement objectives.

- B. The internal affairs commander or his/her designee is responsible for completing an annual use of force summary report in a manner prescribed by the Union County Prosecutor. This summary report shall be published on the agency's website.
- C. The internal affairs commander or his/her designee is responsible for completing an annual review and analysis of the previous calendar year's use of force incidents, department polices, and use of force practices. The review and analysis shall include, at a minimum, the following:
 - 1. Analytical reports from Benchmark; and
 - 2. An audit of BWC/MVR and other videos on a risk-based and randomly selected basis; and
 - 3. Any internal affairs complaints; and
 - 4. An analysis of the uses of force to ensure that force is being applied without discrimination based on race, ethnicity, nationality, religion, disability, gender, gender identity, sexual orientation, or any other protected characteristic. Specifically:
 - a. Use of force by time of day and day of week.
 - b. Use of force by type of location (e.g., business, residential, or industrial).
 - c. Use of force by type of encounter.
 - d. Use of force related to race, age, and gender of the subjects involved.
 - e. Use of force by officer/detective involved.
 - f. Use of force by division, bureau, unit.
 - g. Use of force by person's actions.
 - h. Use of force by type (e.g., deadly force, mechanical force, etc.).
 - i. Use of force resulting in injury to police personnel (sworn and non-sworn).
 - j. Use of force resulting in injury to any other person (including actors).
 - k. Use of force resulting in arrests.
 - l. Percentage of use of force vs. total number of custodial arrests.
 - 5. Based on that thorough review, the Chief of Police shall determine whether changes in departmental structure, policy, training, or equipment are appropriate. The Chief of Police shall then provide a written report documenting the annual review to the Union County Prosecutor.

X. NOTIFICATION AND INVESTIGATION REQUIREMENTS

- A. Immediately notify the internal affairs unit commander when the use of physical, mechanical, or deadly force results in death or serious bodily injury, or when an injury of any degree results from the use of a firearm by an officer. The internal affairs commander or his/her designee will determine when to notify the Union County Prosecutors Office and who will make the notification, as per its requirements.

- B. An independent investigator assigned by the Office of Public Integrity and Accountability (DCJ) will conduct the investigation into the use of force in accordance with the *New Jersey Attorney General's Supplemental Directive Amending Attorney General's Directive 2019-4* whenever an incident occurs that involves an officer of this department that has employed force that results in serious bodily injury or death. The Union County Prosecutor's Office is responsible for the necessary notifications to the Division of Criminal Justice.
 - 1. The lead investigative team is responsible for all phases of the investigation including photography, evidence gathering.
 - 2. The internal affairs commander shall only investigate any administrative matters surrounding the incident. If an employee's actions are of a criminal nature, the administrative internal investigation must cease.
 - 3. Copies of any reports associated with such application of force shall not be distributed to anyone unless authorized by the independent investigator.

- C. Prior to the arrival of lead investigative team, the on-scene supervisor or officer-in-charge or his/her designees shall complete the following tasks as soon as possible but, not necessarily in the order listed:
 - 1. Identify any remaining threats and take necessary action.
 - 2. Ensure that emergency medical services have been dispatched and appropriate medical aid is rendered to injured parties.
 - 3. Secure the scene pending the arrival of the lead investigative team. The scene will be relinquished to them upon its arrival.
 - 4. Ensure that an inner perimeter is established to secure the scene(s). Direct that an outer perimeter be established to prevent all from entering except those who have a specific function to perform.
 - 5. Maintain a scene log documenting who enters and leaves. The scene log will be relinquished to the independent investigator personnel or their designees upon their arrival.
 - 6. Secure any suspect(s) at the scene(s) unless the suspects are injured and require immediate medical care.
 - 7. Locate and secure in place (if no danger or threat exists) all weapons, ammunition and expended cartridges used by the suspect(s) and/or involved officer(s).

8. Providing there is no immediate danger to anyone, preserve the involved officers' firearms in their original state at the time of the incident (i.e., not to be unloaded and/or rendered safe or reloaded).
 9. If vehicles are involved in the incident and there is no immediate danger to anyone, the vehicles shall not be moved or altered from their location at the time of the incident (e.g., emergency lights, MVR, etc.) until directed to do so by the lead investigative team. No equipment and/or property shall be removed without authorization from the lead investigative team.
 10. Ensure that all potential witnesses have been identified and separated and ask that they remain on-scene to provide a statement. If witnesses wish to leave, obtain their contact information for future communications.
 11. All law enforcement officers involved in the incident shall be kept separated at the scene, as circumstances warrant. If from a different agency, document their names and agency.
 12. Locate and secure in place as evidence any clothing or other personal items that may have been discarded or removed from the suspect(s) and/or officer(s) by medical personnel.
- D. Upon the arrival of lead investigative team, agency personnel will assist as directed with certain non-investigatory tasks including, but not limited to:
1. Preserve the scene by closing roadways and conducting detours whenever feasible.
 2. As necessary, arrange and provide through the fire department and/or DPW sufficient nighttime illumination and/or other heavy machinery or equipment at the scene.
 3. Make death notifications only as directed by the lead investigative team in compliance with New Jersey Attorney General's Guidelines/Directives.
 4. Arrange for the towing of vehicles with contracted towers as required. Only flatbed towing shall be utilized. Towed vehicle(s) must be removed to a secure area where it can be easily accessed later for additional inspections, but not at a facility operated by this agency.
 - a. Towing operators **MUST** be advised **NOT** to place debris from the roadway into the passenger compartment of the vehicle(s) involved in the incident.
 - b. Towing operators **MUST** be advised to wear gloves when touching any part of the vehicle(s) involved. All vehicles being towed will be escorted by a member of the lead investigative team to maintain the evidence chain-of-custody.
 5. Complete and file the *NJTR-1 Police Crash Incident report*, if applicable.

- E. No employee of this agency shall directly or indirectly (i.e., through another person) share information learned during the use of force investigation including, but not limited to, police video/audio recordings or information learned from reviewing such video/audio recordings, with any principal(s) or other law enforcement or civilian witness without prior expressed authorization from the lead investigative team.
 - 1. No officer who is a witness to the use of force incident, including a principal(s), receive any such information from any sworn or civilian employee of a law enforcement agency without first obtaining authorization from the independent investigator supervising the investigation, or his/her designee.
 - 2. Any dissemination or receipt of investigative information without prior authorization as required by this section shall be reported promptly to the independent investigator or his/her designee who shall investigate the circumstances.

- F. Any employee whose actions or use of force in an official capacity result in death or serious bodily injury to any person shall be promptly removed from line-duty assignment(s) pending a meaningful command review.
 - 1. If the officer received any injuries because of the incident, he/she shall be promptly taken to the appropriate medical facility for treatment. Otherwise, the officer directly involved in causing the fatality or serious bodily harm shall be removed from the incident location at the earliest possible opportunity and brought to headquarters to facilitate the continuing investigation.
 - 2. If an officer's firearm was involved, the firearm and all remaining ammunition shall be turned over to the assigned internal affairs investigator or the scene commanding officer.
 - 3. Employees and their families should be afforded the appropriate level of critical incident stress debriefing or counseling in comportment with department policy.
 - 4. Employees shall remain on administrative reassignment until the Chief of Police approves his/her return to full duty.
 - a. This reassignment is not considered a disciplinary action.
 - b. If any weapon(s) had been taken, it will be reissued once the Union County Prosecutor's Office or the New Jersey Division of Criminal Justice authorizes such. Reissuing of duty weapons should be completed as soon as practicable after the incident has been cleared.
 - c. If an officer's duty sidearm is taken and there is no underlying reason to not rearm the officer, consult with the internal affairs commander for approval and issue a spare sidearm without delay. The internal affairs commander or his/her designee will seek all approvals necessary from the Chief of Police and Union County Prosecutor's Office or Division of Criminal Justice.

- d. If the officer is disarmed of his/her duty sidearm and the Union County Prosecutor's Office or Division of Criminal Justice determines that he/she cannot be rearmed at this point, the officer is prohibited from carrying any back-up or off-duty handgun until receiving authorization from the Chief of Police, who will receive approval from the Union County Prosecutor's Office.
5. Normally, the meaningful review shall be conducted by the officer's commanding officer or his/her designee and shall determine whether policy, training, equipment, or disciplinary issues should be addressed.
6. Any meaningful review resulting from the application of deadly force must occur regardless of the outcome of the prosecutor or attorney general's investigation.
7. In some instances, the Chief of Police may assign the meaningful review to another unit/person at their discretion.
8. The Chief of Police or his/her designee may cause the officer to undergo a psychiatric/psychological evaluation and/or counseling by a mental health professional.

XI. TRAINING

- A. All officers authorized to carry agency weapons shall be issued copies of, and be instructed in, this general order prior to being authorized to carry a weapon. The issuance and instruction shall be documented. This issuance and documentation can be accomplished electronically.
- B. Use of force training shall be conducted at least semiannually. This training must reflect current standards established by statutory and case law, as well as state and county policies, directives, and guidelines.
 1. The training program will include the use of force in general, the use of physical force (including pain compliance techniques) in accordance with the Elizabeth Police Department Defensive Tactics Training Program, mechanical force, the use of deadly force, decision making skills; the limitations that govern the use of physical force, mechanical, and deadly force; and all applicable aspects of agency policies.
 2. All use of force training shall be documented. This training and documentation can be accomplished electronically.
- C. All officers have an ongoing obligation to review the department's use of force directives and training materials, and to seek clarification any time they have questions or need guidance. This ongoing review may take place via formal supervisor-led training sessions as well as through mentoring opportunities to reinforce the content and philosophy.

ELIZABETH POLICE DEPARTMENT USE OF FORCE GENERAL ORDER APPENDIX I



VOLUME: 3	CHAPTER: 2	# OF PAGES:
EFFECTIVE DATE: February 24, 2022	ACCREDITATION STANDARDS:	
BY THE ORDER OF: Chief Giacomo Sacca		
BY AUTHORITY OF: Police Director Earl J. Graves		
SUPERSEDES ORDER #:		

PURPOSE The purpose of this Appendix to General Order Vol.3 Ch.2 Use of Force is to establish and clearly describe the Elizabeth Police Department Defensive Tactics Training Program. The Elizabeth Police Department Defensive Tactics Training Program is the program of defensive tactics adopted by the Elizabeth Police Department. This program will be used to train sworn personnel regarding the lawful use of force and will maintain compliance with guidelines and directives promulgated by the New Jersey Attorney General, the Union County Prosecutor, and existing statutory and case law.

POLICY It is the policy of the Elizabeth Police Department to train all sworn personnel in the use of unarmed defensive tactics via the Elizabeth Police Department Defensive Tactics Training Program. The Elizabeth Police Defensive Tactics Training Program will exactly emulate the most current defensive tactics training program provided by the John H. Stamler Police Academy. This program is contained in this Appendix. Agency personnel will receive initial defensive tactics training by either a training program provided through the John H. Stamler Police Academy or receive initial defensive tactics training through the Elizabeth Police Department Training Division using the Elizabeth Police Defensive Tactics Training Program. Subsequent refresher training will be provided annually.



Course Title : Active Counter Measures

Lesson Title : Unarmed Self-Defense/Defensive Tactics

Purpose: To provide participants with working knowledge of defensive tactics and the ability to defend themselves during an arrest situation.

Performance: Participants will be able to assess multiple situations and demonstrate proper techniques, for effectiveness and safety of both the enlisted participant, and the suspect.

Pre-requisites : None

Target Audience: Sworn Law Enforcement Personnel

Method of Instruction: Lecture, instructor(s) demonstration, individual participation and practical exercises with instructor(s) review and evaluation.

Instructor Requirements: The primary instructor qualified to teach this program will be a certified Gracie Survival Tactics Level 1 instructor, or certified Brown Belt or higher in Brazilian Jiu-Jitsu, and must have (MOI) Methods of Instruction.

Training Aids: Wrestling mats, mouthpiece (optional), headgear, grappling gloves, heavy bags, handheld striking bags, duty belt, handcuff pouch, and blue handle simulated weapon.

Total Time: 80 Hours

I. INTRODUCTION

There is no area of law enforcement that demands more training to ensure professionalism than the spectrum of defensive tactics. When used properly, defensive tactics not only promote officer safety, they also decrease the likelihood of needing to resort to a higher or more dangerous level of force, thereby protecting suspects and the community at large. Moreover, an entire department is often judged based on a single officer's conduct during a potentially explosive situation. Ill-conceived actions resulting from fear and uncertainty must be avoided. A good defensive tactics program substitutes regimentation for overreaction. A good self-defense program also trains police officers to maintain poise and composure during turbulence and anxiety. The training of an individual's mind and body to react helps that person to know his or her limitations and strengths. The concepts emphasized in this program are based on body position and balance as opposed to strength and size. Knowledge of these factors in a confrontation with a larger and stronger adversary can help neutralize any disadvantage.

This defensive tactics course offers a participant a continuous and effective mode of training. It creates a practical atmosphere in defensive tactics because of its emphasis on the physical attributes that all participants possess.

Defensive tactics falls under the Use of Force Guidelines which we are held to reasonableness being a key consideration in determining what force option to utilize. According to the Attorney General's Use of Force Policy, officers shall use the least amount of force that is objectively reasonable, necessary, and proportional to safely achieve the legitimate law enforcement objective under the circumstances.

New Jersey law enforcement officers are not permitted to perform chokeholds, carotid artery neck restraints, or similar tactics on any individual, except in the very limited situations when deadly force is necessary to address an imminent threat to life. Because these tactics create a substantial risk of death or serious bodily harm, officers who cause a subject's death or injury while performing them will face potential criminal liability.

It is important to note, throughout this program and prior to each assessment, the participants will be instructed on the Use of Force policy. Prior to each individual assessment beginning, the instructor will provide context to the scenario, whereby all de-escalation techniques have been exhausted prior to the use of physical force.

STANDARD USE OF FORCE LEGAL PREAMBLE FOR ALL PD AUTHORIZED LESSON PLANS

N.J.S.A. 2C:3-7 et seq. of The New Jersey Code of Criminal Justice and the New Jersey Attorney General's Policy on the Use of Force makes specific provisions concerning the use of both non-deadly and deadly force in law enforcement. A police officer who does not comply with these provisions can face criminal and/or civil consequences. Therefore, a thorough knowledge of this chapter and the Attorney General's Policy is of the utmost importance to a police officer.

The uses of force as defined in Departmental Standard Operating Procedures, and any discharge of a firearm, other than for training are to be documented and reported. Pursuant to The Attorney General's Policy, law enforcement officers have legal authority to use deadly force in certain limited situations and may stand their ground to effectuate a law enforcement objective. The participants are under a duty to employ extraordinary care in handling of firearms, other deadly weapons, conductive energy devices and less lethal

devices. This includes brandishing a weapon, as a means of constructive authority to effect an arrest or control a situation.

It is essential that each participant exercise sound judgement, and act reasonably under all circumstances where any force is applied. Given the existence of the requisite conditions, a participant should resort to deadly force only when the participant has an objectively reasonable belief that an imminent danger of death or serious bodily injury exists, and only after all less drastic alternatives have been exhausted or are believed to be ineffective in light of the prevailing circumstances.

Standard Operating Procedures state, “participants should use force only when, and to the extent necessary, and use only force that is reasonable in relation to the harm you seek to prevent.”

II. LEARNING OBJECTIVES

A. The participant will be able to:

1. Outline the necessary safety measures that must be taken when participating in self-defense training.
2. Demonstrate an understanding of de-escalation, force options, when and why to use force.
3. Demonstrate the proper stance, distance control and movement.
4. Demonstrate proper defenses to strikes.
5. Demonstrate proper escape techniques.
6. Demonstrate proper takedown defense.
7. Demonstrate proper takedown techniques: body lock, snap takedown, double leg takedown, rear head control and MDTs arm bar takedown and Team takedown.
8. Demonstrate proper control positions and handcuffing from each: mount, side control, knee on belly and rear mount.
9. Demonstrate an understanding of the Guard position and punch block series.
10. Demonstrate proper escapes from control positions.
11. Demonstrate proper weapon retention techniques.
12. Demonstrate the ability to adjust force levels in a dynamic situation.
13. To understand the dangers of positional asphyxiation and how to avoid it.
14. Demonstrate the use of verbal commands.

15. To understand and demonstrate the importance of properly documenting use of force incidents in investigation reports and the Attorney General's Use of Force Reporting Portal.

III. SAFETY PRECAUTIONS

- A. Practice the techniques slowly, increase speed only when comfortable with the movement.
- B. Receiver of the techniques should only slightly resist, then "go with" the action or should move at a controllable speed.
- C. Performer of the techniques should apply pressure gradually and should move at a controllable speed.
- D. Submit by tapping your partner, yourself or the mat.
- E. Report injuries to an instructor immediately.

N.T.I.

Throughout this training, the participant should utilize verbal commands with all techniques whenever possible unless doing so would create a substantial risk to the officer or third party.

Also, explain the dangers of Positional Asphyxiation also known as Postural Asphyxia. A form of asphyxia which occurs when someone's position prevents them from breathing adequately. A small but significant number of people die suddenly and without apparent reason during restraint by police, correction officers and health care staff.

IV. UNDERSTANDING FORCE

A. WHY LAW ENFORCEMENT USES FORCE

1. Participants will be instructed on why to use force:
 - a. effectuating a lawful arrest or detention
 - b. carrying out a lawful search
 - c. overcoming resistance directed at the officer or others
 - d. preventing physical harm to the officer or to another person (including intervening in a suicide or other attempt of self-inflicted injury)
 - e. protecting the officer or a third party from unlawful force
 - f. preventing property damage or loss

2. Participants will be instructed on how to use force:
 - a. gather available information
 - b. assess situations, threats, and risks
 - c. identify options for conflict resolution
 - d. determine the best course of action
 - e. act, review, and re-assess the situation as it evolves.
3. Participants will be instructed on adjusting force levels during dynamic situations.
4. In circumstances where the subject continues aggressive non-compliant behavior, contrary to the professional verbal direction of the Police Officer, physical OR mechanical force will be used to control and subdue subject.

V. STANCE(s)

NT.I.

The basic interview stances are designed to allow the participant to assume what appears to be a relaxed, non-threatening position, while conducting an interview with either a friendly citizen, or aggressive suspect. It should be stressed to the class that this is not a fighting stance, but rather a stance that allows the participant the ability to quickly transition to the use of offensive or defensive technique.

A. BASIC POSITION FOR ALL STANCES

1. Body is bladed at a 45-degree angle, strong side back
2. Knees are slightly bent
3. Hand position is non-threatening, does not escalate situation, and projects a non-aggressive demeanor to person being interviewed as well as witnesses.
4. Hand positions are offensive and defensive and allow for a transition to weapon or defensive tactics.
5. Participant should scan with eyes to help detect weapons or threatening body language.
6. Participant should maintain a safe distance from suspect, a distance that would allow him/her to recognize a threat and allow for enough time to react to that threat, i.e. four to six feet.
7. Controlling distance - Is the single most important thing you can learn when it comes to protecting yourself during any confrontation. Controlling distance not only means to keep at an arm and a half distance away from the suspect, but at times it is preferred to stay very close also.
 - a. Distance control

- b. If the suspect is moving, the Police Officer should be moving.

N.T.I.

All basic stances are meant to be used during an interview with a non-threatening person. Participants should understand that a non-threatening person is not assuming a self-defense or boxer's stance. An aggressive suspect who is observed in a self-defense or boxer's stance, should be approached using appropriate measures, i.e. fighting stance with mechanical device drawn and in the ready position, if reasonably necessary.

If the suspect is moving the participant should be moving to maintain distance.

VI. TAKEDOWNS AND TAKEDOWN DEFENSES

A. ARM POSITIONING DRILL

1. Both participants start in a chest-to-chest position with an over-hook and an under-hook.
2. Both participants will simultaneously swim from the over-hook to an under-hook with both arms, back and forth
3. Once the proficiency of the drill is good, both persons will compete against one another to establish a double under-hook clinch into a body.

B. BODY LOCK

1. The body lock is achieved when a participant has closed the distance and locks their hands around the waist of his/her opponent either when the opponent is facing the participant or facing away from the participant.
2. To finish the body lock takedown the participant shall step to the side of the opponent and either lift the opponent and place them on the ground or block the opponent's knee with their own and sag the opponent to the ground.
3. Utilize verbal commands.

S.T.C.

Emphasize to the student the proper way to lift their opponent utilizing their hips and not their back to avoid injury.

C. DOUBLE LEG

1. The double leg is achieved when a participant has closed the distance and locks their hands around the opponent's knees.
2. To finish the double leg takedown the participant shall keep their hands locked around the opponent's legs and run on an angle to drive the opponent to the ground.
3. Utilize verbal commands.

S.T.C.

Emphasize the proper leg position and angle to drive the opponent to the ground.

D. MONADNOCK DEFENSIVE TACTICS SYSTEM (MDTS) ARM BAR

1. The arm bar takedown is achieved when the participant has both hands on one arm of their opponent's arms.
2. The participant shall move their strong side forearm over the opponent's upper arm, just above the elbow.
3. Maintain control of the opponent's arm as the participant quickly drives the strong side forearm straight to the ground.
4. Utilize verbal commands.

E. SNAP TAKEDOWN

1. The snap takedown is achieved when the participant closes the distance and applies a collar tie control position.
2. To finish the snap takedown the participant shall apply swift downward pressure to the opponent's head while simultaneously sprawling their legs back to avoid a takedown themselves.
3. Once the opponent is on the ground the participant shall place their shoulder in between the opponent's shoulder blades to force the opponent to support their weight.

N.T.I.

A collar tie is when the enlisted participant has their forearm against the opponent's collar bone. The enlisted participant will place their hand on top of the opponent's head.

F. REAR HEAD CONTROL

1. The rear head control takedown is achieved when the participant moves to the rear of the opponent and places one or both hands under the opponent's nose.
2. The participant shall then apply swift upward and rearward pressure to the nose.
3. Once the opponent's head and back are out of alignment the participant shall apply swift downward pressure until the opponent's chin is secured into his chest causing the opponent to collapse.

G. SINGLE LEG

1. The single leg is achieved when a participant has closed the distance and locks their hands around one of the suspect's knees.
2. To finish the single leg takedown the participant shall keep their hands

locked around the suspect's leg and abruptly step back in a semi-circle with their outside leg and immediately drop the participant's weight into a squat position, forcing the suspect's leg and body to the ground.

H. TEAM TAKEDOWN

1. The team takedown shall be executed by 2 or more participants.
2. The participants must split and approach the subject from two 45-degree angles (triangulate).
3. All the previous takedowns can be utilized except one of the team participants must focus on the lower half of the suspect's body.

I. SPRAWL

1. Lower center of gravity and execute a sprawl by throwing your legs behind you thus forcing the opponent to support your weight.

K. WHIZZER

1. This technique teaches participants to create downward pressure on the suspect's shoulder/head area. By using a whizzer technique, the participant will be able to thwart the suspect's ability to lift/drive and finish a takedown.

L. CROSSFACE

1. This technique allows the participant to change the direction of the suspect's takedown/tackle attempt. This is done by placing your forearm underneath or across the bridge of the suspect's nose and grabbing the suspect's far triceps. The Participant will then drive their hips forward, breaking the suspect's base while pulling the suspect's triceps towards the participant's own torso.

VII. CONTROL POSITIONS

A. MOUNT

N.T.I.

The mount is an extremely dominant position.

1. Mount is achieved when the participant is on top of his/her opponent astride the opponent's chest, with both knees on the floor. In the mounted position the participant must attempt to gain control of the suspect to handcuff the suspect.
 - a. Mounted Kimura lock: controlling one of your opponent's wrists with one hand, while your other hand travels under your opponent's arm and grabs your other wrist.
 - b. The mounted Kimura lock should be used for pain compliance, and handcuffing.

N.T.I.

The Kimura lock places pressure on the both the shoulder and elbow joints; safety must be emphasized.

B. REAR MOUNT

1. Rear mount is achieved when a participant is behind his/her opponent, either on top, or underneath with both of the participant's feet locked into the opponent's hips.

S.T.C.

The rear mount is an advantageous position for controlling your opponent; demonstrate the proper control technique.

C. SIDE CONTROL

1. Side control is achieved when the participant is lying across the opponent's upper body. The principal virtue of this position is great stability and control.
2. Kimura lock from side control: controlling one of your opponent's wrists with one hand, while your other hand travels under your opponent's arm and grabs your other wrist.
3. The Kimura lock from side control should be used for pain compliance, and handcuffing.

N.T.I.

The Kimura lock places pressure on the both the shoulder and elbow joints; emphasize safety.

D. KNEE ON BELLY

1. Knee on belly is attained by first achieving side control. Once side control is achieved the participant will press off his/her opponent and place the knee closest to the opponent's hips upon his mid-section, the other leg straight out for balance.
 - a. Kimura lock from knee on belly: controlling one of your opponent's wrists with one hand, while your other hand travels under your opponent's arm and grabs your other wrist. The Kimura lock from knee on belly should be used for pain compliance and handcuffing.

S.T.C.

The knee on belly position offers the advantage of being able to quickly disengage from your opponent. Used for short periods of time to control and transition between positions. Officers should maintain a mounted or control position only for the period of time necessary to secure/handcuff th suspect and/or overcome resistance.

VIII. THE GUARD and PUNCH BLOCK SERIES

A. GUARD

1. The Guard is a defensive position in which the participant's legs are locked around the opponent's waist to defend themselves.
2. Guard Get-Up: From the Guard position the participant shall secure their feet on the opponent's hips and shrimp out pushing away from the opponent. The participant shall then extend their body from the "L" position to the "I" position. Should the opponent reach for the participant's weapon, the participant should cross grip the opponent's wrist and place it on the ground and use it to help get up.

S.T.C.

The Guard offers the participant a relatively safe position in an unsafe situation.

B. PUNCH BLOCK SERIES

1. Utilize proper head and strong side arm control.
2. When opponent attempts to punch fill the void with your shins and control the opponent's arms.
3. When the opponent sits up to generate more power extend your hips and secure your knees on the opponent's chest.
4. When your opponent stands up to throw punches drop your hips to the floor and extend your legs securing your feet in your opponent's hips with your toes pointed out and continue to manage the distance.
5. If your opponent backs up, turn to your hip and track out opponent with your foot. Should your opponent approach you are able to kick by raising your hip off the ground and extending your leg. The target area should be your opponent's knee. If your opponent does not approach you should execute a proper tactical stand.

C. WEAPON RETENSION FROM GUARD

1. Left hand grab
 - a. Show the class the Kimora for weapon retention.
2. Right hand grab
 - b. Show the class the arm bar for weapon retention.

IX. ESCAPES FROM CONTROL POSITIONS

A. MOUNT ESCAPE

1. Trap and Roll: In this position the participant is on his/her back and the opponent is on top in the mounted position. The participant will trap one arm and one leg on the same side of the opponent's body and execute a bump to throw the opponent off balance, the participant will then roll to the side of the trapped limbs, ending in the top position.
2. Elbow escape: In this position the participant is on his/her back and the opponent is on top in the mounted position. The participant shall turn to their hip and drop the same

side leg flat. The participant shall then push off of the opponent, moving their hips out from under the opponent. The participant shall then do the same movement to the other side and repeat until they can recover the guard or stand up.

S.T.C.

It is important for the participant to only move themselves and not their opponent.

B. SIDE CONTROL ESCAPE

1. Shrimp Escape: In this position the participant is on his/her side facing the opponent and the opponent is on top in the side mount position. The participant shall establish a frame on the opponent and simultaneously move their hips away from the opponent, then swiftly drive one knee across the opponent's waist and looping their opposite leg around the opponents back. The participant shall then turn their hips and loop the other leg around the opponents back thus recovering guard.
2. Under Hook Escape: In this position the participant is on his/her side facing the opponent and the opponent is on top in the side control position. The participant shall hook their top arm under the opponent's arm pit on the mirror side. The participant shall then punch using the under hook are and drive to their knees. The participant shall then decide to either effect a takedown of their own or get up to their feet and utilize a proper force option.

C. HEADLOCK ESCAPE

1. Leg Hook Escape: In this position the participant is on his side facing his opponent who is on top holding a head lock. The participant should tuck his bottom elbow to prevent it getting trapped and swing his/her top leg over the opponents while climbing on top of the opponent.

X. ASSESSMENT # 1

- A. Participants will be assessed on the techniques they have been taught thus far. Prior to the assessment, the participants will be instructed on the Use of Force Policy and the assessment is based upon the scenario, whereby all de-escalation techniques have been exhausted. The participants will begin the assessment in the over hook/under hook arm position and must demonstrate the skills taught. Each participant will be advised of their role.
 1. This assessment will take place in a padded area and the participants will be wearing headgear, khakis, and a mouthpiece.
 2. The participants will be matched up by approximate size and skill.
 3. The assessment will start with the participants on their feet where they must use a take-down which was taught.
 4. This assessment will be timed and last for a maximum of three minutes.
 5. See Addendum #1 for assessment objectives.
 6. The participant will have 3 attempts to meet the objectives of this assessment.

7. The assessment will be stopped if:
 - a. the participant accomplishes all objectives.
 - b. the participant exhibits or reports any injury
 - c. an instructor suspects the participant is concussed
 - d. a participant is not able to protect themselves
 - e. three minutes has elapsed.
8. If a participant is suspected of suffering from an injury, medical attention will be provided.

VIII. WEAPON RETENTION STANDING

A. REAR RIGHT HAND GRAB

1. Trap weapon/suspect's hand with strong hand and utilize opposite hand to support weapon in holster.
2. Lower center of gravity, while keeping stable footing.
3. Release strong hand from weapon/suspect's hand while keeping weapon retention with weak hand.
4. Feed strong hand through the rear of suspect's elbow and grab your weak hand wrist, now establishing the Kimura lock.
5. Explode upward with your body and suspect's hand to get suspect to release the grip of the weapon.
6. Step forward with weak side leg, while maintaining balance and pivot toward the weapon side.
7. With Kimura lock still in place, utilize downward pressure and verbalize suspect to get into the prone position.
8. Use side/tactical handcuffing to handcuff suspect.

B. REAR LEFT HAND GRAB

1. Trap weapon/hand with strong hand and utilize opposite hand to support weapon in holster.
2. Lower center of gravity, while keeping stable footing.
3. Release strong hand from weapon/suspect's hand while keeping weapon retention with weak hand.
4. Pivot body toward weapon side and use strong hand to forcefully strike suspect's elbow area.

5. Utilize body weight and pressure on suspect's elbow to drive suspect downward into the prone position

C. FRONT LEFT-HAND GRAB

1. Trap weapon/suspect's hand with strong hand and utilize opposite hand to strike vulnerable areas.
2. Lower center of gravity, while keeping stable footing.
3. Feed weak hand through the rear of suspect's elbow and grab your strong hand wrist, now establishing the Kimura lock.
4. Explode upward with your body and suspect's hand to get suspect to release the grip of the weapon.
5. Step backward with weak side leg, while maintaining balance and pivot away from the weapon side.
6. With Kimura lock still in place, utilize downward pressure and verbalize suspect to get into the prone position.
7. Use side/tactical handcuffing to handcuff suspect.

D. FRONT RIGHT HAND GRAB

1. Trap weapon/hand with strong hand, simultaneously step back into stance, pulling suspect off balance.
2. Quickly take half step back with strong foot, pulling suspect off balance.
3. Consider blows to vulnerable target areas (eyes, groin, throat, etc.).
4. Quickly pivot clockwise, spinning weapon side away from suspect.
5. Use weak hand to forcefully strike suspect's elbow area.
6. Utilize body weight and pressure on suspect's elbow to drive suspect downward into the prone position or obtain MDTs Support Side Arm Bar takedown.

IX. STRIKES

A. POINTS TO EMPHASIZE TO PARTICIPANTS

1. Power is generated from the legs and hips.
2. Maintain a slight bend in the knee.
3. Chin is tucked to protect from strikes.
4. Effective for distraction, to implement control/takedown techniques.

B. JAB

1. Power from this strike is generated from the legs and hips.
2. The fist is driven forward while the elbow maintains a position close to the body.

N.T.I.

The jab is not as powerful as the cross because there is less torque in the body.

C. CROSS (strong side)

1. Power from this strike is generated from the legs and hips.
2. The fist is driven forward while the elbow maintains a position close to the body.

D. HOOK

1. Power from this strike is generated from the legs and hips.
2. The fist is driven in a horizontal arc with a ninety-degree bend in the elbow.

E. UPPERCUT

1. Power from this strike is generated from the legs and hips.
2. The fist is driven in an upward arc with approximately a ninety-degree bend in the elbow.

F. ELBOW

1. The power from this strike is generated from the legs and hips
 - a. The striking arm is bent so that the hand is pulled in close to the chest, while driving the elbow across the body.
 - b. The strike is delivered by rotating the shoulder and hips along with driving off of the back leg, while thrusting the striking surface of the elbow into the target.

G. PUSHKICK

1. A push kick is executed by lifting the leg up with a slight bend in the knee, pointing the sole of the foot towards the suspect's abdomen. At this point, the power is generated by the hips driving forward in a thrusting motion and causing impact with the ball of their foot.

X. FUNDAMENTAL FOOTWORK

A. DEFINITION

1. Ability to move the body easily and efficiently so that balance will not be disturbed.
2. It implies the ability to attack or defend at all times.
3. The same footwork will be used for police defensive tactics.
4. The focus will be on lateral movement side to side.
5. There are times when a police officer does not have a lot of room to maneuver.
6. It is important to not absorb an adversary's full aggression head on.
7. Lateral movement, left or right, will allow for re-direction of that aggression.

B. FORWARD SHUFFLE

1. Slow movement forward in such a manner that both feet are on the floor at all times.
2. Body is poised for either a sudden attack or a defensive maneuver.
3. Its primary purpose is to create openings and draw leads.
4. Body weight must not be disturbed.
5. Foot movements are no more than a few inches in length, the right foot following the left.
6. Both feet are on the floor at all times.
7. The fundamental position is maintained at all times.

C. BACKWARD SHUFFLE

1. Slow movement backward in such a manner that both feet are on the floor at all times.
2. Permitting balance to be maintained for attack or defense.
3. It is used to draw leads or draw the opponent off balance, thus creating openings.
4. Executed the same as the forward shuffle except the right foot is moved first.

D. QUICK ADVANCE

1. There are times when a slow advance will not accomplish the purpose.
2. When sudden speed and a quick advance is needed, use the quick advance.
3. It allows the sudden movement forward without loss of body balance.

4. This is really a long step forward; it is not a hop.
5. The left foot moves first, followed by the right; one foot is in contact with the floor at all times.
6. Push off with the right foot and step forward with the left.
7. The right foot is brought quickly to fundamental stance position.

E. THE QUICK OR FORCED RETREAT

1. Makes possible sudden retreat when the slow shuffle will not suffice.
2. It allows a sudden forceful move backward with a sureness of balance.
3. It also allows further retreat, if necessary, or a stepping forward to attack if desired.
4. It is a sudden, long step backward. The right foot moves first, followed by the left.
5. The weight is shifted to a straight right leg.
6. The left foot is used as a drag.

F. SIDE- STEP TO THE LEFT

1. The ability to move to the left or right is an extremely important part of footwork.
2. In general, it is best to move away from an opponent's best blow.
3. It is used to nullify an opponent's left hook.
4. It is used to get into position for right-handed counters.
5. It can be used to throw an opponent off balance.
6. Step six to eight inches to the left with the left foot.
7. Step the same distance with the right so that the on-guard position is regained.
8. The left hand is held high in readiness for the opponent's right counter.

G. SIDE- STEP TO THE RIGHT

1. It is used to keep out of range of right-hand blows.
2. It is used to obtain a good position for the delivery of a left hook and left jab.
3. Step six to eight inches to the right with the right foot.

4. Step the same distance to the right with the left foot so that the on-guard position is regained.
5. The right hand is carried high and ready for opponent's left hook.

XI. DEFENSES FOR STRIKES

A. ELEMENTS OF DEFENSE

1. Definition- All techniques which are defensive in purpose and together give the whole concept of defense.

B. HEAD AND SHOULDER MOVEMENT

1. A stationary target is easy to hit.
2. It is crucial to think tactically.
3. Head and shoulder movement creates a deceptive, moving target.
4. Balance and hand positioning is maintained while avoiding or minimizing the effects of an opponent's punches.

C. BLOCKING

1. First line of defense.
2. Means taking a blow on part of the body which is less susceptible to injury.
3. Disadvantage of hard blows causing contusion of the tissue, nerves, and bone.
4. Well delivered blow, even if blocked, will disturb balance, prevent countering, and create openings for other blows.
5. Elbow block

D. SLIPPING

1. Avoiding a blow without actually moving the body out of range.
 - a. Used primarily against straight leads and counters.
 - b. Calls for exact timing and judgement.
 - c. To be effective, must be executed so that the blow is avoided only by the smallest fraction.
 - d. Performed suddenly, the slip contains an element of surprise and leaves the opponent open for counterattack,

- e. Because slipping leaves both hands free to counter, it is the method preferred by the expert.

E. DUCKING

1. Dropping the body forward under hooks and swings to the head.
 - a. Used as a means of escaping blows, allowing the participant to remain in range for a counterattack.
 - b. Use against swings and hooks.
 - c. Bend the trunk forward from the waist and bend both knees forward, thus dropping the body downward under the hooks.
 - d. Carry the hands high, chin tucked down.

F. WEAVING

1. An advanced defensive tactic which means moving the body in an out and around a straight lead to the head, making the opponent miss and using the opening thus created as the start of a two fisted counter attack.
 - a. It is a circular movement of the upper trunk and head, right or left as desired.

G. ROLLING

1. Nullifying the force of a blow by moving the body with the blow.
 - a. Move the body backward with the straight blows.
 - b. Move left on hooks or left swings.
 - c. Move the body to the right on right swings or hooks.

H. HIGH GUARD

S.T.C.

Punching is the 2nd of the three most common attacks on Law Enforcement Officers.

1. Once a threat is identified, (usually in the form of a hand strike) the blocking hand is quickly raised and brought to the back of your head.
 - a. The blocking side elbow is raised across the center line of the body and held close to the head.

- b. The chin is tucked while keeping your eyes on your adversary.

I. ELBOW BLOCK FOR BODY PUNCHES

1. Don't move the elbow but turn the body.
2. Try to intercept the blow directly on the elbow.
3. Ordinarily, use the right elbow for a left lead and vice versa.

XII. LIGHT SPARRING AND DEFENSIVE TACTICS DRILLS

A. ONE-TWO DRILLS

1. These drills are conducted at 50% effort between two participants who are “paired up” focusing on technique. During this training drill, the participants will be provided explicit instruction on what type of strike to throw, and what strike-defense will be deployed to counter the strike. The participants will only deploy the strike on the instructor's cadence ensuring the defending participant is prepared to defend the strike. This drill initiates with a jab only, and as their competency increases, the participants will progress to the point where they are able to perform a “three and four” punch combination. This drill will last 30-60 seconds over a 20 minute period. It is important to note, during the 20 minute training period the participants will be engaged in approximately 10-12 cycles of striking and defending. This equates to approximately 5-6 total minutes of striking and defending. The remaining portion of time will consist of warmup drills, group instruction and individual correction.
2. This drill provides the foundation to the participants to advance to the light sparring drills. It is important to note, during this time the participants are instructed to focus on defense and block the anticipated strike. Also, it is important to note the defender will know what strike is anticipated, based on the instructor's direction.

N.T.I.

During this period of training, PD instructors will be assigned to each training station to assess technique and monitor performance and safety. PD instructors will closely monitor for any undefended hits to the head. If a participant is not defending themselves appropriately, the participant will be referred to remedial training. If a PD instructor otherwise suspects a participant is concussed, injured, or compromised, the participant will be pulled from training, and immediate medical attention will be provided.

B. INDIVIDUAL EVALUATIONS AND APPRAISALS

1. Light Sparring Drills: These drills are conducted at 50% effort between two participants who are “paired up” focusing on technique. They will focus on defense and closing the

distance to establish a body lock control with minimal contact to the head. During this time period, there are a total of six exercise stations. Four of the stations will be no-contact and will consist only of exercise and technique. The remaining two stations will consist of light sparring and will last for a maximum of 180 seconds. It is important to note, participants will rotate through the sections and will have two no-contact stations between a contact station.

2. The drill stations will consist of:
 - a. Foot work movement drill.
 - b. Heavy bag combination techniques
 - c. Light sparring
 - d. Hand (Focus/mitts) and Body (Protection worn) accuracy combination techniques
 - e. Jump rope
 - f. Medicine ball sit ups

N.T.I.

During this period of training, PD instructors will be assigned to each training station to assess technique and monitor performance and safety. PD instructors will closely monitor for any undefended hits to the head. If a participant is not defending themselves appropriately, the participant will be referred to remedial training. If a PD instructor otherwise suspects a participant is concussed, injured, or compromised, the participant will be pulled from training, and immediate medical attention will be provided.

XIII. ASSESSMENT #2

- A. Participants have been taught how to strike and how to defend against a strike. The participants will now be assessed on the techniques taught. The participants will start the assessment in the standing fighting position and will be required to use striking techniques to close the distance on their opponent and gain control of their opponent. Prior to the assessment the participants will be instructed on the Use of Force Policy and the assessment is based upon the scenario that all de-escalation techniques have been exhausted. Each participant will be advised of their role. The participants will then be assessed.
 1. This assessment will place two participants of approximate size and skill as opponents for a maximum of three minutes. The participants will be wearing headgear, mouthpiece, groin protection and eight ounce padded grappling gloves.
 2. This assessment will take place in a padded area.
 3. The assessment will start with the participants on their feet and once it goes to the ground there will be no strikes to the head of any kind.

4. The participant will have three attempts to meet the objectives of this assessment:
 - a. Display correct standing fighting position.
 - b. Use correct striking techniques.
 - c. Close distance.
 - d. Gain control of opponent.
5. The assessment will be stopped when:
 - a. A participant accomplishes all the objectives.
 - b. A participant exhibits or reports any injury.
 - c. An instructor suspects a participant is concussed.
 - d. A participant is not able to protect themselves.
 - e. Three minutes passes.

*****During the assessment, if a participant is suspected of suffering from an injury, immediate medical attention will be provided. *****

XIII. ASSESSMENT # 3: ADJUSTING FORCE LEVELS

- A. The participant must affect an arrest utilizing proper tactical positioning, the proper level of force and utilizing proper techniques learned throughout the Defensive Tactics program. Prior to the assessment, the participants will be instructed on the use of force policy and the assessment is based upon the scenario, whereby all de-escalation techniques have been exhausted.
 1. At the discretion of the Self-Defense Coordinator, one of the following scenario options will be chosen. The scenarios will be based around the most common attacks on police officers (sucker punch, push/grabs and tackles).
 - a. Foot Pursuit
 - b. Car Stop
 - c. Trespassing Complaint
 - d. Pedestrian Contact/Suspicious Person
 - e. Making an Arrest and/or Handcuffing

2. The participant must affect an arrest utilizing proper tactical positioning, the proper level of force and utilizing proper techniques learned throughout the Defensive Tactics program.
3. The participant will be evaluated on the following criteria:
 - a. Approach Techniques (including body positioning and distance control).
 - b. Constructive Force/Verbal Commands/Critical Decision Making
 - c. Emotional/Physical Control
 - d. Use of force options
 - e. Handcuffing Technique
4. The participant's performance shall be assessed both during and at the conclusion of the scenario, based on the criteria listed above. At the end of the scenario the participant's grade, either P – PASS or F – FAIL shall be recorded on the Defensive Tactics Practical Assessment sheet.
5. A rating of F-FAIL in any three of the listed objectives can result in an overall failure of the scenario at the discretion of the instructor, and the participant will be provided with remedial training. The participant will then repeat the scenario. During the second attempt at the scenario, based on personnel available, either a participant or a Self-Defense Instructor will act as the suspect. During the 3rd and final attempts at the Self-Defense Instructor will act as the suspect. The Self-Defense Instructor acting as the suspect is done for safety purposes as well as being able to react accordingly to the participant and control the pace of the scenario.
6. Three "failures" of the scenario will result in a recommendation for dismissal of the participant.
7. The assessment will be stopped when:
 - a. A participant accomplishes all the objectives.
 - b. A participant exhibits or reports any injury.
 - c. An instructor suspects a participant is concussed.
 - d. A participant is not able to protect themselves.
 - e. Three minutes passes.

NTI

The participant being evaluated is the "Police Officer". A second participant will act as the "suspect".

ROLES: "Police Officer": t-shirt, pants, proper Defensive Tactics footwear, head gear, groin protection (males), training blouse and leather

gear, blue handled weapon, inert OC and training baton
(discretion of instructor)

ATTIRE: "Suspect": t-shirt, pants, proper Defensive Tactics footwear, head gear and groin protection (males).

*****During the assessment, if a participant is suspected of suffering from an injury, immediate medical attention will be provided. *****

IX. COURSE SUMMARY

- A. The objective of this course is to provide the participant with the training and ability to apply control techniques along with the understanding necessary to subdue a resistor/suspect quickly and safely, while simultaneously limiting the possibility of injury to both the Police Officer, and the resistor/suspect. The techniques employed in a confrontation situation must be evaluated in terms of its likelihood to gain control compared to its likelihood to cause bodily harm. The dynamic nature of a confrontation requires constant adjustment of not only the techniques, but the amount of force that is to be applied in the situation. Ongoing training of these techniques and proficiency in self-defense is the best way in which to ensure a successful outcome.

Self-Defense Scoring Procedure Guidelines

Recommendation for dismissal procedure for all Defensive Tactics Assessments:

1. During the first attempt, a participant who is deficient in three or more objectives may be issued a Fail (F) and will be given remedial training prior to their next attempt.
2. During a second attempt, a participant who is deficient in three or more objectives may be issued a Fail (F) and will remain in remedial training until to their next attempt.
3. During a third attempt, a participant who is deficient in three or more objectives may be issued a Fail (F) and will be recommended for dismissal.

Overall performance is the determining factor when grading a participant. If a participant receives three Fail (F) grades they will be recommended for dismissal.

Participant's Signature _____

Date _____

POLICE DEPARTMENT
DEFENSIVE TACTICS QUESTIONNAIRE

During the course of Defensive Tactics Training there may be those among you who have a history of injury, illness, or similar problem that might make your participation in this program more hazardous than usual.

If you have any condition about which you are concerned as to its ability to stand up to the rigors of Defensive Tactics Training or any physical activity involved in self-defense, indicate these on the injury questionnaire.

Be over-solicitous about any problem you might have. Do not take the attitude that 'it will be all right.' let us make the judgment for you.

If, during the course of the lessons, you develop any symptoms of injury, i.e., headaches, dizziness, loss of memory, etc., report to sick call and discuss it with your instructor. Further, if you should notice any unusual symptoms in your classmates, bring this information to the attention of any instructor. We are concerned about your safety.

PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. If you have ever been knocked out or had a head injury, indicate the cause, date, and length of unconsciousness or impairment and type of treatment received?

INCIDENCE	DATE	CAUSE	LENGTH OF UNCONSCIOUSNESS	TREATMENT
A.				
B.				
C.				

2. If you have any condition that might be a source of concern to you as to whether it might be aggravated by your participation in Defensive Tactics Training, i.e., headaches, dizziness, impaired vision, memory loss, numbness in a body part, nose injury, dental bridgework, shoulder injury, etc., indicate below:

CONDITION:
A.
B.
C.

(PRINT) _____

SIGNATURE

(DATE) _____

LESSON PLAN REVISIONS

No.	Date	Badge	Explanation
1			Created New Lesson plan
2			Changed instructor requirements to certified Brown Belt or higher
3			Added AG issued statement on neck restraints and chokeholds
4			Updates for the new Defensive Tactics program and AG UOF Policy
5			Updates for the new Defensive Tactics program and AG UOF Policy
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			

Glossary of Terms

Arm bar

A method of turning an opponent from stomach to back on the mat by wrapping an arm around the opponent's elbow and using the leverage of that hold to flip them over.

Arm Positioning Drill

Chest-to-chest position with an over-hook and an under-hook. Both participants will simultaneously swim from the over-hook to an under-hook with both arms, back and forth.

Bottom position

The participant who is on hands and knees is in the bottom position.

Breakdown

The act of getting an opponent to the mat on their stomach or side.

Bridge / Bump

An arched position adopted by the participant, with their back above the mat, usually to avoid being pinned but sometimes as an offensive move.

Control

A participant who has a dominant position that restricts the opponent's mobility is said to be in control.

Cross-face

A hold in which the participant's forearm is pressed across the opponent's face.

Double-leg takedown

A move in which a participant takes the opponent down by grasping both of the opponent's legs and pulling them.

Duck-under

A takedown move in which the participant ducks under the opponent's arm to get behind their opponent and then uses a lift, throw, or trip to take the opponent to the mat.

Escape

If a participant gets out from being under control in the bottom position and gets to their feet, facing their opponent, it is an escape

Grapevine / Hooks

A hold in which a participant wraps a leg around one of the opponent's legs, often preparatory to a throw.

Headlock

A hold in which an arm is around the opponent's neck and the hands are locked together. The opponent's arm must be gathered into the hold to prevent accidental choking.

Level change

Bending at the knees to raise or lower the hips in order to get into a new position for a hold or takedown move.

NTI

Note to Instructor

Single leg takedown

A move in which a participant takes the opponent down by lifting one of the opponent's legs.

Snap Takedown

A method of getting your opponent completely out of alignment. The snap down is basically a way of getting your opponent's head lower than yours

Sprawl

A move used to counter a leg shot. The participant throws the legs back and arches the hips into the opponent to break the hold.

STC

Special Training Consideration

Takedown

When a participant takes the opponent to the mat from the neutral position

Top position

The participant who is on top of their opponent who is laying down on the mat

References:

Gracie, Renzo and Royler: Brazilian Jiu-jitsu: Theory & Technique, Invisible Cities Publishing House, Rio de Janeiro, Brazil, 2001

Police Department Standing Operating Procedure

New Jersey Attorney General's Use of Force Policy, 12/2020

Police Use of Force Preamble

Rorion Gracie: Gracie Survival Tactics Instructor Manual, 2002

Realistic De-Escalation Instructor Training: Force Science Institute

Sports Blue Sombrero, (2021), Glossary of Wrestling Terms
https://dt5602vnjxv0c.cloudfront.net/portals/7374/docs/glossary_of_wrestling_terms.pdf

Team USA, Snap-downs to Takedowns, 2001, Snap-downs to Takedowns (teamusa.org)

**ELIZABETH POLICE DEPARTMENT
USE OF FORCE GENERAL ORDER APPENDIX II**



VOLUME: 3

CHAPTER: 2

OF PAGES: 35

**EFFECTIVE DATE:
February 24, 2022**

ACCREDITATION STANDARDS:

**BY THE ORDER OF:
Chief Giacomo Sacca**

**BY AUTHORITY OF:
Police Director Earl J. Graves**

SUPERSEDES ORDER #:

PURPOSE The purpose of this Appendix to General Order Vol.3 Ch.2 Use of Force is to establish and clearly describe the training program for instructors of the Elizabeth Police Department Defensive Tactics Training Program. The Elizabeth Police Department Defensive Tactics Training Program is the program of defensive tactics adopted by the Elizabeth Police Department. This program will be used to train sworn personnel regarding the lawful use of force and will maintain compliance with guidelines and directives promulgated by the New Jersey Attorney General, the Union County Prosecutor, and existing statutory and case law.

POLICY It is the policy of the Elizabeth Police Department that instructors of the Elizabeth Police Department Defensive Tactics Training Program will be a minimum certified Gracie Survival Tactics Level 1 instructor, or certified Brown Belt or higher in Brazilian Jiu-Jitsu, and must have (MOI) Methods of Instruction. Contained in this Appendix is the Gracie Survival Tactics Level 1 and 2 Lesson Plan Manual, which the Elizabeth Police Department adopts in its entirety for the Elizabeth Police Department Defensive Tactics Training Program.

Level 1 Techniques	
Lesson 1: Base Get-up (Sitting)	7
Lesson 2: Trap and Roll Escape (Mount) - GAPP*	8
Lesson 3: Americana Armlock (Mount)	9
Lesson 4: Positional Control (Mount) - GAPP	10
Lesson 5: Take the Back (Mount)- GAPP	11
Lesson 6: Vascular Neck Restraint Defenses (Back Mount)- GAPP	12
Lesson 7: Straight Armlock (Mount)	13
Lesson 8: Clinch Control (Standing) - GAPP	14
Lesson 9: Body Fold Takedown (Standing)	15
Lesson 10: Punch Block Series (Guard)- GAPP	16
Lesson 11: Guard Get-up (Guard)- GAPP	17
Lesson 12: Twisting Arm Handcuffing Procedure (Mount)	18
Lesson 13: Positional Control (Side Mount)	19
Lesson 14: Double Underhook Guard Pass (Guard)	20
Lesson 15: Triangle Defenses (Guard)	21
Lesson 16: Elbow Escape (Mount) - GAPP	22
Lesson 17: Shrimp Escape (Side Mount) - GAPP	23
Lesson 18: Safe Draw (Guard) - GAPP	24
Lesson 19: Double Leg Takedown (Standing)	25
Lesson 20: Front Headlock Defense (Standing)	26
Lesson 21: Headlock Escape (Side Mount)	27
Lesson 22: Hidden Arm Handcuffing Technique (Back Mount)	28
Lesson 23: Kimura - Weapon Retention (Guard)	29
Level 2 Techniques	
Lesson 1: Twisting Arm Control (Mount/Side Mount)	31
Lesson 2: Kneeling Control (Side Mount)	32
Lesson 3: Advanced Guard Get-up (Guard)	33
Lesson 4: Advanced Clinch Control (Standing)	34
Lesson 5: Outside Trip Takedown (Standing)	35
Lesson 6: Multiple Officer Arrest Procedure (Back Mount)	36
Lesson 7: Rear Takedown (Standing)	37
Lesson 8: Turtle Control (Back Mount)	38
Lesson 9: Multiple Officer Takedown (Standing)	39
Lesson 10: Wall-Pin Tactics (Standing)	40

Lesson 11: Standing Headlock Defense (Standing)	41
Lesson 12: Compliant Handcuffing (Standing/Ground)	42
Lesson 13: Noncompliant Handcuffing (Standing)	43
Lesson 14: Dynamic Weapon Retention (Standing)	44
Lesson 15: Dynamic Weapon Retention (Ground)	45
Lesson 16: Edged Weapon Defense (Standing/Ground)	46
Lesson 17: Tactical Vehicle Extraction (Sitting)	47
Teaching Methodologies	48
The LAB	50
Written Examination	51
Support Material	52

b. *Gracie Academy Premium Pick (GAPP)

The GAPP techniques are the Level 1 techniques that have been used most often and with greatest success by law enforcement personnel. If you have limited training time, we recommend you focus on these.

**Gracie Survival Tactics® Level 21 www.GracieUniversity.com j ©
2021 Gracie University | Page: 2 of 72**

11. WhyLevel2?

a. Introduction

The GST Level I course has been developed and refined over nearly two decades. Even though the techniques have modified and adapted several times over, the core objective has remained the same: give the user a concise set of defensive tactics skills designed exclusively to neutralize the most common threat scenarios facing military and law enforcement professionals. Since 1994, over 5,000 military and law enforcement professionals have been certified to teach the techniques featured in the Level 1 course, and the time has come for Level 2. Here are the reasons why:

1.Level 1 Limitations

The techniques in the Level 1 course are designed to address the most common threat scenarios facing users, but by no means do they cover every scenario. With so many active users of the GST Level I techniques, we've received a substantial amount of feedback regarding

reoccurring threat scenarios that aren't addressed in the Level 1 course, and these are the scenarios that we aim to address in Level 2.

2. The "Suspects" Are Learning

With the explosive growth of MMA, the chance of a law enforcement officer having a violent encounter with a trained martial artist is higher than ever before. Even though majority of suspects aren't training at MMA gyms, they are watching it on TV frequently enough to learn the basic fight strategies, positions, and submissions. In the Level 2 course we presume that the suspect may have basic knowledge of MMA.

3. Different Techniques for Different Departments

Over the years we've observed that the GST Level 1 techniques are absorbed differently by each organization that adopts them. For example, US Customs and Border Protection Agents, who spend most of their time patrolling in the field 10-30 miles away from backup, may gravitate more towards a particular set of techniques than the Los Angeles Police Officers who patrol in pairs in densely populated metropolitan areas. With this in mind, we built the Level 2 curriculum on the widest range of new techniques so that each individual participant can pick and choose what works best for their organization.

I. The Level 2 Mindset - Constant Evolution

It took us nearly 20 years to nail down the Level I GST curriculum, and it's still changing. To suggest that the Level 2 curriculum is anywhere close to being finalized would grossly inaccurately say the least. Since we knew that all participants would have working knowledge of the Level I course, in our development of the Level 2 curriculum, we chose to try a new path. Rather than limit ourselves to a set number of pre-determined techniques, we chose to start with the critical threat scenarios, and then let the collaboration of the course participants guide the development of the curriculum. The result: a constantly evolving jiu-jitsu-based defensive tactics program developed by the people whose lives rely on it.

II. Acknowledgements

Over the last 20 years, Gracie University has established several very meaningful relationships with members of the U.S. military and law enforcement community. It is only through regular correspondence with these professionals that we are able to get the feedback necessary to continue evolving our programs so that they most effectively serve the people who rely on them. For the initial development of the Level 2 curriculum, there were four individuals who went above and beyond to help make it happen:

Charlie Moore - US Marshals Service Training
Division, Sr. Inspector/Instructor
Chuck Smith - US
Customs and Border Protection, Course
Developer/Instructor
Craig Hanaumi - Bellevue
Police Department, Defensive Tactics Instructor
Charles Fernandez -Arlington Police Department,
Defensive Tactics Instructor

Not only was their feedback and expertise instrumental, but their technical contributions will save lives.

III. The 5 Pillars of GST

Through the GST program our goal isn't merely to teach defensive tactics to an agency but rather to provide the agency with the tools to completely transform its culture from the inside out. This culture shift occurs when the following five pillars are in place at an agency.



a. *De-escalation Culture*

Above everything else, in GST we teach systems and strategies to reduce the intensity of each encounter, gain voluntary compliance, and mitigate the need for a higher level of force. Once this culture of de-escalation has permeated an agency, the question isn't "What's the highest level of justifiable force for this encounter?" but rather, "What's the lowest level of force needed to neutralize the threat and/or take the suspect into custody?"



b. *Sound Decision Making*

Through GST we condition officers to make effective decisions under the most challenging of circumstances. The "Amygdala Hijack" is known to occur when an officer experiences loss of control in a high-stress situation, at which point they are no longer able to make effective decisions. By teaching officers how to calmly and effectively manage physical encounters, they're able to maintain the cognitive function of their Prefrontal Cortex so that they can make sound decisions even under the most stressful of circumstances.



c. *Mission Specific Tactics*

Brazilian Jiu-Jitsu (BJJ) is a rapidly growing sport, but at most BJJ schools, the practice of the art is tailored to sportive grappling competition rather than self-defense. Unless the art is adapted for law enforcement applications, there are many facets of BJJ that would not only be ineffective in law enforcement but could potentially increase liability for the officer and the agency. GST is the most widely

adopted jiu-jitsu based defensive tactics program in the world because every technique has been highly scrutinized and specifically adapted for law enforcement application.

d. Injury Reduction on Both Sides



At most agencies, defensive tactics training is conducted with a "fight club" mentality, which not only leads to higher rate of training injuries, but it discourages the officers who need the training the most from attending. In GST graduates are empowered with a turn-key curriculum and the time-tested Gracie Teaching Methodologies that will make DT classes safe, productive and encouraging for all officers at the agency, so that they want to come back more. Best of all, because of the control-based nature of the techniques, published data at agencies where officers engage in regular jiu-jitsu practice has revealed a reduction in officer field injuries by as much as 48% and reduction in suspect injuries by as much as 53%.

e. Community Trust Building



There is nothing that erodes trust in a community more rapidly than when law enforcement officers use force that is perceived as inhumane and/or excessive, particularly in situations where a lower level of force could have reasonably been applied. Since GST teaches techniques that are so humane in their application and so benign in their appearance, the chances that an officer uses force in a manner that is likely to incite the community is drastically reduced, and only in the absence of inciting incidents can the foundation for a trust-building relationship with the community be established.

IV. The GST Tactical Truths

According to the FBI in 2009, there were 57,268 sworn law enforcement officers assaulted in the line of duty. The largest percentage of victim officers (32.6) were assaulted during disturbance calls (family quarrels, bar fights, etc.). Of the assaults, 81.4 percent (46,616) were committed by unarmed perpetrators who only used their personal weapons (hands, fists, feet, etc.) to assault the officer. A problem well understood is a problem half solved.

An encounter between a military/law enforcement professional and suspect is vastly different in a street fight compared to an MMA match. Yet, some combatives/defensive tactics programs taught by professional martial artists make no distinction. GST is the fastest growing combatives/defensive tactics program in the world because it is the only "jiu-jitsu based" program that is 100% law enforcement applicable and has also been proven time and time

again in actual combat by US military troops deployed globally. The GST program was developed and refined over nearly 20 years based on these three truths:

1. *The suspect always has the ambush advantage.*

In a real fight, there is no referee to start or to stop the fight when you are getting assaulted, and there are no weight classes, time limits, or rules to save you either. Only the suspect knows when and how he will attack. Any time you are close enough to conduct a pat-down, or to exchange documents, you are close enough to be ambushed. In the GST program, we teach simple and effective sudden assault defense strategies that enable you to neutralize the threat and achieve a position of advantage while minimizing injury to yourself and the suspect.

2. *Never grapple with the suspect by choice.*

If you enter into a "grappling match" with the suspect, you put yourself in great danger since the suspect could take your weapons and use them against you. If, however, the fight goes to the ground against your will, you must know what to do. In the GST program, we teach time-tested escape techniques that can be used to get you off the ground and back to your feet so that you can establish distance and utilize the appropriate force option to neutralize the threat. GST also features a series of leverage-based weapon retention principles you can apply in any grappling scenario to keep your weapons secure until you have the opportunity to disengage from the ground fight. Our philosophy is simple: "Learn how to fight on the ground, so you don't have to."

3. *In a street fight, there is no "tap-out."*

In MMA and sportive jiu-jitsu matches, the tap-out works immediately; in a fight for your life against someone who wants to injure or kill you, a tap-out will not save you. For military and law enforcement professionals, we understand that victory isn't achieved until you neutralize the threat and apprehend the suspect. In the GST program we have devised a series of simple, yet reliable, handcuffing procedures you can use from virtually every position in the fight, and the techniques are applicable to both solo and partner arrest scenarios.

16. LEVEL 1 TECHNIQUES

a. T
Technique:
Base
Get-up

**Position
: Sitting**

Introduction

As a military or law enforcement professional, if you find yourself in a situation where you are sitting or lying on the ground with an aggressive subject standing over you, your life may rest in your ability to stand up successfully.

b. Technical Slices

- 1) Standard Variation
 - a. *Indicator*: Suspect is standing over you.
 - b. Essential Detail (ED): Make sure your knee lands outside your elbow.
 - c. Most Common Mistake (MCM): Taking the back hand off the ground before the foot has landed.
 - d. Safety Tip (ST): Keep your front hand by your face for protection.
 - e. Bonus Detail (BD): If possible, stand up with the gun side back.
 - f. Drill Orders (DO): Start seated and get up in base 5 times on each side.
- 2) The Base Game
 - a. Drill Orders: For the entire duration of the Defensive Tactics course you teach, notify the students that if someone gets up wrong, they must get up correctly, stand up in base, five times and the next person 10 times, etc. The world record is 105 and it was reached during a Gracie Survival Tactics course at a U.S. Army base in South Korea under the command of Col. Bill Odom (ret.)
If you beat the record let us know.

c. Mindset Minute

If you don't stand up in base instinctively, you won't have the reflex to do it during the fight. To develop this reflex, play the Base Game during all defensive tactics courses.

d. T
**Technique: Trap
and Roll
Escape
Position: Mount**

Introduction

As a military or law enforcement professional, it isn't wise to grapple with an aggressive subject if you have a choice, due to the accessibility of your weapons. But unfortunately, things don't always go according to plan, and if you are ambushed, the fight may end up on the ground against your will. One

place you might end up is on the bottom of the mount position, which is the single worst place you can get stuck in a fight. From this position, the top person can strike at you or strangle you and you cannot effectively strike back. The worst part about trying to escape the mount position without an effective strategy is the panic you experience and the extreme exhaustion it will inevitably cause. The Trap and Roll Escape is a simple and extremely reliable way to remove the suspect, from atop of you. In this lesson, we will teach you three variations of the Trap and Roll as well as how to disengage from the fight after employing the technique.

e. Technical Slices

- 1) Standard Variation
 - a. *Indicator:* Suspect grabs your chest or throat with one or both hands.
 - b. ED: Trapping everything all at once.
 - c. MCM: Rolling sideways instead of upwards.
 - d. ST: Top person should tuck their shoulder.
 - e. Bad Guy Reminder (BGR): Keep hands on chest for this variation.
 - f. BD: After the roll, brace suspect's abdomen and stand up with the gun-side back.
 - g. DO: Start from mount, 1 rep, reverse roles.
- 2) Punch Block Variation
 - a. *Indicator:* Suspect sits up to throw punches from the mount.
 - b. ED: Constant closeness.
 - c. MCM: No reach with hugging arm.
 - d. ST: Bad guy must tuck fingers in prior to roll.
 - e. BGR: Post hands on ground for base when pulled forward.
- 3) Headlock Variation (With Open Guard Pass)
 - a. *Indicator:* Suspect establishes a headlock and inserts the grapevines.
 - b. ED: Remove the grapevine and tuck foot prior to roll.
 - c. MCM: No reach with hugging arm.
 - d. DO: Start from mount, execute any escape variation, pass open guard, reverse roles.

f. Mindset Minute

Due to the danger of the mount position, several techniques of this course are designed to prevent it from happening altogether. In a future lesson, you will learn the Elbow Escape from the mount, which can be used if for any reason, the Trap and Roll Escape fails.

g. **T**
technique:
Americana
Armlock
Position:
Mount

Introduction

The goal in the fight is to achieve the mount, exhaust our suspect and then win the fight. Punching the suspect from the mount can be effective but may cause you to exhaust yourself, lose your balance, and in some cases do more damage than you originally intended. Instead, we encourage the use of leverage-based submissions so that we can maintain better control of our suspect and save energy. The Americana Armlock is a highly effective submission that can be used with minimal effort to defeat a larger suspect while keeping your firearm safely out of reach. First, we are going to show you the Basic Application. and then we will show you two variations of how this technique will work in a real fight.

h. Technical Slices

- 1) Basic Application (Preparation Drill)
 - a. ED: Effective hand and head positioning.
 - b. MCM: All lift without any slide.
 - c. ST: Squeeze slow, tap fast.
 - d. BD: In combat, this technique should be performed on the gun side.
 - e. DO: Start from mount, 1 rep on each arm, reverse roles.
- 2) Standard Variation
 - a. *Indicator*: Suspect fears punches and protects their face with both hands.
 - b. ED: Back hook in, front knee open.
 - c. MCM: No hip pressure.
 - d. BGR: Test partner's hooks by pushing with free arm (start slow then work it up).
 - e. ST: Do not squeeze the lock while suspect is checking base.
- 3) Neck-hug Variation
 - a. *Indicator*: Suspect exposes their arm while you maintain control of their neck.
 - b. ED: "Thumbfull" grip at first then switch to thumbless grip.
 - c. MCM: Forgetting the loop and hying to apply pressure from the neck-hug.

i. Mindset Minute

The beauty of this and other submissions is that it gives you the ability to inflict as much or as little damage as you deem necessary. When using the Americana Armlock, be sure to focus on using your legs to stabilize otherwise the move is worthless. If you ever feel like your legs can't contain the suspect, release the lock and use your hands for additional base. If the suspect begins to roll you the other way, switch your hooks to neutralize the roll then switch back to normal hook positioning before finishing.

j. T ***Technique:***

**Positional
Control
Position:
Mount**

Introduction

The mount position is the most dominant position in a fight because you can win the fight in a variety of ways from there. You must understand, however, that as soon as you achieve the mount, the suspect will do everything in his/her power to remove you from atop of them. This lesson will provide you with the Positional Control tactics that you can use to control and exhaust a larger, stronger suspect from the mount. First, I will show you how to apply effective hip pressure, then, we will discuss how to neutralize all the most common escape attempts, as well as, how to retain control of your weapons from the mount.

k. Technical Slices

- 1) Hips and Hands (Preparation Drill)
 - a. ED: Constant hip pressure.
 - b. MCM: Weak torso alignment.
 - c. BGR: Hug your partner's body to make it easier to check their base.
 - d. DO: Start from mount, Superman pressure and go side to side 5 times, reverse roles.
 - 2) Anchor and Base
 - a. *Indicator*: Suspect attempts to escape by pushing you to the side.
 - b. ED: Effective "hook handoff".
 - c. MCM: Front foot posted too wide.
 - d. BGR: Verify both base points and anchor points before slowly switching to the other side.
 - e. DO: Start from mount, transition side to side 5 times, reverse roles.
 - 3) Low Swim
 - a. *Indicator*: Suspect attempts to wrap your posted arm and roll you out.
 - b. ED: 45 Degree stiff-arm angle.
 - c. MCM: Weak elbow positioning and predictable response time.
 - d. DO: Strut from mount, 2 low swims on each arm, reverse roles.
 - 4) High Swim
 - a. *Indicator*: Suspect pushes straight up on your chest or throat with one or both hands.
 - b. ED: Get low and heavy after each swim to prevent follow push attempts.
 - c. MCM: Swimming both hands at once.
 - d. DO: Strut from mount, 3 high swims, reverse roles.
 - 5) Weapon Retention
 - a. *Indicator*: Suspect attempts to obtain control of your firearm from the

- bottom.
- b. ED: Underhook one or both aims, to retain weapon control.
- c. MCM: Improper elbow positioning during the underhook control.
- d. BD: Focus on using your hooks to compensate for weakened hand base.
- e. DO: 10 seconds of standard mount control, 10 seconds of underhook control, reverse roles.

I. Mindset Minute

Every time you achieve the mount, expect the suspect to use every ounce of energy to throw you off. Once you neutralize their explosive escape attempt, they will be very discouraged and in most cases this will be enough to make them surrender. If they attempt to obtain control of your firearm, respond with immediate underhook control and wait for exhaustion.

m. T
Technique:
Take the
Back
Position:
Mount

Introduction

If you achieve the mount, there is a very high probability that the suspect will fear getting punched in the face and will instantly roll to their knees. If you don't respond to their roll correctly, you will fall off. Knowing how to Take the Back will ensure that you do not lose control when the suspect rolls. First, we will teach you how to take the back, and then we'll discuss what to do if your back mount control is jeopardized.

n. Technical Slices

1) Take the Back

- a. *Indicator:* Suspect rolls to their knees to escape the mount.
- b. ED: Effective back hook entry.
- c. MCM: Ineffective torso alignment while on back.
- d. BGR: Proper roll and getup technique (Solo Demo).
- e. ST: Remain weightless until partner is on all fours and then drop weight gently.
- f. DO: Start from mount, take the back, reverse roles.

2) Remount Technique

- a. *Indicator:* Suspect removes the bottom hook and attempts to escape the back mount.
- b. ED: Immediate hook transfer.
- c. MCM: Failure to time the get-up correctly.
- d. BGR: Try to get on top if your partner doesn't respond in time.

- e. DO: Start from mount, take the back, remount, reverse roles.

o. Mindset Minute

Every time you achieve the mount on a suspect, expect him/her to roll to their knees in an attempt to get up. Failure to anticipate this roll will trigger a "bulldozer" effect, which will cause you to lose your position and end up on the bottom of the fight.

**Technique: Vascular
Neck Restraint Defenses
Position: Back Mount**

Introduction

More than ever before, civilians are learning techniques and submissions from watching MMA. Consequently, it is essential that every officer learn how to defend against Vascular Neck Restraints (VNR) as well as Rear Naked Chokes. We will start with the basic application of these types of attacks and then we will discuss a few effective defenses that an officer can apply in they are caught in this submission.

- *All LEOs should adhere to their organizations' 'Use of Force Policy' regarding the application of the Vascular Neck Restraint. A VNR is NOT a respiratory restraint; at no point should there be any significant pressure on the structures of the front of the neck nor should there be any stress placed on the cervical vertebrae. For safety, do not apply pressure to the trachea during use.*
- When applying this technique always be cognizant of the condition of the suspect. It is important to be able to recognize when they are unconscious so that you can immediately transition to aftercare procedures. To avoid unnecessary exposure to injury, do not continue to apply this restraint *after* you are aware that they are unconscious.

Technical Slices

- 1) Vascular Neck Restraint (Preparation Drill)
 - a. ED: Hug the "V" using back strength instead of arm strength.
 - b. MCM: Too much arm strength and not enough back.
 - c. BGR: Tighten your neck muscles to resist more effectively.
 - d. DO: Start from sitting position, 1 rep with each arm, reverse roles.
- 2) Standard Variation
 - a. *Indicator:* Officer takes the suspect's back.
 - b. ED: Quick shot with elbow alignment (adjust chin if necessary).
 - c. DO: Start from the mount, take the back, apply VNR, reverse roles.
- 3) Frame Escape
 - a. *Indicator:* Suspect establishes back mount against you.
 - b. ED: Immediate control of the top arm.
 - c. MCM: Make sure to activate the frame once you fall towards the overbook side.

- d. BD: After you activate the frame, try to end up on top in their guard.
 - e. DO: Mount start, back mount, escape, reverse roles.
- 4) Shoulder Slip
- a. Indicator: Suspect wraps the officer's neck from any position.
 - b. ED: Turn towards the choking arm.
 - c. MCM: Failure to commit your back to the mat.
 - d. BD: Immediate guard recovery.
 - e. DO: 3 reps (turtle, kneeling, standing), reverse roles.

Fight Simulation Drill

1. Trap and Roll Escape (3 variations)
2. Positional Control - Mount (4 variations)
3. Take the Back
4. Vascular Neck Restraint
5. Remount Technique
6. Americana Armlock (2 variations)

Mindset Minute

Although when a trained LEO applies a VNR, it is a relatively safe move since the LEO will stop the pressure soon after unconsciousness occurs. On the other hand, if an attacker is applying this to the officer, it is considered DEADLY FORCE as we cannot reasonably assume that the attacker intends to stop once the officer is unconscious. Furthermore, the officer cannot allow themselves to become incapacitated as it would allow the attacker to access all of their weapons on their duty belt.

p. **T**
Technique:
Straight
Armlock
Position:
Mount

Introduction

The goal in the fight is to achieve the mount because from there we can exhaust and eventually submit our suspect with ease. It is very common for the suspect to reach up for your chest or throat during their escape attempt, and when they do, they create the perfect opportunity for the Straight Armlock. The Straight Armlock is a great weapon retention technique since it employs so much leverage and it can be used to control even the largest suspect. In this lesson, we will teach you how to apply it from the mount position. We will start by showing you the final control position, and then we will teach you two variations that you can use during combat.

q. Technical Slices

- I) Final Control (Preparation Drill)

- a. ED: Use legs to neutralize the head slip, elbow slip, and full sit-up.
 - b. MCM: Ineffective heel squeeze.
 - c. BGR: Test all three control elements as you try to escape.
 - d. ST: Do not apply pressure until bad guy has tested all 3 components, squeeze slowly.
 - e. DO: Start in final Armlock position, neutralize escapes for 10 seconds, apply pressure, reverse roles.
- 2) Standard Variation
- a. *Indicator*: Suspect reaches up for your chest or throat with one or both hands.
 - b. ED: Placing all the weight on their chest to enable a full body pivot: hips, shoulders, legs.
 - c. MCM: Landing with hips too far from shoulder (arms must collapse at the right time).
 - d. DO: Start from mount, 1 rep, reverse roles.
- 3) Side Variation
- a. *Indicator*: Suspect turns sideways underneath you but does not roll to their knees.
 - b. ED: Invert the front leg after you hug the arm and pin the head.
 - c. MCM: Committing to Armlock too soon (verify that suspect is not rolling to knees first).
 - d. BGR: Protect your face with your bottom hand.
 - e. ST: Be careful not to kick your partner in the face with your heel during the spin.
 - f. DO: Transition to modified mount, 1 rep, reverse roles.

r. Mindset Minute

The sooner you go for the Armlock, the more likely the suspect is to escape. Allow your partner to exhaust for a few seconds before spinning for the arm so that they won't have the energy to escape. When you catch it, focus entirely on the leg control, applying pressure is the easy part. If the suspect is too big, and your legs don't reach the ground during the final control, don't worry, just keep your legs heavy and you should be okay. Remember, in a real situation, you will only need to control the final position for a fraction of a second before you apply pressure and gain compliance.

s. **T**
technique:
Clinch
Control
Position:
Standing

Introduction

When a seemingly cooperative suspect is determined to attack a military or law enforcement professional without notice, it can be very difficult to avoid

When using the clinch to neutralize a surprise attack from an aggressive subject, the safest option is usually to disengage as soon as the opportunity arises so you can utilize other force options. If, while in the clinch, you conclude that you would rather take the subject to the ground to apprehend him/her, then the Body Fold Takedown is a simple and reliable way to make it happen.

w. Technical Slices

- 1) Body Fold Takedown
 - a. *Indicator:* Suspect maintains a wide base when you establish the clinch.
 - b. ED: Effective level-change and clinch lift.
 - c. MCM: Failure to maintain hip connection during the fold.
 - d. BGR: Land with your hips first and break your fall.
 - e. ST: Release the suspect and do not fall with them.
 - f. DO: Start from the clinch, 1 rep, reverse roles.

x. Mindset Minute

Focus on establishing an effective clinch with solid base, and only step in for the takedown when you feel comfortable. Don't worry about slamming the suspect into the ground too aggressively, since the harder you land - the less likely you are to retain control upon the landing.

y. T
Technique:
Punch Block
Series
Position:
Guard

Introduction

Ideal top position in a fight is the mount. If you are unable to keep the top position, and you end up in the bottom of the fight, you can use your legs to wrap the suspect in a position called the guard. In this lesson, we will teach you how to neutralize punches from the bottom of the guard, as well as how to retain control of your weapons

should the suspect change his focus during the assault. The Punch Block Series is broken down into 5 Stages, which we will teach you first, and then we will discuss how to retain control of your weapons from the bottom of the guard.

z. Technical Slices

- 1) Stage 1

- a. *Indicator:* Suspect attempts to punch your face from within your guard.
 - b. ED: Effective head control and arm control on the gun side.
 - c. MCM: Utilizing too much energy.
 - d. BGR: Only punch directly towards their face for this drill.
 - e. DO: Start from mount, cooperative rollout, establish Stage 1, neutralize punches and swims for 10 seconds, reverse roles.
- 2) Stage 2
- a. *Indicator:* Suspect pulls their arm back to punch your body or head.
 - b. ED: Fill the space with shins and arms.
 - c. DO: Start in the guard, conduct 2 cycles: 1-2-1-2-1, reverse roles.
- 3) Stage 3
- a. *Indicator:* Suspect sits up to generate more powerful punches.
 - b. ED: Quick insertion of the knees with extended hips.
 - c. DO: Start in the guard, conduct 2 cycles: 1-3-1, 1-2-3-1, reverse roles.
- 4) Stage 4
- a. *Indicator:* Suspect stands up to throw punches.
 - b. ED: Slight bend in the knees and toes facing out and controlled return to Stage 1.
 - c. DO: Start in the guard, conduct 3 cycles: 1-4-1, 1-3-4-1, 1-2-3-4-1, reverse roles.
- 5) Stage 5
- a. Indicator: Suspect backs off from Stage 4.
 - b. ED: Proper side-to-side movement, kicks for space, and stand up if possible.
 - c. DO: 1-4-5-1, 1-3-4-5-1, 1-2-3-4-5-1, 1-5-Stand up in base, reverse roles.
- 6) Weapon Retention (Modified Stage 1)
- a. *Indicator:* Suspect attempts to gain control of your weapon(s).
 - b. ED: Immediate underhook on the side of the weapon reach, both underhooks if necessary.
 - c. MCM: Failure to use the legs to kick off suspect's hip for leverage.
 - d. BGR: Once the firearm is safe, switch back to punch focus.
 - e. DO: All stages in random order for 30 seconds, including weapon retention.
- 7) Callout Game
- a. DO: 60 seconds, all stages in combination with the good guy calling out the stage verbally AFTER the bad guy creates it.

aa. Fight Simulation Drill

1. Clinch Control - Disengage - Clinch Control
2. Body Fold Takedown
3. Straight Armlock (2 variations)
4. Punch Block Series (End with Weapon Retention)

bb.Mindset Minute

The key is to remain relaxed so that you do not waste energy, and also so that you can feel the suspect's intentions. If they are focusing exclusively on strikes, focus your efforts on standard punch protection. If they shift gears and go for your firearm, respond with immediate underhook control.

cc. **T**
Technique:
Guard
Get-up
Position:
Guard

Introduction

From the bottom of the guard, neutralizing punches should always be your primary concern. Once the suspect has exhausted their initial barrage of punches, you should attempt to get back to your feet as soon as possible so you can utilize the appropriate force options. In this lesson, we will start by teaching you a critical hip movement exercise, and then we will show you how to stand up and disengage from the fight.

dd.Technical Slices

- 1) Shrimp Drill (Preparation Drill)
 - a. ED: Turn on your side facing the flat leg.
 - b. MCM: Sliding the hips and shoulder rather than pivoting.
 - c. DO: Start flat on your back (solo), Shrimp back and forth 4-6 times.
- 2) Guard Get-up
 - a. *Indicator*: Suspect is in your guard and you opt to stand up.
 - b. ED: Effective hip scoot and wrist control.
 - c. MCM: Failure to extend from the "L" to the "I" prior to sitting up.
 - d. BD: If possible, shrimp out with the gun side up.
 - e. BGR: Change your control tightness with each repetition.
 - f. DO: PBS for 10 seconds, Guard Get-up, reverse roles.
- 3) Get-up Failure
 - a. Indicator: Suspect drives so aggressively that you can't get up.
 - b. ED: Both feet on the hips to control the suspect while you access your force options.
 - c. MCM: Grabbing wrist with the wrong hand.
 - d. BD: If they reach for your firearm, cross grip their wrist, and place it on the ground and use it as a base point to get up.
 - e. DO: Attempt the Guard Get-up, both feet on hips, force options, get up, reverse roles.

ee.Mindset Minute

It is true that your ability to get up from underneath an aggressive subject may save your life. But you must also acknowledge that you can't always stand up at will. If the suspect is extremely tight in their control, wait patiently for him/her to loosen before you attempt the Guard Get-up.

ff. Technique:
Twisting Arm Handcuffing
Procedure Position: Mount

Introduction

The "tap-out" has little meaning in a real street fight when your life is on the line. In the military and law enforcement line of work, victory isn't accomplished until the threat is fully neutralized and the enemy or suspect is in handcuffs. If you have two or three people working in unison to handcuff someone, this task can be relatively easy. But, if you find yourself in a one-on-one fight with an actively resistant suspect, applying the handcuffs can be an arduous task to say the least. In this lesson we will teach you a simple and very reliable handcuffing procedure from the mount position. and then we will teach you three variations you can use from various positions in the fight.

gg. Technical Slices

- 1) Standard Variation
 - a. *Indicator:* You've established the mount and the suspect's hands are up for protection.
 - b. ED: Keep the elbow bent at a ninety-degree angle, verbally command the suspect.
 - c. MCM: Ineffective "push pull" movement of the suspect's arm.
 - d. BGR: Go with the flow.
 - e. DO: From the mount simulate open-hand strikes, execute technique, reverse roles.
- 2) Americana Variation
 - a. *Indicator:* Suspect surrenders to Americana Armlock and you seek to apply handcuffs.
 - b. ED: Constant wrist control.
 - c. DO: Start from the mount, 1 rep, reverse roles.
- 3) Straight Armlock Variation
 - a. *Indicator:* Suspect surrenders to Straight Armlock and you seek to apply handcuffs.
 - b. ED: Use legs for control and only proceed once suspect is compliant.
 - c. MCM: Improper leg positioning and failure to lean northward.
 - d. DO: Start from Straight Armlock final control, 1 rep, reverse roles.

hh. Mindset Minute

The handcuffs can/should only be applied after full control of the suspect is established. First priority is always control. Second priority is handcuff/submissions.

ii. **T**
Technique:
Positional
Control
Position:
Side Mount

Introduction

If you MUST be in a ground fight, your positional objective should be to achieve the mount on the suspect. That being said, another very dominant top position that can be used to control and exhaust the suspect before transitioning to the mount is the Side Mount. In this lesson, we will start by teaching you how to establish and maintain the Side Mount position against a larger aggressive suspect, and then we will discuss how to retain control of your weapons if the suspect attempts to grapple them from you.

jj. Technical Slices

- 1) Roll Prevention
 - a. *Indicator:* Suspect attempts to escape by bridging and rolling explosively to either side.
 - b. ED: Keep hips low and use back hand and front foot for base, keep gun side back.
 - c. MCM: Slow front hand base - arm gets trapped.
 - d. BD: Establish the side mount with the gun side back if possible.
 - e. DO: Start from the side mount, prevent the roll for 10 seconds, reverse roles.
- 2) Weapon Retention (With Mount Transition)
 - a. *Indicator:* Suspect attempts to grab at your weapons from the bottom.
 - b. ED: Early recognition of attempt and quick underhook insertion on the suspect's inside arm.
 - c. MCM: Failure to fully "walk the C" past 90 degrees.
 - d. DO: Start from side mount, prevent the roll, employ weapon retention, mount reverse roles.

kk. Mindset Minute

In most cases, maintaining the side mount is easier than maintaining the mount. As a result, don't be in a hurry to rush to the mount. Instead, focus on establishing a good base and allowing the suspect to burn all their energy, so that when you finally achieve the mount you can finish the fight with ease.

ll. **T**
Technique: Double
Underhook Pass
Position: Guard

Introduction

Although less than 1% of people actually train in Gracie or Brazilian Jiu-Jitsu, MMA is growing so quickly that more and more people are becoming familiar with the basic standing and ground fighting principles and strategies. As such, the threats against military and law enforcement professionals have never been so real. In the rare instance that you do find yourself in the suspect's closed guard during a street fight you should have a plan, and for this reason we have chosen to include Double Underhook Guard Pass. First, we will teach you the open guard variation, and then we will teach you how to pass when they close their guard

mm. Technical Slices

- 1) Open Guard Variation
 - a. *Indicator:* Suspect's legs are uncrossed, and you seek to advance your position.
 - b. ED: Dip the shoulder, keep weight on suspect, and pass to the opposite side of your gun.
 - c. MCM: Weight on knees instead of toes during stack.
 - d. ST: Tighten up your core to protect your body during the stack.
 - e. BD: Always pass to the side opposite of your firearm.
 - f. DO: Start from open guard, 1 rep, reverse roles.
- 2) Closed Guard Variation
 - a. *Indicator:* Suspect crosses their feet and establishes the closed guard.
 - b. ED: Solid posture and good distraction strikes.
 - c. MCM: Face up and exposed, during pass, instead of down and protected.
 - d. DO: Start in the closed guard, strike for distraction, pass the guard, reverse roles.

nn.Fight Simulation Drill

1. Trap and Roll Escape (3 variations)
2. Double Underhook Guard Pass (2 variations)
3. Positional Control - Side Mount (2 variations)
4. Positional Control - Mount (4 variations)
5. Twisting Arm Handcuffing (3 variations)

oo.Mindset Minute

When you find yourself inside the closed guard, there is no major hurry to pass. Whenever possible, achieve posture and use distraction strikes to force the guard to open, at which point you can either stand up and disengage or use the Double Underhook Pass to achieve the side mount. Also, once you

achieve the side mount, you should anticipate their attempt to re-establish the guard and position yourself accordingly.

pp.Introduction

The Triangle is one of the most common submissions in BJJ. Due to its widespread popularity, it is essential that police officers understand its application to effectively counter and escape this attack. We will start by introducing you to the application of this technique, and then we will teach you one of the most reliable defensive strategies.

Note: All LEOs should adhere to their organizations' Use of Force policies, as well as their aftercare procedures, regarding the application of Vascular Neck Restraints. Additionally, as explained in lesson 6, it is important to be able to recognize when they are unconscious so that you can immediately transition to another form of control such as handcuffing. To avoid exposure to unnecessary injury, do not continue to apply the Vascular Restraint *after* you are aware that they have lost consciousness.

qq.Technical Slices

- 1) Triangle Finish (Preparation Drill)
 - a. ED: Walk hips out to facilitate the neck bite and full lockup.
 - b. MCM: No thigh squeeze and no patience during final pressure.
 - c. BGR: Stay rigid on top of the suspect and increase the forward lean after each successful rep.
 - d. DO: Start from Triangle Setup position, 1 rep, reverse roles.
- 2) Guard Getup Variation
 - a. *Indicator:* During a Guard Getup the suspect drives forward aggressively.
 - b. ED: Effective wrist control and solid leg bite.
 - c. MCM: Weak distance control with legs.
 - d. BGR: Keep driving forward during the technique to prevent the getup.
 - e. ST: Don't kick your partner in the face.
 - f. DO: Start in Stage 1, attempt the Guard Getup, switch to Triangle Restraint.
- 3) Triangle Defense
 - a. *Indicator:* Immediate posture once the suspect establishes Triangle Setup.
 - b. ED: Getting your knees deep under suspect's hips to facilitate posture.
 - c. MCM: Rushing to escape instead of focusing on progress prevention.
 - d. BGR: Try to pull your partner down with your hands and legs.
 - e. DO: Start in guard, transition to Triangle, defend with posture, reverse roles.

rr. Mindset Minute

The Triangle is a ve1y powerful technique because it gives anyone the chance of winning the fight from the bottom. As with all submissions, understanding how it works is one of the most imp01tant pre-requisites to ensure that you can escape if you're ever get caught in this position.

ss. T
technique
: Elbow
Escape
Position:
Mount

Introduction

Any time you find yourself trapped underneath the suspect in the mount position, you should aim to use the "Trap and Roll" escape, since it will place you on top of the suspect and give you the opportunity to immediately disengage from the fight. If the suspect is too big or this escape is not possible, you will need another technique to guarantee your escape, and the "Elbow Escape" will do just that. First, we will teach you the standard Elbow Escape, and then we'll discuss a critical variation you can use in the event that the primary option doesn't work.

tt. Technical Slices

1) Standard Variation

- a. *Indicator:* Suspect prevents the Trap and Roll Escape by establishing wide base.
- b. ED: Leg must be completely flat and hips turned in that direction.
- c. MCM: No final hip scoot towards the trapped foot.
- d. BGR: Keep your body rigid to make it realistic.
- e. DO: Start from mount bottom, 1 rep, reverse roles.

2) Hook Removal

- a. *Indicator:* Suspect inserts the leg hooks or "grapevines" for better control.
- b. ED: One foot helps the other to remove hook, use *inside leg trap* on a heavy suspect.
- c. MCM: Forget to block the knee immediately during hook removal process.
- d. BGR: Be careful not to insist on the grapevines too much -your knee can get twisted.
- e. DO: Start with bad guy's grapevines inserted, 1 rep, reverse roles.

3) Bonus Details

- a. *Indicator:* Suspect neutralizes the standard Elbow Escape.
- b. ED: Switching back to a Trap and Roll at ANY point during the technique.
- c. MCM: Failing to identify if the suspect is wide or narrow.

- d. BGR: Make your legs heavy to force the Heel Drag.
- e. DO: Start with the Elbow Escape, switch to a roll or heel drag, reverse roles.

uu. Fight Simulation Drill

- 1. Elbow Escape - Mount (2 variations)
- 2. Punches Block Series (5 Stages+ Weapon Retention)
- 3. Triangle Restraint (2 variations)
- 4. Guard Getup (2 variations)

vv. Mindset Minute

When executed properly, the Elbow Escape should enable you to escape the mount against virtually any suspect regardless of their size. Although it is better to end up on top of the fight, if you are trapped on the bottom, establishing guard is your best option because from there you can neutralize punches and eventually disengage using the Guard Getup technique.

ww. T

technique:

Shrimp

Escape

Position:

Side

Mount

Introduction

Against a much larger suspect, there is a good chance that you will find yourself on the bottom of the fight. If this happens, the safest thing to do is to get the suspect in your guard because from there, you can neutralize punches and disengage. If somehow the suspect is able to get past your guard you will need to use the Shrimp Escape to put them back in your guard. In this lesson, we will learn three variations of the Shrimp Escape, starting with the Block and Shoot Variation.

xx. Technical Slices

- D) Block and Shoot Variation
 - a. *Indicator:* Suspect passes your guard and attempts to establish the side mount.
 - b. ED: Shoot the legs into position immediately after the block, do not wait.
 - c. MCM: Failure to remove the inside leg with the "extend, post, and scoot" strategy.
 - d. BGR: Start from a distant side mount on your knees and dive in safely.

- arm.
 - c. MCM: Failure to draw weapon on time allowing the suspect to regain balance.
 - d. BGR: Reach for the gun to allow your partner to drill realistically.
 - e. DO: Start from the guard, 1 rep, reverse roles.
- 2) Shoulder Pin Failure
- a. *Indicator*: Suspect breaks free from the shoulder pin and/or establishes a headlock.
 - b. ED: Immediate switch to head control when suspect postures up.
 - c. MCM: Failure to preserve the closeness.
 - d. BGR: Check the Shoulder Pin at various intensity levels.
 - e. DO: Start from the guard, 1 rep, reverse roles.

bbb. Mindset Minute

Never draw your weapon while grappling, unless the situation warrants deadly force and you intend to use the firearm. If it isn't a deadly force situation, and you are in a ground fight, you are better off keeping your weapons holstered.

Technique:

Double Leg

Takedown

Position:

Standing

Introduction

The advantage of utilizing the Bodyfold Takedown is that once you take the suspect down, you end up in the very dominant mount position. But, if you think it might be difficult to establish the clinch on the suspect, the Double Leg Takedown is a great alternative. First, we will teach you the Basic Double leg then we will discuss how to use it against an aggressive suspect in a way that keeps your firearm safely out of reach.

Technical Slices

- 1) Basic Application (Preparation Drill)
 - a. ED: Tight leg control with effective shoulder drive, head should go outside the front knee of the suspect.
 - b. MCM: Wrong leg stepping forward and head to the wrong side.
 - c. BGR: Keep core tight and prevent head from hitting ground.
 - d. BD: Be sure to pass to the side opposite the firearm.
 - e. DO: Start from 1 arm-length away, 1 rep, reverse roles.
- 2) Aggressive Suspect
 - a. *Indicator*: Suspect advances towards you aggressively.
 - b. ED: Quick, low shot and solid leg base to support suspect's bodyweight.
 - c. ST: Do not release the legs until the suspect is completely down.
 - d. BGR: Feign compliance and then attack without notice.
 - e. DO: Start in standing interview stance, 1 rep during aggression, reverse roles.

Fight Simulation Drill

1. Punch Block Series (1-3-4-pass)
2. Shrimp Escape (3 variations)
3. Safe Draw (3 variations)
4. Guard Getup (2 variations)
5. Double Leg Takedown
6. Positional Control - Side Mount

Mindset Minute

The advantage of Double Leg Takedown is the surprise element of going for the suspect's legs. However, the disadvantage is that you may end up inside the suspects open guard. If you don't think you can effectively control the suspect in the clinch, this takedown may be more effective than the upper body clinch strategies. Perfect them both so that your instincts can choose the best option in the heat of battle. If you shoot the Double Leg and the suspect sprawls, you may need to transition to the guard.

ccc. Introduction

When closing the distance against a subject, there is a possibility that they wrap your neck in a Front Headlock and if you don't understand it, you could be rendered unconscious. In this lesson we are going to explore the Front Headlock as an offensive tool, so that we better understand it, and then we are going to analyze one of the most effective counters to this technique.

ddd. Note:

- All LEOs should adhere to their organizations' 'Use of Force Policy' regarding the application of the Front Headlock Neck Restraint.
- When applying this technique always be cognizant of the condition of the suspect. As explained in Lesson 6, it is important to be able to recognize when they are unconscious so that you can immediately transition to aftercare procedures. To avoid unnecessary exposure to injury, do not continue to apply this restraint *after* you are aware that they have completely passed out. Always adhere to your agency's UOF policy as well as its aftercare procedures.

eee. Technical Slices

- 1) Basic Application (Preparation Drill)
 - a. ED: Very tight initial wrap - no gaps.
 - b. MCM: Lifting up without driving arm pit down.
 - c. ST: Tighten neck muscles to stay safe during pressure.
 - d. DO: Start standing, 1 rep on each side, reverse roles.
- 2) Standing Variation
 - a. *Indicator*: Suspect attempts to tackle you or dive in for your duty belt.
 - b. ED: Block the shoulders and continue sprawling until the full wrap is established.

- c. MCM: Trying to apply pressure from a sprawled position instead of standing up.
 - d. BGR: When simulating the tackle, continue driving forward until the wrap is fully established.
 - e. DO: Start standing, neutralize tackle, 1 rep, reverse roles.
- 3) Front Headlock Defense
- a. Indicator: Suspect catches you in a standing Front Headlock.
 - b. ED: Always move to the side opposite the neck wrap.
 - c. MCM: Failure to maintain control of the legs throughout.
 - d. BD: Commit to the side flop and don't let go of the legs.
 - e. DO: 1 rep, reverse roles.

fff. Mindset Minute

Of all the techniques that have been used by students around the world by Gracie Jiu-Jitsu students, the Front Headlock Neck Restraint is one of the most common, probably because it is so easy to catch on an unsuspecting opponent. As with all submissions, understanding how it works is one of the most important pre-requisites to ensure that you can escape if you're ever caught in it.

Technique:

Headlock

Escape

Position: Side

Mount

Introduction

Headlocks are one of the most common forms of aggression that you may experience in a street fight. Without a specific escape strategy, getting caught in a headlock against a larger suspect will certainly demoralize you and can easily lead to your demise. In this lesson, we will teach you reliable headlock escapes as well as how to immediately transition into a handcuffing procedure after the escapes.

Technical Slices

- 1) Standard Leg Hook Escape
 - a. *Indicator:* Suspect establishes a side headlock.
 - b. ED: Sideways body and inside elbow tuck.
 - c. MCM: Trying to use a "pull-up" rather than "shoulder getup".
 - d. BGR: How to position the body properly to establish the headlock.
 - e. ST: Be careful when inserting the hook so that you do not kick your partner in the groin.
 - f. DO: Start in a right-handed side headlock, 1 rep, reverse roles.
- 2) Punch Block Variation
 - a. *Indicator:* Suspect attempts to punch while maintaining the headlock.
 - b. ED: Use both arms to control the punch initially, then release one as you climb up.
 - c. BD: Go right into the handcuffing procedure while the subject is prone

- (belly down).
- d. MCM: Not tucking the arm in before the shoulder getup.
 - e. DO: 1 rep, reverse roles.

Fight Simulation Drill

- 1. Front Headlock
- 2. Punch Block Series (Stages 1-2-4-Pass)
- 3. Headlock Escape (2 variations)
- 4. Twisting Ann Handcuffing Technique (3 variations)

Mindset Minute

The most important detail in any headlock escape is that your body is sideways and your elbow is tucked early. The more flattened your body is, the more challenging the escape will be.

ggg. **T**

Technique:

Hidden Arm

Technique

Position: Back

Mount

Introduction

In the law enforcement line of work, it is very common for a subject to cooperatively assume the prone position, but then hide their hands in order to avoid being handcuffed. Although this isn't usually a life-threatening scenario, and there are a variety of ways you can get the suspect to give up their arms with varying levels of force, we have developed a technique called the "Hidden Arm Technique" that will enable you to handcuff the suspect with minimal force. First, we will teach you the Standard Hidden Arm Technique and then we will discuss what to do if it doesn't work.

hhh. **Technical Slices**

- 1) Hidden Arm Technique
 - a. *Indicator:* Suspect is prone with both hands hidden under his chest.
 - b. ED: Effective use of the subject's shoulder as a fulcrum.
 - c. MCM: Failure to lean all the weight on the suspect.
 - d. BGR: Do not clasp hands together for this variation.
 - e. ST: Be gentle with the shoulder during practice.
 - f. DO: Start on the prone back mount, hands hidden, 1 rep, reverse roles.
- 2) Waistband Variation
 - a. *Indicator:* Suspect is prone with hands at their waistband.
 - b. ED: Pinning the nearside arm with your inside knee.
 - c. MCM: Failure to step over the head at the optimal angle.
 - d. BD: Go to Kimura grips if the hand comes out quickly.

- e. DO: Start prone with hands at waistband, 1 rep, reverse roles.

iii. Mindset Minute

It is important not to lose your patience with this technique, and remember that time is on your side. Your objective is to achieve the handcuffing position using the least amount of force. If at any point, the suspect rises to their knees, you can disengage instantly or you can insert your hooks and control the back mount.

jjj. T
Technique: Kimura
(Weapon Retention)
Position: Guard

Introduction

The Kimura shoulder lock was named after the Japanese Jiu-Jitsu champion, Masahiko Kimura after he used the technique against Helio Gracie. Today, we use it as a powerful submission and a life-saving weapon retention technique against overly aggressive subjects. In this lesson, we will start by teaching you the Basic Application of the Kimura hold and then we will share the two most applicable variations.

kkk. Technical Slices

- 1) Guard Variation
 - a. *Indicator:* Suspect grabs your gun from within the guard.
 - b. ED: Immediately control the wrist and powerful north knee chop.
 - c. MCM: Failure to maintain the 90-degree elbow bend.
 - d. ST: Squeeze very slowly.
 - e. BGR: Check the tightness of the aim control by trying to straighten out.
 - f. DO: Start from the guard, 1 rep, reverse roles.
- 2) Mount Variation
 - a. *Indicator:* Suspect grabs your firearm from the bottom of the mount.
 - b. ED: Use forearm choke at first, then transition to Kimura if necessary.
 - c. MCM: Failure to post the leg prior to the shoulder lift.
 - d. BD: Dip your shoulder to maximize your reach potential during the Kimura lockup.
 - e. DO: Start on the mount, 1 rep, reverse roles.

III. Fight Simulation Drill

- 1. Punch Block Series - Guard (S Stages+ Weapon Retention)
- 2. Kimura (Guard Variation)
- 3. Hidden Arm Technique (2 variations)
- 4. Kimura (Mount Variation)

mmm. Mindset Minute

Although the Kimura is a great technique from the guard and mount position, the underlying principle being applied here is what must be internalized: anytime someone reaches for your firearm, your instinct must be to secure their wrist and arm so that they cannot draw the weapon at will.

17. LEVEL 2 TECHNIQUES

nnn. T

Technique:

Twisting Arm

Control

Position:

Mount/Side

Mount

Introduction

The Twisting Arm Control (TAC) is one of the most reliable ways to control an actively aggressive subject without causing injury. It can be used to exhaust the subject until the opportunity arises to transition into a handcuffing procedure. In this lesson, we will start by teaching you the Twisting Arm Control setups from mount and side mount, and then we will discuss a new method for transitioning into the handcuffing procedure.

ooo. Technical Slices

- 1) Mount Variation
 - a. Indicator: Suspect is actively resisting arrest from the mount.
 - b. ED: Use your body weight to trap the arm and to assist during the rollover.
 - c. MCM: Failure to open the front leg to allow the roll.
 - d. BD: Use the goose-neck wrist lock to gain compliance and ask for the free arm.
 - e. DO: Start from mount, one rep, handcuffing finish, reverse roles.
- 2) Side Mount Variation
 - a. Indicator: Suspect is actively resisting arrest from side mount.
 - b. ED: Underhook the inside arm to initiate the TAC.
 - c. MCM: Not waiting until the suspect calms down before initiating the roll (JOO-second Rule).
 - d. BD: Secure the suspect's far-side arm with your south hand to enhance control.
 - e. DO: One rep, control for 10 seconds, finish rollover, handcuff, reverse roles.
- 3) Kimura Roll
 - a. Indicator: Suspect uses their spread elbow to prevent the full TAC

- rollover.
- b. ED: Establish double wrist grab prior to unwrapping the neck.
 - c. MCM: Failure to stay low during the knee switch.
 - d. BD: Wait until they've exhausted before you dismount.
 - e. DO: Two reps, one mount and one side mount, reverse roles.

ppp.

Mindset Minute

In over 85 years of real fighting experience, no technique has been more effective at pronating resistant subjects than the Twisting Arm Control. To maximize your options, perfect all variations.

qqq.

Additional Slices/Notes

**Gracie Survival Tactics® Level 2 | www.GracieUniversity.com | © 2021
Gracie University | Page: 31 of 72**

Technique:

Kneeling

Control

Position:

Side Mount

Introduction

When utilized properly, Kneeling Control gives you maximum control over the subject while also giving you the opportunity to conduct perimeter security as well as the ability to readily access all your weapon systems. In this lesson, we will start by teaching you the Dynamic Control concepts, and then we'll discuss several critical transitional strategies and handcuffing procedures.

Technical Slices

1) Dynamic Control

- a. Indicator: Suspect is actively resisting arrest from his back.
- b. ED: Effective weight distribution and hand positioning.
- c. MCM: Failure to watch the hands at all times.
- d. BD: Strong side back if possible.
- e. DO: Control for 20 seconds, reverse roles.

2) Quick Drops (Mount and Side Mount)

- a. Indicator: Suspect attempts to push your knee or throw your body.
- b. ED: Immediate drop to side mount if they push your knee.
- c. MCM: Failure to hug the neck or hook the leg during the mount transition.
- d. BD: Watch the hands at all times!
- e. DO: 10 seconds of control, side drop, back to knee on stomach, side drop, reverse roles.

- 3) Side Switch
 - a. Indicator: Crowded area and you need 360 surveillance capability.
 - b. ED: Weight on hands during the switch.
 - c. MCM: Failure to survey the crowd after each switch.
 - d. BD: Draw your weapon and disengage if necessary.
 - e. DO: 5 standard side switches, 3 north passes, surveying the crowd between each.
- 4) Handcuffing Transitions
 - a. Indicator: Suspect calms down and you aim to enact the arrest.
 - b. ED: Identify the correct option based on suspect tendencies.
 - c. MCM: Going for the handcuffing procedure too soon.
 - d. BD: Wait until he exhausts.
 - e. DO: Three reps-Elbow Pry, TAC, Kimura- reverse roles.
- 5) Randy Roll
 - a. Indicator: You are approaching a supine subject from standing.
 - b. ED: Proper foot placement.
 - c. MCM: Failure to roll the wrist for correct angle of pressure on the arm.
 - d. BD: Proper step with your rear leg to "open the door."
 - e. ST: Pivot on your heel and do it at a speed that your partner can accommodate.
 - f. DO: Start from standing, two reps, reverse roles.
- 6) Kneeling Control Flow

Start from side mount transition to Kneeling Control, apply all control methods and drops for 30 seconds and then transition into a handcuffing procedure before reversing rolls.

Mindset Minute

In a ground fight, your biggest concern, in addition to controlling the subject, is his/her friends who are watching from the sidelines. The Kneeling Control technique can be used to address both these threats simultaneously.

Additional Slices/Notes

Technique:

Advanced Guard

Get-up Position:

Guard

Introduction

The most important ground fighting technique you need to know is how to get out of the ground fight as quickly and safely as possible. In Level 1, we introduced the Guard Get-up as a means of getting to your feet from the bottom of the guard, and now it's time to discuss a few additional details and variations to make this task even easier. In this lesson, we will start with a modified guard variation and then we'll teach you how to apply it from half guard.

rrr. Technical Slices

- I) Guard Variation

- a. Indicator: Suspect is actively aggressive from the guard and you aim to stand up.
 - b. ED: Solid top knee positioning across suspect's chest.
 - c. MCM: Failure to "extend the 'l'".
 - d. BD: Kick the inside knee only if the suspect posts their outside foot.
 - e. DO: One rep, reverse roles.
- 2) Half Guard Variation
- a. Indicator: Suspect immobilizes you from half guard.
 - b. ED: Use a slight bump to create space for top knee insertion.
 - c. MCM: Using arm strength instead of legs and leverage.
 - d. BD: If you can't stand up, utilize weapons systems from modified Stage 4.
 - e. DO: Start from mount, elbow escape, half guard, getup, reverse roles.
- 3) Modified Scissor Sweep
- a. Indicator: Knee shield in place and suspect reaches with their outside arm.
 - b. ED: Pull and kick simultaneously.
 - c. MCM: Failing to control the arm tightly to your chest.
 - d. BD: Fall back to stage 4 if sweep fails.
 - e. DO: Practice from guard and half guard, reverse roles.

sss.

Mindset Minute

Your ability to remain relaxed in a ground fight is directly correlated to the speed at which you can get out of one. Perfect all variations of the guard get-up.

Additional Slices/Notes

Technique:

Advanced Clinch

Control Position:

Standing

Introduction

The Double Underhook clinch position (GST Level 1) is highly effective for takedowns, punch protection and weapon retention. Sometimes, however, establishing this standing control position can be difficult against a warier suspect. In cases where double underhooks are not easily achieved, there are a series of standing clinch controls you can use to neutralize strikes, retain control of your weapons, and set up your takedowns. In this lesson, we will teach you the Advanced Clinch Controls as well as the additional considerations needed for weapon retention.

ttt. Technical Slices

- !) Over-under Clinch

- a. Indicator: Suspect attacks you but you aren't able to get double underhooks.
 - b. ED: Precision pummeling to maintain dominant arm position.
 - c. MCM: Failure to shift stance and head position during the pummel entry.
 - d. ST: Watch out for the head-butt during the crossover.
 - e. DO: Pummel for 15 seconds, establish double underhooks, reverse roles.
- 2) Collar Ties
- a. Indicator: Alternate clinch controls when the Over-under Clinch is unsafe or unachievable.
 - b. ED: Solid "gooseneck" hook on the back of the skull with counter pressure on chest.
 - c. MCM: Failure to transition to cross-collar tie when necessary.
 - d. BD: Use footwork and circular motion to negate striking attempts.
 - e. DO: Alternating Collar Tie positions for 20 seconds, reverse roles.
- 3) Weapon Retention
- a. Indicator: Suspect goes for officers' weapon during altercation.
 - b. ED: Effective bicep block or wrist control for weapon retention.
 - c. MCM: Failure to use underhook to manage the distance and maintain connection.
 - d. BD: When suspect pulls away you have 4 options: body lock, collar ties, re-block, disengage.
 - e. DO: Start from clinch, weapon retention from various clinch controls, reverse roles.
- 4) Clinch Control Flow
- Assign roles of one attacker and one defender. Start with pummeling and then transitions between all clinch controls and weapon retentions for 60 seconds, then reverse roles.

uuu. Mindset Minute

Whether it's standing or on the ground, when you are in "grappling range" with an aggressive subject, knowing how to avoid dangerous strikes and retain control of your weapons is of the utmost importance. Train these skills until they are fluid and instinctual so they are there when you need them most.

vvv. Additional Slices/Notes

Introduction

In the Level 1 GST course you learn the Body Fold Takedown from the clinch position when double underhooks are achievable. In cases where double underhooks are not possible, the Outside Trip Takedown is an excellent alternative when you must get the fight to the ground. In this lesson, we will start by teaching you the Outside Trip from the standard double underhook

clinch, and then we'll teach you how to use it from the Over-under Clinch position.

www.

Technical Slices

1) Double Underhook Variation

- a. Indicator: You've established double underhooks in the clinch and aim for a takedown.
- b. ED: Effective drive off the back leg.
- c. MCM: Crushing your hands behind their waist during the landing.
- d. ST: Be considerate of your partner's knee when practicing.
- e. DO: One rep on each side, reverse roles.

2) Over-under Variation

- a. Indicator: Suspect prevents double underhooks from Over-under Clinch.
- b. ED: Lock hands behind the body if possible.
- c. MCM: Weak propulsion off the back leg.
- d. DO: One rep on each side, reverse roles.

xxx.

Mindset Minute

Sometimes the ground fight is the last place you want to be during an altercation. Other times is the only option. Develop your takedown arsenal so that you get to choose where the fight ends up.

Additional Slices/Notes

**Technique: Multiple
Officer Arrest Procedure
Position: Back Mount**

Introduction

In the Level 1 course we discuss many techniques with regards to arresting a subject in a single officer scenario. In the event that there are two or more officers, the arrest will be that much easier, IF there is a well-coordinated plan to follow. In this lesson, we will start by teaching you the Figure 4 Lockdown technique which is used to immobilize the lower body of an actively resistant subject, and then you'll learn how to work in pairs to control arrest any subject.

yyy.

Technical Slices

- 1) Figure-4 Lockdown
 - a. Indicator: Suspect is supine and doesn't want to roll to a prone position.
 - b. ED: Use the leg lace to pry the suspect over with your body weight.
 - c. MCM: Failure to lock the legs in the proper configuration after the roll.
 - d. BD: Hold the belt/pants to lock the legs in for good.
 - e. DO: Supine suspect, one rep to lockdown, reverse roles.
- 2) Single Leg Toe Hold
 - a. Indicator: Suspect's legs are too strong for you to bend.
 - b. ED: Position the knee of the inside leg on the ground.
 - c. MCM: Failure to use the hip to secure the foot.
 - d. ST: Be careful with how you twist the knee outwards,
 - e. DO: Two reps, one from ground and one standing, reverse roles.
- 3) North-South Handcuffing Cooperation
 - a. Indicator: Two officers seek pronate the subject to transition to handcuffing procedures.
 - b. ED: Effective communication between both officers.
 - c. MCM: Rolling the suspect to prone position too soon.
 - d. BD: The longer you wait to roll the subject over, the easier it will be when you do.
 - e. DO: One rep with partner, reverse roles,

zzz.

Mindset Minute

To ensure the highest level of success during multiple officer arrest scenarios, make sure all officers are comfortable with both roles, upper and lower body.

Additional Slices/Notes

Technique:

Rear

Takedown

Position:

Standing

Introduction

In a multiple officer arrest scenario, it is very common for one officer to be in front of the subject, and the other officer be behind or off to the side. In this lesson, we will discuss how to achieve the rear clinch against an aggressive subject, as well as two very effective takedown strategies from the rear.

Technical Slices

- 1) Rear Clinch Acquisition/Control
 - a. Indicator: Suspect attempts a guillotine choke from the clinch.
 - b. ED: Solid base and good hip control.
 - c. MCM: Hips too close to the suspect from the rear.
 - d. BD: Gun side back.

- e. DO: Front clinch, duck under, control for 10 seconds, reverse roles.
- 2) Standard Rear Takedown
 - a. Indicator: Suspect resists arrest from standing rear clinch.
 - b. ED: Solid "bungee cord" sit down.
 - c. MCM: Keeping the hands locked for too long.
 - d. BD: Use push-pull confusion to off balance larger suspects.
 - e. DO: Four foot taps, one rep, reverse roles.
- 3) Rear Double Leg Takedown
 - a. Indicator: Suspect is resisting arrest and you are able to initiate takedown from six o'clock.
 - b. ED: Tight knee control and solid shoulder to the butt.
 - c. MCM: Failure to maintain pressure after the takedown.
 - d. ST: Practice using the ankles to allow for a safer fall during training
 - e. BD: If the suspect is running away in the rear clinch, the outside trip can be used as well.
 - f. DO: Two reps, rear double, outside trip, reverse roles.

Mindset Minute

Of all takedowns, those from the rear are the most difficult to counter. Perfect these techniques and let them serve you.

aaaa.

Additional Slices/Notes

Gracie Survival Tactics® Level 2 ! www.GracieUniversity.com I©
2021 Gracie University I Page: 37 of 72

Technique: Turtle
Control Position: Back
Mount

Introduction

There is a general consensus in law enforcement that the objective is to pronate the suspect as quickly as possible during an arrest. The only concern with this strategy is that if pronated too early in the altercation, a resistant subject who is full of energy will almost always attempt to "building the house" to get back to their knees and then eventually back to their feet. In this lesson, we will cover several

ways of get the suspect back to a supine position for enhanced control when they are resisting arrest on their hands and knees.

Technical Slices

- 1) Turtle Pressure
 - a. Indicator: Suspect is taken down and goes to all fours to resist arrest.
 - b. ED: Constant pressure on the suspect's back.
 - c. MCM: Weak balance from improper base and weight distribution.
 - d. BD: Spiral ride to keep the suspect from standing up.
 - e. DO: Cycle from supine to prone three times, spiral ride three times, reverse roles.
- 2) Waist Breakdown
 - a. Indicator: Suspect is taken down and goes to all fours to resist arrest.
 - b. ED: Effective use of gravity to off balance the suspect.
 - c. MCM: Weak transition to top position after the tip over.
 - d. BD: Chop the base arm on the near side to further disrupt the suspect's balance.
 - e. DO: One rep on each side, end in side control, reverse roles.
- 3) Cow Catcher
 - a. Indicator: Suspect is taken down and goes to all fours to resist arrest.
 - b. ED: Cup the chin while underhooking the opposite arm.
 - c. MCM: Failing to reach across the lower back sufficiently deep.
 - d. BD: Underhook on the strong side to keep your weapon out of reach in side control.
 - e. DO: One rep on each side, reverse roles.
- 4) Triceps Drive
 - a. Indicator: Suspect is taken down and goes to all fours to resist arrest.
 - b. ED: Don't try this technique until suspect's is fatigued.
 - c. MCM: Weak body drive after the triceps control is established.
 - d. BD: This can be done with elbows posted or hands posted.
 - e. DO: One rep from elbows, one rep from posted hands, reverse roles.
- 5) Rear Takedown
 - a. Indicator: Suspect is successful at getting back to their feet.
 - b. ED: Immediately resort to the rear takedown,
 - c. MCM: Insufficient pressure on the suspect's hips after the takedown.
 - d. Turtle Control Flow: Tuttle pressure, spiral ride, turtle tip (pick any option), rear takedown, repeat twice.

Mindset Minute

The turtle position is one of the most common in law enforcement because officers are always so eager to pronate the subject. One of the best ways to avoid having to use these techniques is to keep the subject on their back until they are no longer resisting arrest, and only then transition them to a prone position for handcuff application.

bbbb.

Additional Slices/Notes

cccc. T
Technique: Multiple
Officer Takedown
Position: Standing

Introduction

More often than not, when two officers are dealing with one subject, they attempt to establish a "one in front, one in back" configuration in order to have the greatest tactical advantage. The challenge is that most of the time, the subject will not allow someone to get behind him without putting up substantial resistance. In this lesson, we will discuss the psychology of the Multiple Officer Takedown, and then we'll go over the two primary contact scenarios.

dddd. Technical Slices

- 1) Officer Initiated
 - a. Indicator: Suspect is non-compliant.
 - b. ED: Primary contact is made with upper body. Secondary contact goes low.
 - c. MCM: Failure by secondary officer to control the legs sufficiently.
 - d. BD: Aim to put the suspect on their back for initial control and exhaustion before pronation.
 - e. DO: One rep, takedown to rollover, end with cuffing, reverse roles.
- 2) Suspect Initiated
 - a. Indicator: Suspect attacks one of the officers.
 - b. ED: Effective upper body punch protection and clinch control.
 - c. MCM: Failure to keep pressure on the subject immediately after takedown.
 - d. DO: One rep, takedown to rollover, end with cuffing, reverse roles.

eeee. Mindset Minute

Make sure to practice your Multiple Officer Takedown procedure regularly with your partner(s) in order to keep simple situations from getting messy.

Additional Slices/Notes

Technique:
Wall-Pin
Tactics
Position:
Standing

Introduction

During an altercation in a confined space, it's almost certain that you will find yourself up against a wall or other flat surface within moments of engaging with the subject. In this lesson, we teach you how to use the wall to your advantage as well as what to do if you find yourself pinned against the wall by the subject.

Technical Slices

- 1) Wall-Pin Control
 - a. Indicator: Suspect becomes aggressive in a confined space and you end up against a wall.
 - b. ED: Drive shoulder against the abdomen of the diaphragm/sternum of the subject.
 - c. MCM: Failure to utilize legs for enhanced pressure.
 - d. BD: Gun side back for weapon retention.
 - e. DO: Clinch, 20 seconds of wall control, reverse roles.
- 2) Wall-Pin Double Leg Takedown
 - a. Indicator: Suspect fails to comply and a takedown is required.
 - b. ED: Lock hand behind suspect's hamstrings, pull legs and pivot away from wall.
 - c. MCM: Weak shoulder pressure after the level change.
 - d. BD: When you land in side mount, pull the suspect away from wall walk.
 - e. DO: 10 seconds of control, takedown, ground control, reverse roles.
- 3) Wall-Pin Single Leg Takedown
 - a. Indicator: Suspect is too large for the Double Leg Takedown.
 - b. ED: Control one leg, and circle away from the wall.
 - c. MCM: Failing to apply downward pressure on the suspect's thigh.
 - d. DO: 10 seconds of control, takedown, ground control, reverse roles.
- 4) Wall-Pin Reversal
 - a. Indicator: Suspect has you pinned against the wall.
 - b. ED: Sell the underhook exit before transitioning to the switchback.
 - c. MCM: Failure to follow up with immediate pressure on subject.
 - d. BD: Use hips to start the momentum when driving away from the wall.
 - e. DO: Two reversals: standard underhook reversal, switchback reversal, reverse roles.

Mindset Minute

The wall is your friend. Learn how to make it work for you, and your confidence in close quarters confrontations will skyrocket.

Additional Slices/Notes

Technique: Standing

Headlock Defenses

Position: Standing

Introduction

Headlocks are the brawler's favorite submission hold. In Level 1 we discuss several variations for headlock escapes on the ground, and now it's time to take our headlock comfort to the next level. In this lesson, we will discuss three very common standing headlock scenarios including what to do if you are trapped in a headlock against the wall.

Technical Slices

1) Smart Base Variation

- a. Indicator: Suspect catches you in a standing headlock and has a very wide base.
- b. ED: Quick sit and tight follow up.
- c. MCM: Failure to get behind the suspect.
- d. BD: Don't rush to the mount.
- e. DO: One rep, reverse roles.

2) Punch Block Variation

- a. Indicator: Suspect establishes a standing headlock and attempts to punch your face.
- b. ED: Good posture with immediate outside arm control.
- c. MCM: Failure to drive the hips.
- d. BD: If you can't open the door, drop for the rear takedown.
- e. DO: Two reps, reverse roles.

3) Wall-Pin Variation

- a. Indicator: Suspect has you trapped in a headlock against the wall.
- b. ED: Solid leg hook and effective hand base after the corner turn.
- c. MCM: Failure to trap the subject's head during the hip thrust.
- d. BD: Disengage after head removal to access other weapons systems.
- e. DO: One rep, reverse roles.

4) Wall-Pin Control Flow

One person stands against the wall (without trying to reverse it) while the other person attempts to control and achieve the takedown using any combination of takedowns. Once accomplished, reverse roles. No more than 50% resistance.

Mindset Minute

You're not getting choked, and they're not going for our gun; so, relax and don't panic. Tuck your chin in, protect your face, and assess the best plan of action.

Additional Slices/Notes

Technique:

Compliant

Handcuffing

Position:

Standing/Ground

Introduction

In this lesson, you will learn to perform a tactical pat-down of a subject based on Terry v. Ohio as well as perform various handcuffing techniques. Emphasis will be on keeping the subject in a position of tactical disadvantage while keeping yourself in a position of tactical advantage since the most dangerous time for law enforcement is during first contact. We will start with the Zero Variation and then we will discuss additional variations for larger suspects as well as high risk individuals.

Technical Slices

- 1) Zero Cuffing
 - a. Indicator: Suspect is compliant, and you wish to place them in handcuffs.
 - b. ED: Zero base, zero angle to attack you, zero distance, zero disrespect to the suspect.
 - c. MCM: Failure to make first contact on the biceps.
 - d. BD: Apply the cuffs with a pistol grip and both single blades facing out.
 - e. DO: One rep, reverse roles.
- 2) XL Variation
 - a. Indicator: Suspect is too large or inflexible to touch their knuckles behind their back.
 - b. ED: Use the elbow hug and cross-wrist control to control the arms while connecting cuffs.
 - c. MCM: Failure to have the larger suspect keep their feet together.
 - d. BD: If you have backup, each officer should control one arm.
 - e. DO: One rep, reverse roles.
- 3) Prone Variation - High Risk
 - a. Indicator: High risk suspect is prone and compliant and needs to be placed in handcuffs.
 - b. ED: Opposite hand grabs the hypothenar eminence for the twist-lock.
 - c. MCM: Keeping too much pressure on the suspect after cuffs have been applied.
 - d. DO: One rep, reverse roles.
- 4) Kneeling Variation - High Risk
 - a. Indicator: High risk suspect is kneeling and compliant and needs to be handcuffed.
 - b. ED: Opposite hand grabs the hypothenar eminence for the twist-lock.
 - c. MCM: Failure to step on the suspect's foot in the cross.
 - d. DO: One rep, reverse roles.

Mindset Minute

Just because the suspect starts off compliant, doesn't mean they will end up compliant. Don't underestimate the power of your distance and your verbal commands when it comes to keeping you safe.

Additional Slices/Notes

Technique:
Noncompliant
Handcuffing
Position: Standing

Introduction

If the suspect presents active resistance or pre-fight indicators of any kind, we recommend the use of tactical de-escalation skills to allow time for backup to arrive on scene. If the suspect is compliant, we recommend the use of the Compliant Handcuffing techniques. For situations where the suspect is slightly less than fully compliant and you make the decision to go hands-on while keeping the engagement standing, these techniques may come in handy. Always remember, at any point if the standing controls taught herein are unfeasible or unsafe, you can always disengage or take the suspect to the ground where additional control and handcuffing techniques can be applied. We will start with the Zero Escort position. and then we'll discuss the Hammerlock that you can use when you can't get behind the subject.

ffff.

Technical Slices

- 1) Zero Escort
 - a. Indicator: Noncompliant suspect needs to be escorted and/or handcuffed.
 - b. ED: Zero strikes, zero surprises, zero unnecessary pressure.
 - c. MCM: Applying too much twisting pressure when it's not necessary.
 - d. BD: Use the Twist-lock to avoid a surprise punch from the suspect's other arm.
 - e. DO: Two reps, reverse roles.
- 2) Hammerlock Entries
 - a. Indicator: Suspect is non-compliant and you need upper body control.
 - b. ED: Create the inverted 90-degree bend of their elbow.
 - c. MCM: Failure to use the free hand to keep the opponent from escaping.
 - d. BD: Practice entering from the front and the rear.
 - e. DO: Three reps, front entry low and high, rear entry, reverse roles.
- 3) Hammerlock Handcuffing Transitions
 - a. Indicator: You need to transition to handcuffs from the Hammerlock.
 - b. ED: Effective handoff of the suspect's wrist for Twist-lock transition.
 - c. MCM: Failure to change levels (drop to a knee) during descent.
 - d. ST: Make sure you give the suspect verbal commands to kneel first, then lay prone.
 - e. DO: Two reps, standing and spiral drop, reverse roles.

gggg.

Mindset Minute

When in doubt, wait it out. If, for any number of reasons, you don't feel safe applying these techniques solo, then it's always safest to wait until you have backup.

Additional Slices/Notes

Technique: Dynamic

Weapon Retention

Position: Standing

Introduction

The statistics of police officers shot with their own firearms is alarmingly high. In this lesson, we will discuss some additional weapon retention strategies from standing situations, starting with the weapon in the holster.

Technical Slices

- 1) Weapon Holstered
 - a. Indicator: Suspect tries to retrieve your firearm from inside the holster. Suspect grip variations: Ion 1, 2 on 1, cross grip, rear grip.
 - b. ED: Cover, connect, assess.
 - c. MCM: Rushing to break the grip before the assessment is made for the right technique.
 - d. ST: Be VERY careful when peeling your partners grips off the weapon for the first time.
 - e. BD: Learn to apply these while transitioning to and from Advanced Clinch Controls.
 - f. DO: Four reps, reverse roles. Try blinded if you're feeling solid!
- 2) Weapon Exposed
 - a. Indicator: Suspect ambushes you and gets a grip on the firearm.
 - b. ED: Shin swipe for low control, shoulder pry for high control.
 - c. MCM: Failure to create distance after disengaging.
 - d. BD: In deadly force scenarios, fire one round before disengaging.
 - e. DO: Four reps, high/low on strong/weak sides, reverse roles.
- 3) Close Quarters Retention
 - a. Indicator: Suspect is too close for you to disengage.
 - b. ED: Cover the barrel and use wrist releases for retention.
 - c. MCM: Failure to cycle the action after each round is fired.
 - d. DO: Ambush start, exposed retention, close quarters retention, reverse roles.
- 4) Weapon Retention Flow

Start with the holstered retention techniques, transition to the exposed options, and then finish with the close quarters retention technique.

Mindset Minute

If your firearm is within grabbing distance, don't be surprised when they grab it.

Additional Slices/Notes

**Technique: Dynamic
Weapon Retention
Position: Ground**

Introduction

The Level I GST course covers preemptive weapon retention from a variety of positions. In this lesson we will expand on your retention skills by teaching a dynamic series of techniques for both holstered and unholstered scenarios. We begin with the Cross Draw weapon retention tactics and then we'll discuss what to do if the suspect grabs your exposed firearm from a variety of dominant positions.

Technical Slices

- 1) Holstered Weapon Retention (Cross Draw)
 - a. Indicator: Suspect reaches for your firearm in a cross-draw fashion.
 - b. ED: Immediately jam the weapon by pushing the arm towards the firearm.
 - c. MCM: Failing to follow up with enhanced control or escape techniques.
 - d. BD: Drill from top mount, bottom guard, and kneeling control.
 - e. DO: Three reps, mount/kneeling control/guard, reverse roles.
- 2) Exposed Weapon Retention
 - a. Indicator: Suspect grabs your unholstered firearm while it's in your hands.
 - b. ED: Immediate hip elevation and knee insertion to break the grip.
 - c. MCM: Failure to use feet on suspect's hips to manage the distance.
 - d. BD: Practice from bottom guard and bottom side mount.
 - e. DO: Four reps, two guard, two side mount, reverse roles. Flow amongst all the options once comfortable.

Mindset Minute

Rule #1: Always watch their hands!!!

Additional Slices/Notes

Technique:

Edged Weapon

Defense Position:

Standing/Ground

Introduction

Our friends over at www.Setcan.com have done some in depth research regarding the most common types of edged weapon attacks, and the most common responses to spontaneous edged weapon assaults. Based on their findings, we've devised some emergency response strategies that can be used to survive an edged weapon attack from a standing or ground-fighting situation. In this lesson, we will begin with the standing assault patterns, and then we'll apply the same principles to the ground.

Technical Slices

- 1) Drop and Draw
 - a. Indicator: Suspect aggressively pursues you with a knife and disengaging is not possible.
 - b. ED: Drop to Stage 4 and fire.
 - c. MCM: Kicking the knees instead of blocking hips.
 - d. ST: Watch out for others during drilling.
 - e. DO: Start from 21 feet then gradually work down to 5 feet.
- 2) Standing Variation
 - a. Indicator: Suspect ambushes you with an all-out edged weapon assault.
 - b. ED: Circle to the safe side and create distance immediately.
 - c. MCM: Fighting for the knife instead of fighting for the distance.
 - d. ST: Watch out for others during the drill.
 - e. BD: Pattern recognition will save your life.
 - f. DO: Start from stabbing range, circle, retreat, drop and draw, reverse roles.
- 3) Mount Variation
 - a. Indicator: You are mounted on the suspect and they pull a knife out.
 - b. ED: Pin the wrist and ab011 the mount and use cavalier wrist-lock to break grip.
 - c. MCM: Failure to dismount.
 - d. BD: This technique can also be used if suspect gets your gun from mount bottom.
 - e. DO: Two reps, one on each side, reverse roles.
- 4) Guard Variation
 - a. Indicator: Suspect brandishes an edged weapon from the top of the fight.
 - b. ED: Immediate transition to guard and then to Stage 1.5 and then to Kimura.
 - c. MCM: Attempting to control the arm rather than create distance.
 - d. BD: This can be applied from mount bottom and side mount bottom as well.
 - e. DO: Three reps, reverse roles.

Mindset Minute

Most likely you won't see the edged weapon until it's too late. Learn to recognize the pre-assault indicators and the most common patterns of attack so that you respond proactively and instinctively if and when the ambush happens.

hhhh.

Additional Slices/Notes

Technique: Tactical

Vehicle Extraction

Position: Sitting

Introduction: Most Law Enforcement professionals will find themselves in a position where they will have to extract a non-compliant, resisting subject from a vehicle (ex: traffic stops, vehicle checkpoints, etc.). In this lesson, we cover a variety of techniques depending on the nature of the subject's resistance. We will start with an armlock that utilizes leverage to extract the subject from the vehicle, and then we'll cover what to do when the arm isn't available.

iii. Technical Slices

- 1) Hammerlock
 - a. Indicator: Suspect is inside a vehicle and resisting arrest when you are partnered.
 - b. ED: Effective use of the door frame to control the subject's aim.
 - c. MCM: Failure to confirm that the vehicle is inoperable prior to engaging with the suspect.
 - d. BD: Send the cover officer to the passenger side to push the subject out if necessary.
 - e. DO: One rep, reverse roles.
- 2) Chin Strap
 - a. Indicator: Suspect will not exit the vehicle and you are working solo,
 - b. ED: Effective control of the suspect's chin.
 - c. MCM: Failure to keep elbows together.
 - d. ST: Switch to over-under control once the shoulder clears threshold to soften the drop.
 - e. DO: One rep, reverse roles.
- 3) Ankle Drag
 - a. Indicator: Suspect kicks you as you attempt the extraction.
 - b. ED: Effective ankle hug with inside arm.
 - c. MCM: Failure to twist the foot/knee during the extraction.
 - d. ST: During practice, be careful with your partner's knee.
 - e. DO: One rep, reverse roles.
- 4) Multiple Officer Extraction
 - a. Indicator: Two officers are available to assist in the extraction.
 - b. ED: Using the threshold to pry the suspects head out of the vehicle.
 - c. MCM: Failure to have the cover officer in position to control the head.
 - d. ST: Watch the suspects hands.
 - e. BD: Unbuckle the suspect while keeping pressure on their head.
 - f. DO: One rep, reverse roles.

jjj. Mindset Minute

The officer must always be aware of the possibility of weapons within reach of the subject as well as any othersubjects in the immediate area. It is recommended to have a cover officer in position before attempting any extractions. Remember; do not get so focused on the extraction that you are not aware of your surroundings.

Additional Slices/Notes

1. Introduction (Head)

V. **Gracie Slice Presentation Formula" (SPF)**

- a. Frame _____ (Hair): How we arrived to the position
- b. Problem _____ (Face): Demonstrate three untrained behaviors. (Touching, pushing, rolling)
- c. Forecast _____ (Mouth): Neutralize the "what if's"

2. **Demonstrations (Left Arm)**

- a. One smooth rep w/no _____ (Left Shoulder): Talking
- b. Detail Demos _____ (Left Hand): Three talking reps w/shading
 - 1. (What) three word limit
 - 2. (How) By & with one sentence
 - 3. (Why) Because & So (essential detail, most common mistake)
- c. Bad guy demo _____ (Left Wrist): Safety tips / bad guy reminders
- d. Solo demo _____ (Left Elbow): Using what verbiage. One rep w/fishbowl clarity
- e. Any questions? _____ (Heart): Answer the question. Refresh the move

a.

3. **Drill Orders (Right Arm)**

- a. Starting Position (Right Shoulder)
- b. Reps / Duration (Right Elbow)

c. Reverse Rolls (Right Wrist)

4. **Release Reminders (Right Hand)**

Give Feedback

Ask Questions

Slow Motion

Help Each Other

Essential Presentation Skills:

#1 **Humble Help:** You do not have all the answers, but you do have the most important ones.

#2 **Open Mind & Open Heart:** Compassionate communication and engagement.

#3 **Lowest Common Denominator:** Always teach to the LCD and no one will be left behind.

#4 **Conviction:** If you don't believe in what you're teaching neither will anyone else.

#5 **A Demo is Worth a Million Words:** Never try to explain anything without demonstrating it.

#6 **Angle Management:** Show all angles and then survey the students to verify that you did. #7 **Eye Contact:** Use

direct eye contact during your presentation to make it more personal. #8 **Coach Your Assistant:** If your assistant goes wrong, you get blamed, so guide them.

#9 **"For Drill Purposes Only":** Notify your students when something isn't real.

#10 **Repeat the Question:** If someone asks a question, make sure to share it with everyone else.

#11 **Volume, Clarity, and Movements:** Language variety, speaking tones, strategic pauses, and gestures.

#12 **Professionalism:** Respect, appearance, conduct, etiquette.

#13 **Shading (LMM):** The layering of information for ease of comprehension.

#14 **Entertainment (LMM):** Group fun, jokes (pg only).

#15 **Recycling (LMM):** Using yesterday's problems and questions to enhance today's presentation.

VI. **Error Correction Strategies**

If defensive tactics is taught in a way that is safe, encouraging, and enjoyable, students will learn better and they will train more frequently and with higher levels of enthusiasm. Amongst other things, what determines whether or not a student enjoys the defensive tactics training experience is if they feel like they are "getting it." If they see themselves as competent, they will stick with it, if they see themselves as incompetent, they will quit. The fact that all dedicated students will eventually become proficient doesn't matter, if your students aren't encouraged and excited from the get go, they probably won't last long enough to experience the benefits you know jiu-jitsu can offer them. With that said, the most important thing for you to understand is that a new student's gauge of progress/potential does not come from within, it comes from you.

a. Praise Often

If a student's only knowledge of their progress came from your praise, how often would you praise? When dealing with adults, we tend to believe that if they know when they are doing the move correctly, our praise isn't needed- this is not true. Every time you see someone do the technique correctly, acknowledge it. For the greatest impact, be specific in your praise - "Very nice hip pressure" is much more meaningful than "good job."

b. Preserve the Ratio

Although they might be doing a great job, as soon as a student is receiving more corrections than praise, they will begin to think that they are incompetent. The secret to success is to build "correction credit" by praising them three times more than you correct. As long as you preserve the 3 to 1 ratio, your students will invite your corrections without feeling incompetent.

c. Error Correction Strategies

Before correcting a mistake ask yourself: "Do I have enough credit to correct him?" If you do have the credit, and the correction is necessary, you can intervene using these two proven strategies:

1. **The Perfect Adjustment:** Follow these steps when the technique isn't functional and a detail needs to be fixed:
 - i. **Freeze (name) or (champ)**
 - ii. **Looks great**
 - iii. **Perrrrfect**

Contingency Language: Follow me (if person sizes up on you)

2. **The Perfect Partner:** Follow these steps when the correction cannot be detected or fixed from the outside:
 - i. **Diagnose:** Student on teacher
 - ii. **Demonstrate (x2):** what they did/what you want
 - iii. **Differentiate:** student explains the difference in detail
 - iv. **Demonstrate (x2):** student on teacher, student on student

d. Correction Danger

As instructors, we like to show our knowledge by correcting our student's mistakes. But it doesn't matter how knowledgeable we are if we can't keep the student long enough to benefit from your knowledge. On one hand, the more you recognize your student's errors, the more knowledgeable you seem, on the other hand, the more errors you draw attention to, the more likely they are to quit. The best advice is to focus on showcasing your knowledge through your magical teaching and connection skills rather than your error identification/correction capabilities. In other words, keep it positive.

VII. The LAB: Law Enforcement Collaborations

With hundreds of different agencies represented on the mat in any given week, every GST course presents a one-of-a-kind collaboration opportunity for law enforcement professionals. In this spirit, the LAB was born, and the goal is to create an ever-evolving, video-based curriculum, of all the best ideas surrounding arrest and control tactics cultivated by GST certified officers from all over the world.

a. The Two Questions

In each GST Level 2 live instructor certification course, time will be allotted for an open-forum discussion amongst all the attendees. The goal is to answer two questions:

1. **Technique Proposals:** Are there any techniques that you teach at your agency that are *not* part of the GST curriculum but have been highly successful for you and your officers?

2. **Solution Solicitations:** Are there any arrest and control situations/problems/challenges that your officers encounter on a regular basis that you do *not* have an effective solution for?

The LAB usually takes place near the end of each week-long GST Level 2 course. During the earlier portion of the week, we recommend that you give some thought to whether or not you have a Technique Proposal or a Solution Solicitation that you'd like to present when the time comes.

b. Video Recordings

Every LAB session is video recorded. The videos are then sent to Gracie University Headquarters where they are edited, labeled and uploaded to GracieUniversity.com in a special lesson library called "The LAB." Please note that by participating in a LAB session, you are authorizing Gracie University to use your image/voice/likeness in perpetuity, without any compensation or any other consideration.

c. Exclusive Online Access

With so many sold-out GST Level 2 courses happening each year, and with so many new ideas surfacing in every session, the LAB has sparked the creation of an ever-evolving video library unlike anything ever before seen in law enforcement. In order to access the online LAB sessions, you *must* be a GST Level 2 instructor who holds a valid certificate. If at any point, your certification lapses, you will lose your LAB online access in addition to losing other benefits such as standard GST LI/L2 online curriculum access and right to expert witness testimony in the event that use of force litigation takes place surrounding an officer's use of GST techniques at your agency.

d. LAB Notes

Use this section to write down any Technique Proposals or any Solution Solicitations you'd like to share in the LAB *or* use this section to take notes on any good ideas you want to take home from the LAB.

The Gracie Survival Tactics Level 2 course is an advanced instructor certification course. As such, there are stringent requirements for successful completion. One of these requirements is the written examination. This examination will assess your understanding in the techniques, principles, and teaching methodologies of the GST system.

The test is comprised of 60 questions. The test format is True/False and Multiple Choice.

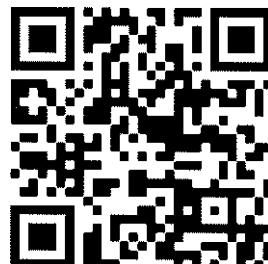
The minimum passing score is 70% (You must answer at least 42 out of the 60 questions correctly to pass).

The test must be completed on Thursday (the fourth day of the course) by 6pm (local time). Any submission after that time will not be accepted.

The test can be completed from any computer or mobile device. To access the test, enter this URL in your Internet browser: www.GracieUniversity.com/L2Test or you can scan the QR code below.

**For Instant Access
to the L2 Exam**

simply open your
smartphone camera
and point it at this
code for a few
seconds

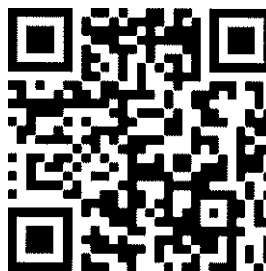


at which point the link to the written exam will appear automatically.

To access the test, you will be asked to log in to your GU online student account. If do not currently have a GU online student profile, please go to GracieUniversity.com/Account/Register and create one for free (it only takes 60 seconds). When creating a new profile, we strongly recommend using your personal email since government email addresses tend to have firewall issues.

For Instant Access in Creating an Account

simply open your smartphone camera and point it at this code for a few seconds at which point the link will appear automatically.



As a grandson of Grand Master Helio Gracie, the creator of Gracie Jiu-Jitsu, many people ask me questions about the history of the art. Most often, they inquire about the differences between the original Japanese Jiu-Jitsu and modern day Brazilian or Gracie Jiu-Jitsu. I overheard my grandfather answer these types of questions many times.

The Grand Master explains that, because he was introduced to the Japanese art at such a young age, he does not remember many of the techniques in their original form. However, he vividly recalls experiencing great difficulty when he attempted to use the techniques on a larger suspect and, as a result, had to modify nearly everything he had learned to accommodate his frail physique. He points out that, despite the overall effectiveness and value of the Japanese techniques, nearly all of them had one or more limitations that prevented them from being fully useful to him. In most cases, my grandfather attributed the limitations to: 1) inapplicability against a striking suspect in a real fight, 2)

over reliance on strength or speed, and/or 3) dependence on body movements that were awkward or uncomfortable for him. Accordingly, he began modifying the art to ensure that every technique was fully street applicable, energy efficient, and based on natural body movements. Using these principles as a guide, he spent several years developing a complete system of self-defense consisting only of techniques that he could successfully apply against larger suspects. Confident in his adaptations, he spent the next thirty years of his life proving his system's effectiveness by using it to defeat numerous challengers, including several suspects who outweighed him by as much as 100 pounds.

e. *The Gracie Guidelines*

After nearly a century of testing in a wide variety of settings, Grand Master Helio Gracie's system of self-defense remains fundamentally sound and intact. To be sure, three generations of Gracie family members and other equally committed practitioners of the art have evolved the original techniques and added to the Gracie Jiu-Jitsu arsenal. All of these changes, however, strictly adhere to the Grand Master's requirements for street applicability, energy efficiency, and natural body movement. Today, we call these requirements the "Gracie Guidelines."

On your path towards Gracie Jiu-Jitsu mastery, your knowledge of the Gracie Guidelines will serve you in two important ways. First, it will enable you to solve problems on your own by modifying techniques in accordance with the guidelines, and second, it will enable you to recognize the multitude of impure techniques that are being developed by instructors who do not know, or choose not to adhere to the founding principles of the mi.

- **Gracie Guideline #1: Street Applicability**
Focus only on practicing techniques that are fully street applicable. Practicing techniques that are not "punch proof" will cause you to develop a false sense of security. By practicing techniques that keep you safe from strikes, you will develop the most important reflexes and avoid habits that could lead to injury in a real fight. If you modify a technique, you must verify that the new variation keeps you safe from all potentially dangerous strikes.
- **Gracie Guideline #2: Energy Efficiency**
Any technique that relies on speed and power rather than leverage and timing is not energy efficient. In a real fight there is no time limit, so you must learn to save your energy. The only reliable way for you to defeat a larger, more athletic suspect is to utilize techniques that cause the suspect to exhaust energy while simultaneously preserving your own.

Before adding any technique to your arsenal, you must verify that it is more reliant on leverage and proper timing than on your athletic capabilities. Do not trust techniques based on strength or speed as they are unlikely to work against a larger, stronger attacker.

- **Gracie Guideline #3: Natural Body Movements**
Any technique that requires you to move your body unnaturally is likely to fail in the heat of battle. Natural body movement is the best foundation on which to build the instinctive reflexes needed in a real fight.

f. *Violations of Guideline # 1 - Street Applicable*

With the demand for Brazilian Jiu-Jitsu instruction at an all-time high, thousands of self-proclaimed Brazilian Jiu-Jitsu instructors have opened schools around the world and are creating or modifying techniques at an unprecedented rate. The problem is that most of these techniques violate the first guideline of Gracie Jiu-Jitsu- they are not street applicable. The main reason for the divergence from this foundational principle is that these instructors are creating techniques for sport competition rather than real street fights. Any technique that is designed to work in any kind of controlled competition with all of their associated rules, weight classes, time limits, safety considerations, and point systems, will give the practitioner a false sense of security since these circumstances are totally non-existent in a real fight.

g. *Violations of Guidelines #2 & #3*

Violations of Guidelines #2 and #3 occur when fast, strong and/or flexible instructors modify the techniques. In contrast, it was my grandfather's lack of athleticism that forced him to develop techniques that relied almost exclusively on leverage making them reliable for any student regardless of their size and athletic ability. Today, nearly all of the individuals who are making the adaptations are impressive competitive athletes and many of their "solutions" to sport situations rely on their superior physical attributes. When a student, who is smaller, weaker, slower, or less flexible than the instructor, tries to learn these techniques, they invariably face difficulty due to their lack of equivalent athleticism. Even if a student masters one of these techniques, they will find it difficult to use it in a real fight against a more athletic suspect. Their reliance on excessive energy or an unnatural body movement will lead to exhaustion at which point they will realize the fundamental flaws in the modified technique.

h. *The Three Fundamental Questions*

At Gracie University, our primary concern is to preserve the techniques as they were developed and practiced by the Grand Master so that we can effectively teach them to the greatest number of people. In doing so, we are very careful not to practice or teach any techniques that violate the founding principles.

Few schools, if any, share this concern for the preservation of the pure techniques so you must be very discerning when adding techniques and strategies to your arsenal. To test the reliability of a new technique, ask the following three questions:

- 1) Can I apply this technique in a real fight against a striking suspect?
- 2) Is this technique energy efficient enough to be applied against a larger suspect?
- 3) Is this technique based on movements that are natural for my body?

If you cannot answer "yes" to all three questions, then you risk adding a technique to your arsenal that could lead to your demise in a street self-defense situation.

i. Final Warning

Practicing tournament or sport techniques is risky even if you understand that they will not work in a real fight. In a real fight, you must rely on trained instincts. If you dilute your training with impure, unrealistic, sport applications of Gracie Jiu-Jitsu, you will hinder your ability to respond quickly and effectively with the right technique. Worse, you may reflexively execute a sport technique with potentially disastrous consequences.

While there is little harm in sampling other techniques to expand your understanding of Gracie Jiu-Jitsu, you risk developing bad habits if sport training becomes your primary focus.

j. The "100-Second Rule"

The 100-second rule is a strategy for overcoming resistive behavior with the highest efficacy while simultaneously employing the most humane force options. The strategy prescribes holding a resisting subject in a position of control for approximately 100 seconds. When this is employed, the subject's sense of self efficacy is sufficiently decreased allowing the officer to effectively complete the arrest while employing force options that tend to be lower on the force continuum. It has been shown that when one's will to continue to fight/resist is decreased the officer can be more effective with less force than would normally be required if the subject still had the will to fight. In other words, this strategy significantly increases both officer safety and force effectiveness while greatly reducing the likelihood of injury to the suspect. If at any time the subject stops resisting and appears in need of medical care, the officer must cautiously transition to appropriate aftercare procedures.

VIII. The Five Questions

With more than eighty years of experience developing and instructing Gracie Jiu-Jitsu to a wide variety of students, my family has addressed nearly every

question and situation that may arise in conjunction with the practice of this martial art. We found that the following five questions cover 90% of all those that our students ask. Furthermore, we found that we can usually answer these questions by applying a set of established problem-solving principles.

If you have a question about a technique, first review the entire lesson to ensure you did not miss something as there are many details in each segment. Next, determine if your problem falls under one of the five most frequently asked questions and apply the problem-solving principles to find your answer. If you're still having trouble, then visit www.GracieUniversity.com where you can post your question to a technical web forum and an instructor from Gracie University will assist you in finding the answer.

Question #1: Why isn't this move working for me?

Problem Solving Principle: Apply the four reasons that account for most students' inability to execute a technique.

Reason #1: Missing Details

The most common reason for difficulty with a technique is that you simply overlooked an essential detail. Watch the lesson one or two more times to ensure that you have learned every detail.

Reason #2: Bad "Bad Guy" Behavior

We designed the Gracie Combatives techniques to neutralize or counter the most likely attacks that would occur in a real fight. For this reason, it is very important that the "bad guy" realistically simulates the attacker behavior or else the technique may not work. Review the "Bad Guy Reminders" that are discussed in the presentation.

Reason #3: Bad Timing

Timing is everything. If you feel that you are performing all the steps correctly but the technique is still not working, there is a good chance that your timing is off. Review the lesson for hints on how you can use better timing **to increase your effectiveness.**

Reason #4: Physical Limitations

Although the Gracie Survival Tactics techniques have been proven effective for most people, it is possible that an extreme physical limitation prevents you from successfully applying a technique. However, it is very important that you verify that the problem is not due to reasons 1-3, before concluding that you cannot physically execute the technique. If a physical limitation is the problem, we recommend you use your understanding of the Gracie Guidelines to modify the technique to accommodate your body or consider using another technique from the curriculum to solve the problem.

Question #2: What if the bad guy does something different?

Problem Solving Principle: The objective of the Gracie Survival Tactics course is to prepare you to defend against the most common attacks that a larger, unskilled suspect would use in a real fight. If during the practice of a technique your partner varies the attack behavior from that covered in the instruction, then consider the following:

Consideration #1: Street Realness

Remember that the Gracie Combatives techniques address the most natural and, therefore, most common bad guy behaviors. Your training partner's role is to consistently simulate the most common behavior so that you can perfect the techniques as you are most likely to apply them in a street fight. A poor training partner will constantly change behavior in order to defeat the techniques. This will prevent you from learning the techniques properly and may even promote development of bad habits. We will address all the "what if" scenarios later in your training.

Consideration #2: Training Speed, Street Speed, and the Surprise Element

When practicing, always execute the techniques so slowly that it is impossible to make a mistake. The slow pace and predictability of proper training will provide your partner with many opportunities to counter the technique. Again, your training partner's role is to consistently simulate the most common behavior so that you can perfect the techniques - not to fight with you. Eventually, your diligent and exacting practice will produce precise, efficient, and quick reflexes that will leave your attacker with no opportunity to counter your techniques. In a real fight, you will also have the advantage of surprise since your attacker will have no advanced knowledge of how you react to his actions.

Consideration #3: The Complete Curriculum Will Address Nearly Every Scenario

If the modified bad guy behavior is legitimate, you can either wait to learn the solution to the problem in a future lesson, or you can use the Gracie Guidelines to develop your own temporary solution. Above all, remember that you must perfect the 23 Gracie Survival Tactics techniques as we present them in the course. Any time you spend on modifications based on less likely bad guy behaviors will slow your progress and delay your access to the remaining 600+ techniques of Gracie Jiu-Jitsu.

Question #3: Can't the bad guy punch you from there?

Problem Solving Principle: Gracie Jiu-Jitsu is a grappling art that puts you within very close range of the suspect. As a result, you must be constantly aware of the suspect's ability to punch you. Here are some facts you must consider regarding punches:

Fact #1: You Will Get Punched

In a fight, the question is not whether you will get punched, but whether or not the punch will hurt you. We score a punch's effectiveness from 1-

10 on the hypothetical "Punch Power Scale" with "1" being a weak punch and "10" representing a potential knockout blow. The objective of Gracie Jiu-Jitsu techniques is to completely avoid all punches that score above 5 and minimize the rest.

Fact #2: Distance is Everything

In order for a punch to land effectively, the suspect must establish the proper distance and angle. Accordingly, your ability to neutralize punches is almost entirely based on how effectively you control the distance and angles between your face and the suspect's fists. Any time you are within two arms reach of the suspect; you are liable to get hit. The key is to remain calm and understand that you can neutralize any punch by positioning yourself either inside or outside the optimal punching range. When you are inside optimal punching range, the suspect will be able to touch your head but will not be able to hit hard enough to hurt you.

Fact #3: Punching is Exhausting

It takes a lot of energy to punch. Whenever the suspect is throwing punches that score 4 or below, you may take solace in knowing that the punches are probably more exhausting to them than they are damaging to you and that you will soon have the opportunity to take advantage of the suspect's weakened state.

Question #4: What if the bad guy attacks my eyes or my groin in this situation?

Problem Solving Principle: Although Street fights have no rules, we have found that larger and stronger suspects prefer to punch the face rather than attack the eyes and/or groin. However, in order to defend against dirty fighting techniques, you must adopt the following priorities:

Priority #1: Respect the Punch

Since punches are the most common form of attack and the most immediate threat at any given time, stopping them must be your first priority. Shift your priority to defend against other types of attacks only if the suspect clearly resorts to a dirty fighting technique (eye gouge, groin shot, biting, etc.). Even when defending against other attacks, never forget to block the punches.

Priority #2: Master the Techniques

You will have truly mastered the Gracie Combatives techniques when you can apply them without conscious thought. Once you reach this level you will remain calm and easily read the suspect's behavior in the midst of a fight leading to quick neutralization of any type of attack before they happen. Your controlling techniques and calm mind are your most reliable defense mechanisms.

Question #5: What if the bad guy is too big?

Problem Solving Principle: We have proven the effectiveness of every technique presented in the Gracie Survival Tactics course against larger

suspects. Here are some facts regarding the use of the techniques against much larger adversaries:

Fact #1: True Mastery Takes Time

Learning a technique is a relatively simple process that can be accomplished in one lesson. However, perfecting the technique takes months if not years. We have found that your ability to handle larger suspects increases as you improve your mastery of the technique. As your proficiency increases, practice against progressively larger partners until you find your limit- if you have one.

Fact #2: Reach Maximum Potential with Perfect Technique

Most Gracie Jiu-Jitsu techniques will work against a suspect of any size when executed with perfect timing and accuracy. While you can't control the size of your attacker, you can control the amount of time and energy you dedicate to perfecting the techniques. Your ability to successfully apply your techniques against a giant is directly related your mastery of the skills.

Final Thought

You do not have all the answers. You are not a Black Belt, but you are working towards it, and you are taking your students with you. If you can't solve a problem say the following, "I am not 100% sure, but I will ask the Gracies and get back to you as soon as I find out." (Then give us a call). **Not all techniques are equally effective for ALL students.** If you need to modify a technique slightly to make it work for a student it is 100% okay. If a student changes because it works better for them, and you can't scientifically disprove it, it must be okay.

IX. The GST Level 2 Challenge Coin

Thank you for your service in making the GST techniques available to the officers whose lives depend on them. The path towards a brighter future begins with better training, and we couldn't make it happen without your help. Please accept the GST Level 2 coin as a token of our appreciation for your service.



a. 1. *The suspect always has the ambush advantage.*

In a real fight, there is no referee to start or to stop the fight when you are getting assaulted, and there are no weight classes, time limits, or rules to save you either. Only the suspect knows when and how he will attack. Any time you are close enough to conduct a pat-down, or to exchange documents, you are close enough to be ambushed. In the GST program, we teach simple and effective sudden assault defense strategies that enable you to neutralize the threat and achieve a position of advantage while minimizing injury to yourself and the suspect.

2. *Never grapple with the suspect by choice,*

If you enter into a "grappling match" with the suspect, you put yourself in great danger since the suspect could take your weapons and use them against you. If, however, the fight goes to the ground against your will, you must know what to do. In the GST program, we teach time-tested escape techniques that can be used to get you off the ground and back to your feet so that you can establish distance and utilize the appropriate force option to neutralize the threat. GST also features a series of leverage-based weapon retention principles you can apply in any grappling scenario to keep your weapons secure until you have the opportunity to disengage from the ground fight. Our philosophy is simple: "Learn how to fight on the ground, so you don't have to."

3. *In a street fight, there is no "tap-out."*

In MMA and sportive jiu-jitsu matches, the tap-out works immediately; in a fight for your life against someone who wants to injure or kill you, a tap-out will not save you. For military and law enforcement professionals, we understand that victory isn't achieved until you neutralize the threat and apprehend the suspect. In the GST program we have devised a series of simple, yet reliable, handcuffing procedures

you can use from virtually every position in the fight, and the techniques are applicable to both solo and partner arrest scenarios.

Slice Presentation Formula (SPF)- We've been refining this teaching formula for nearly 100 years, and we couldn't be happier to share it with you. On the coin you'll notice we've included ladder rungs as a reminder to always teach to the lowest common denominator (LCD). If you space the rungs too far apart on the ladder, you will preclude the people from learning who need it the most. Equipped with the GST techniques and SPF, you're going to help us save lives, and we're lucky to have you as part of the GST family.

*To all of you that risk your lives to bring peace,
comfort and safety to the world, the Gracie
Family has your back.*

X. The 4-Hour GST Training Module

Although the exact amount of training time varies greatly from one organization to the next, it is a known fact that most law enforcement professionals receive no more than 4-8 hours of defensive tactics training annually. Many would argue that this isn't enough time to make any difference in the officer's preparedness to handle a violent physical encounter with an aggressive subject. Although we agree that more training time would be invaluable, we believe that four hours of GST training can mean the difference between life and death.

The objective of the 4-Hour GST Training Module isn't to create a professional fighter, but rather, to teach the participant the key self-defense principles that will optimize their chances of going home at the end of their shift. Here is what we would teach if only allowed four hours of training time:

1. Trap and Roll Escape (Level 1 - Lesson 2 - Slices 1-2)
2. Punch Block Series (Level 1 - Lesson 10 - Slices 1-7)
3. Shrimp Escape (Level 1 - Lesson 17 - Slices 1-3)
4. Guard Getup (Level 1 - Lesson 11 - Slices 1-3)
5. Clinch Control (Level 1 - Lesson 8 - Slices 1-2)

a. Distance Management Skills

In a real fight, he who manages the distance manages the damage. Aside from learning the most important self-defense techniques from the four primary fight positions: standing, mount, guard, and side mount, the most important thing a student will learn in completing the 4-Hour GST Training Module is how to effectively manage the distance in a fight. By studying the five techniques, students will develop confidence in the idea that if they can effectively manage the distance between them and the aggressive subject,

they can reduce or eliminate the possibility of getting hurt. They will learn how to disengage from every position in the fight, and when keeping the distance isn't possible, they will learn how to close the distance to neutralize the threat until the escape opportunity arises.

b. Additional Training Time

If you are a member of an organization that allocates more than four hours annually for Defensive Tactics, the choice is yours as to what you do with the additional training time. Our recommendation is that you analyze specific work duties and the most common threat scenarios faced by members of your organization, and then handpick the GST techniques that you think will most effectively address those scenarios in the allotted training time.

XI. Action Steps

What you do in the weeks immediately following the Gracie Survival Tactics five-day course will have profound impact on how well you retain the information. We've found that for each week that passes without you going over the information, you will lose 10% effectiveness. We advise that you immediately find a friend or family member to begin teaching, so that you can go over the steps before they fade away. The second priority should be to set up a regular training schedule through which you can share your information with the other members of your group, division, or department.

a. The Path to Combat Readiness

Learning a technique and effectively adding it to your arsenal are two entirely different things. Most students learn techniques just fine, but have no clue how to make the technique become second nature. In order to develop street applicable reflexes with any technique in the most efficient way possible, follow these steps:

Step 1: Learn the technique

Step 2: Practice it in a Scripted Fight Simulation Drill

Step 3: Incorporate it into a Freestyle Fight Simulation Drill

Step 4: Successfully apply it during Live Fight Simulation training

b. Live Fight Simulation

Once a student has developed their reflexes in the execution of all the techniques in the context of the cooperative Freestyle Fight Simulation Drill, they are ready for Live Fight Simulation training. In this training exercise, both participants are required to wear protective mouth-guards and one person is required to wear 16- or 18-ounce

boxing gloves. The objective of the gloved individual is to present a variety of technical opportunities for their partner while throwing punches.

Punch Intensity: The intensity of the punches should never exceed 20-30% power. The purpose of the gloves is not to enable the striker to attack full force, but instead, to enable them to throw punches from realistic angles without risk of cutting or eye gouging their partner. Ultimately, the intensity of the punches should never exceed what the student can safely handle.

Technical Resistance: In Freestyle Fight Simulation there is no technical resistance; one person creates the opportunities and the other seizes them. In Live Fight Simulation, the goal of the gloved individual is to present a variety of realistic opportunities but at a progressively increasing intensity level that never exceeds what their partner can safely handle.

Note: Although it is always the instructor's responsibility to maintain the safety of the training environment, it is especially important during live Fight Simulations and defensive tactics scenario training. It is during those types of training events that emotions may run high and participants lose their focus. Instructors must stay diligent and carefully monitor both their own behavior as well as that of the student.

c. *The 6-Month Rule*

Although it's not a perfect science, we have found that for every 6 months you dedicate to the practice of a technique, the size of the suspect that it will work on increases 10 lbs. For this reason, you mustn't stop practicing any of the techniques, especially the basics. The reason it takes so long to master a technique is because you need to learn all the "what-ifs" that could happen in combat. Rarely does something occur in reality exactly as it does in practice, but with enough it is inevitable that you perfect the techniques enough for them to work on someone 60, 80, or even 100 pounds heavier! Practice is the only way.

d. *GST Teaching Restrictions*

Upon successful completion of the Level I GST Instructor Certification Course you will receive an Instructor Certificate. As a GST instructor, you will be able to teach the Level I GST techniques within your organization. The GST program cannot be taught or marketed outside of your organization (for profit or not) without prior written approval from Gracie University Headquarters.

e. 24-Month Certification Benefits

As with all training, the combatives/defensive tactics techniques taught in the GST program are perishable. To maintain a valid certification, each instructor must recertify every 24 months for the following benefits:

1. License to Teach Gracie Survival Tactics: GST is a trademarked and copyrighted program. No instructor should be teaching the GST program, to any audience or organization, who does not hold a valid certificate.

2. Expert Witness Testimony: Ryron and/or Rener Gracie will only provide expert witness testimony on behalf of an actively certified GST Instructor.

3. Online Video Access: GST instructors online video course for the duration of the certification period. This is a critical resource particularly as you prepare to train the people at your agency. This password-protected, online streaming video course offers:

- Detailed video instruction
- Bullet-point presentations
- Lesson forums where technical questions can be asked of GST Master Instructors
- Regular updates to GST techniques to meet the demands of the constantly changing environment that our Law Enforcement clients operate in

4. Exclusive LAB Access: The LAB is an ever-evolving online video library comprised of the new ideas that surface at each GST Level 2 live instructor course. To access this video curriculum, you must hold an active GST Level 2 instructor certificate.

LEGAL And MEDICAL REVIEWS: It is widely known that the tactical effectiveness of the GST techniques have been tested and proven for decades. However, a Law Enforcement agency has to also consider the legal and medical ramifications of the tactics and techniques that they use. We are pleased to announce that legal and medical reviews have been completed on the GST system.

18. HOSACK LAW FIRM

ATTORNEY & COUNSELOR AT LAW

RAY N HOSACK, ATTORNEY
RAY@HQSACKLAWFIRM.COM

ROBYN L MURRELL
ROBYNMURRELL@HOSACKLAWF1RM.COM

**2701 W 5TH ST
suite 204**

**PLANO, TEXAS 75075
(817)602-5562**

February 18, 2014

Re: Gracie Survival Tactics

To Whom It May Concern,

This letter is to acknowledge my firm's review of Gracie Survival Tactics and its compliance with Federal use of force guidelines for law enforcement based on rulings by the Supreme Court of the United States.

Not only did I view the online teaching demonstrations prepared by the Gracie program, I attended a Gracie Survival Tactics law enforcement school and observed first-hand the teaching methods and explanatory instruction of the law enforcement principles. The teaching methods and practical application of the Gracie Survival Tactics address all levels of force an officer **might experience during the course of their work, from passive aggression to active aggression**. All techniques and instruction are intended to neutralize the risk of harm to both the officer and the suspect, usually ending with the suspect in custody or the officer disengaging from the suspect. Once the officer disengages and regains the reactionary gap, they are able to utilize alternative tools lower on the standard use of force spectrum.

The methods taught and instruction given are consistent with the current United States Supreme Court rulings in *Graham v Connor*, analyzed under the Fourth Amendment's 'objective reasonableness' standard. The objectives of the techniques and the manner in which they are taught accomplish the officer safety prong of the court's decision that officers use the amount of force objectively reasonable to control a suspect based on the danger to the officer.

While no program can account for user variations, our review shows that the methodology of the techniques taught in Gracie Survival Tactics, when applied correctly, are intended to gain compliance through positional control, limiting the attacker's ability to harm the officer. The techniques are designed to end a violent encounter by providing officers the options to disengage, hold and control, handcuff, or render the suspect incapable of continuing violent resistive action. Because the system gives the officer multiple options, the officer will better be able to appropriately address the wide variety of circumstances that they may encounter in a fluid, rapidly changing environment.

Ray N. Hosack
November 10, 2020

Subject: Legal Analysis of Gracie Survival

Tactics Curriculum Mr. Moore and Mr. Gracie:

Thank you both for the privilege of attending Gracie Survival Tactics 1 as a student tasked with analyzing the techniques instructed in light of the current jurisprudence on use of force in encounters between law enforcement and citizens.

Common law has recognized and the United States Supreme Court Holding in Graham v. Connor emphasized that law enforcement officers need not retreat when confronted with resistance to lawful arrest and objectively reasonable force can be used to overcome resistance in effecting arrest.¹ The current use of force issues are analyzed by the Courts under a test of reasonableness which examines the perspective of a reasonable officer on the scene of the encounter as opposed to an a consideration of what might have been done in hindsight. The Fourth Amendment test of reasonableness weighs heavily on factors such as the severity of the crime at issue, whether the suspect poses an immediate threat to the safety of the officers or others and whether the suspect is *actively* resisting arrest or attempting to evade arrest by flight. The presence of severe injury to the suspect is not required to be shown for a legal finding of excessive use of force under the Fourth Amendment.

Consideration of the legal and socio-political scrutiny brought upon use of force encounters between law enforcement and civilians highlights glaring deficiencies in the training curriculums of many law enforcement agencies. These deficiencies can be described as incremental increases in force in the use of force spectrum and agency policies that could be reduced or even eliminated through training curriculum as taught at Gracie Survival Tactics. Because the nature of the offense committed by the suspect is a reasonableness factor analyzed in use of force issues, it is important that law enforcement officers have the necessary empty-hand non-lethal training to deal with suspects in traffic or misdemeanor offenses where, often unexpectedly, use of force is required to effect an arrest. The untrained officer is left with options of escalating use of force to potentially lethal and/or potential serious bodily injury to self and/or others. Gracie Survival Training provides not only the tools and methods to the officer to prevent the need for escalation but also for de-escalation once the suspect is secured. The techniques also provide the opportunity to minimize injury to the suspect while maintaining crucial officer safety. Another deficiency often found in officer training curriculum is survivability technique when the suspect attacks, as opposed to resists, the officer. This scenario often involves the suspect attempting to obtain the officer's firearm and is often in a case involving an underlying felony violent crime. Gracie Survival Tactics gives not only comprehensive methodologies and techniques to increase officer safety and survival, but these techniques potentially avoid use of lethal force by giving the officers options upon securing the suspect in a violent attack.

In conclusion, Gracie Survival Tactics offers effective training that can eliminate escalation, provide opportunities for de-escalation, increase officer survival and reduce officer and suspect injury. Having practiced criminal law as both a prosecuting attorney and defense attorney for over twenty years, I have not seen another training curriculum that provides the specialized benefits to the law enforcement officer as does Gracie Survival Training.

Sincerely,

Rod R. Skiff, Attorney at Law

Greetings respected colleague,

Advancement of new thinking lays fundamental in the roots of America. I have been a practicing emergency physician for the past 15 years, being witness to the growing epidemic of violence in our culture. To combat its intrusion, law enforcement must evolve its tactics in a manner palatable to society. As a lifelong student of martial arts, coupled with medical practice and SWAT training, my concise medical summation of GST follows active first-hand classroom participation.

This system is comprised of 23 techniques. The 23 techniques described can be characterized into four distinct medical classes. They would be: Vascular restraints, Grounding methods, Joint and limb immobilizations, and directing and positioning techniques. They are each described below.

Vascular restraints invoke the greatest concern among law enforcement. With regards to Police defensive tactics, there exists a research gap. Thus, clear pathophysiology involving vascular neck restraints remains at a consensus state. To date, adverse outcomes related to these techniques have not been seen by this author. Conversely, I have spent many nights dealing with the repercussions of traditional police tactics especially when dealing with a highly motivated or altered sensorium person, vascular restraints offer a lower injury potential along the force continuum. While select patient populations present an increased medical risk, the risk for long term injury is likely to be lower than other methods.

Grounding methods have the greatest potential for unpredictability. Examples here would include the leghook takedown and double leg takedown. Traumatic neurological injuries rise to the forefront of concern. While no system can account for all variables, the techniques contained within the GST include specific concern for these issues. Attempting to minimize the potential of injury to both parties is a singular distinction of this methodology.

Joint and limb immobilizations using leverage to obtain voluntary compliance is the third division. Hyperextension of a joint during extreme resistance is of greatest concern. However, for the vast majority of cases, compliance would be obtained well before injury occurred. Techniques included in this group would be the Americana, Kimura, and hidden arm handcuff.

The final group, representing the largest portion of the syllabus, falls under re/directing and positioning techniques. These have a lower potential for injury than others and include the shrimp, mount, and punch block series. Primarily involving movement gaining positional advantage, lesser musculoskeletal injuries could be seen with these techniques. They are unlikely to cause serious, long-term injury.

While risk of injury is inherent during any altercation, the GST system places significant emphasis on mitigating injuries. Representing a significant advancement in officer safety for both training and street application while concurrently protecting the rights of the accused, the GST system has earned a place on today's duty belt.

Fraternally submitted,

Dr.
Glenn
Harde
sty
Emerg
ency
Medici
ne
By James Smart

2. INTRODUCTION

In combat terms, we normally talk about Pre-Fight or Pre-Assault indicators. These are all very well, however, whilst engaged in what is normally a verbal interaction at more or less a one-arm distance, the skill required to see and respond to a Pre-Fight indicator is significant. Additionally, we know that it takes 0.75 of a second to physically respond to a visual input. If a suspect is standing 10ft away and rushes an officer, that officer has about one second to respond with action. Seeing the Pre-Fight indicators at one-arm's distance is simply on the losing side.

A Pre-Event indicator is a subconscious, normally preparatory thought, manifesting itself as a physical action. If an officer has the ability to see the Pre-Event indicator when the suspect is at a greater distance, it will put the officer ahead of the time curve and be able to take measure to prevent the assault from happening or prepare his other plan in the event that an assault does happen.

There are many Pre-Event indicators that we all carry out in our everyday life, but not necessarily related to fighting. Sometimes called "Cues" or "Tells" in card games, in the *Gift of Fear*, Gavin De Beker refers to them as PINs.

3. WHAT ARE THE PRE-EVENT INDICATORS?

There are many Pre-Event indicators, however, there are five that have a higher ratio of being exhibited before a violent or criminal action than any of the others, so we will focus on these five, helping reduce complexity and increase our chances of seeing them. Any time an officer can cluster two or more Pre-Event indicators together, it's a very good sign that a criminal action is about to take place.

1. Self-Grooming: Self-Grooming is a repetitive hand movement around the face, head, or neckline, normally accompanied by talking. It is generally not a single movement, like a scratch to the nose, but it will look more like nervous

and agitated movement. Self-Grooming happens when the suspect is in fear of being caught doing or saying something. An example of Self-Grooming might include a person telling an officer they are not carrying drugs while one of their hands is repeatedly rubbing their neck line.

2.Target Glancing: Target Glancing is an excessive movement of the head. When an approach is made, or an action the suspect is in fear of getting caught doing is being carried out, target glancing will occur. The suspect will look at the target, then proceed to look away to check and see if they are going to get away with what they are about to do and then look back at their intended target. This looking at the target and looking around will happen a number of times before the assault actually happens. It is the suspect's brain saying, "check now," "check again," "one last check," go!

3.Indexing: Indexing is a repetitive hand movement, normally to the waistband. It is an action of subconsciously checking that what we are about to use, is still where we put it. Police officers and criminals alike carry weapons around their waist, as such, the waistband is the most common area to see indexing. As the suspect starts thinking about the use of the weapon, he or she will start to touch the area of the waistband where they were carrying the weapon prior to the furtive movement (a Pre-Fight indicator) of weapon acquisition. Isn't it better to recognize the Indexing (preparatory) rather than the furtive movement (doing)?

4.Hidden Hand: This one is as obvious as it sounds. If the suspect is carrying a weapon, wants to conceal it, but at the same time wants to keep it available for use, he or she will hide the hand that is carrying the weapon. However, they won't normally hide the hand too far behind their back because this would make it a longer process to get the weapon in use. So, often what we see is the hand more behind the leg than behind the back. The consequence of this and the visual cue for an officer to look for can be an unusual gate in the way the suspect is moving or a blading of the stance, keeping the weapon-side slightly back from the officer. Another even more reliable cue for the officer to keep in mind is, "I must always be able to see the suspect's hands."

5.An Interception or Correlation of Movement: There is no attack that has been carried out in the history of man that has not involved an interception or correlation of movement. An Interception of Movement happens when the path of the officer is intercepted by the path of the suspect, creating what we commonly know as the "X;" the point at which the suspect intended the attack to happen. A Correlation of Movement happens when the path of the officer and the path of the suspect match, but in an attack situation, they normally converge where the suspect intended the attack to happen. These Interceptions or Correlations of Movement might occur on a larger scale at a

few yards distance or they might occur on a smaller scale when an officer interviews a suspect and the suspect takes one step to be able to make contact.

4. SUMMARY

All of these actions can be summarized as "abnormal behavior." If the officer can be aware of and spot abnormal behaviors and cluster them into two actions, even without analyzing what they mean, then the officer should take action to create distance or be pre-emptive in his or her next action. There is a very good chance that he or she will have averted an unwanted action by the suspect.

What does all this tell us? Space= Time and Time= Earlier Pre-Event recognition and better decisions.

XII. The 9 Vital Strategies for Implementing GST at Your Agency

By Charles Fernandez

How many law enforcement officers have gone through a Gracie Survival Tactics (GST) course, been

amazed at the effectiveness of the system, couldn't wait to get back to their agency to share their newfound enthusiasm with their brothers/sisters in arms, only to have their testimonial ignored? The decision makers rebuff their efforts to adopt the GST system by claiming

"We already have a system" or "we can't use that kind of stuff" or, "that stuff isn't good for law enforcement".

Over the years, many officers have approached me complaining about ineffective or unrealistic defensive tactics and the lack of willingness to address the deficiencies. These officers relied on

the department's experts to train them to effectively control people and defend themselves in the field.

Then, they became disillusioned when the techniques failed them. In the end they became

dissatisfied or openly critical of the training. Most important, they lacked the skills they needed to survive a violent encounter with a suspect. The few who sought additional training, usually at

their own expense, often found the techniques were no more effective or were inapplicable due to limitations on legal use of force. The officers reported:

"...I remembered hitting the suspect just like I was trained and he didn't even flinch..... I

didn't know what else to do "

"....I was able to apply handcuffs in two seconds during training it didn't work on the street I felt totally exposed "

".....even with two of us there we couldn't control him.... he was a big guy it took a polyester pile to finish it. "

So, how can we be part of the solution- ensuring your agency employs a system that balances the tactical effectiveness required for the officer to prevail in a confrontation, while at the same time,

using proportional force in achieving lawful objectives? Wouldn't it be great if you had a "volume control" by which to adjust the level of force used? What if the system didn't depend on strength and worked

smaller statured officers? The solution is using proven methods that actually subdue resisting suspects with the least amount of force.

a. THE PROBLEM

INABILITY TO EVALUATE THE SYSTEM. Some "systems" are in place because a self-appointed defensive tactics expert established the program in the distant past and the agency leaders simply had no ability or inclination to assess its effectiveness. Too often, a system "briefs well," but fails in application. Let's face it; there are many systems out there that have charismatic instructors, even if the techniques are ineffective. I have seen many officers "drink the Kool-Aid" of a particular system because they were mesmerized by the instructor's personality.

WRONG APPROACH. Many defensive tactics systems advocate what I call the "Harder! Faster! Stronger!" approach relying on physical attributes such as speed, strength and explosiveness. The problem is that not all officers will ever have these attributes. There is an old saying "you can't teach an elephant to be a gazelle and you can't teach a race horse to be an ox." No matter how hard you try, you will not be able to teach a 100-pound officer to be bigger and stronger in order to successfully and consistently overpower an athletic 250 pound, determined, attacker. This "Harder! Faster! Stronger!" approach may also increase the likelihood of excessive force allegations.

FEAR OF CHANGE. I realize that no two law enforcement agencies are alike, but there are some common organizational obstacles we face when attempting to reform defensive tactics programs. Changing a DT program involves taking some risk. Whenever an agency head changes methods, they expose themselves to criticism as they now "own" any new problems that arise as a result of their decision. DT training must balance tactical effectiveness with proportional force. The law enforcement

profession is inherently conservative. For many, it is safer and easier to stay with the herd than be eaten by the litigious wolves. In most cases, one person oversees the defensive tactics (DT) in an agency.

They are usually in that position because the chief, or agency head, views them as a subject matter expert. Most chiefs are too busy with other duties to spend any time analyzing their DT program,

so, the appointed DT expert usually has a powerful vote on any changes to an existing system and often views any attempts to reform the system as a personal attack on their expertise and credibility.

Finally realize that, especially in larger departments, you are probably not the first to approach

your DT Coordinator with news about the effectiveness of a new program or new technique(s). You must first understand the above factors affect your DT coordinator in order to tailor a strategy to address them. Now that we understand the problem, we must get to work solving it.

b. THE SOLUTION

After many years of frustration and failure, I finally was able to implement an effective, efficient, legally defensible, and flexible defensive tactics system that worked for all officers. The following nine actions were the keys to success.

1. Always realize the importance of your mission: Bringing effective techniques to the officers at your agency. Keep this front and center to maintain your motivation when you face the challenges and setbacks you will surely encounter.

2. Get the most out of your training: In order to sell, organize, teach, and defend the system from criticism, you must first be very familiar with the system. For example: You might hear someone say "the Gracie Survival Tactics recommends going to the guard and we all know that's bad for law enforcement". If you understand the system, you can enlighten them by telling them that the GST system also recommends staying on top in a fight and they only train from the bottom in the event that they are forced

there by a bigger stronger suspect. I strongly recommend taking copious notes at your next GST seminar.

Even if you don't think that you need to take notes, you can always learn something new, even if it is just

a better way to explain an aspect of the system or the training. Not only is this important for your students, but also for enlightening administrators about the system. Your audiences will sense your confidence and enthusiasm in the system.

3. Create your own GAPP list: Gracie University understands that an agency may not have the resources to train the entire GST system. So, they compiled a smaller list called "GAPP (Gracie Academy Premium Picks) techniques" and a compressed four-hour lesson plan for use when you have limited time and resources. Because you may not be allowed to teach the entire system, you should compile your own premium picks. If you could only teach a few techniques, what would they be? This list should be based on your agency's unique needs. If those needs are successfully met, it is likely your agency will adopt more of the system.

4. Know your own policies: I have consulted with countless officers about adopting the program at their agency and I have always been surprised to learn they do not know their own policies in regards to this subject. Is it written in policy that they can only do a particular system? Are there types of techniques that are forbidden? What is their Use of Force Continuum or Response Options Wheel or Response to Resistance Matrix? Or, are they on a progressive constitutional based model? It is vital to know this because you should not concentrate your efforts on something that is explicitly forbidden in policy, (changing policy is a longer range and much more difficult goal). Remember, to win in any arena, you must first know the rules of the game.

5. Become familiar with Use of Force case law: When people say that you can't use GST, you should refute them by citing federal and state/local case law, in addition to (as already addressed above) department policy. Study Supreme Court case law as it universally applies to the entire nation. The Circuit Court of Appeals and the Federal District Court in your area are also important, as are relevant state and local court rulings. At a minimum, you should be familiar with the primary Supreme Court ruling regarding police use of force; *Graham v. Connor*, 490 U.S. 386 (1989) which lays out the guidelines for application of force by introducing the Objective Reasonableness standard.

Additionally, knowledge of case law will also help you design your training. You can train officers to use a particular technique with the appropriate stimulus or level of resistance that is consistent with case law.

It will also help you because questions will inevitably come up regarding the parameters of application, as well as, how they should document it. Finally, knowledge of case law will increase your credibility with your DT coordinator/chief by showing them that you are also addressing the legal/liability side of this issue.

6. Learn how to write a lesson plan and properly documents your training: Every state has a licensing department or commission. In California and other states, they have POST (Peace Officer Standards and Training) in Michigan they have MCOLES (Michigan Commission on Law Enforcement Standards) and in Texas we have TCOLE (Texas Commission on Law Enforcement). Contact your state's training standards office and learn how to properly document your training. Bring a certified instructor and having a properly documented lesson plan will add to your credibility. In this type of situation, credibility is everything!

7. Co-op the DT coordinator, don't threaten him: The DT Coordinator is accustomed to others (trying to undermine him or to take his position). Consequently, it is natural for the DT Coordinator to become somewhat guarded when approached with new ideas. The best way to make an ally of the DT Coordinator is to have him attend a GST seminar with you. "A prophet is not respected in his own land" holds true here. He/she may not listen to you, however; another expert (such as a Gracie University Instructor) can say the same thing and will be listened to without the same level of resistance. Remember, having patience and tact is paramount!

8. Move Incrementally: Chiefs and DT coordinators are generally averse to large scale change. In the police culture, it's considered unprofessional to press an issue once the chief has made a decision. A more viable and safer approach than attempting to make a major change in the DT program is to make changes in incremental steps. For example, introduce the most essential technique - one that is least likely to be rejected= like defending from being mounted with the attacker choking the officer. If the technique is framed and introduced properly, it is very hard to refute its appropriateness, proportionality and effectiveness. In other words, make sure you place every technique in the proper context. Once the agency is comfortable with those initial techniques, you can gradually add more techniques until the complete system is in place.

9. Always know your target audience: Who you are talking to usually falls into two groups: the rank- and- file officers and the administrators. The rank-and-file group is primarily concerned with tactical effectiveness, what works and what does not. When speaking with someone from this group you should

emphasize

how the GST system has a long documented 90-year history of being effective against resisting suspects.

The second group, administrators, must answer to City Hall, the media and the public for the actions of any of the officers within their purview. With the administrators, you can emphasize how humane

the system is and that it's very "camera-friendly". I usually start out by stating that an officer can be 100% justified in their use of force, but if it "looks bad" to the uneducated observer, the department

and officer will have a tough road ahead regardless of how righteous it might have been. Administrators identify quickly with this phenomenon because they want to avoid the nightmare scenario of

an excessive force lawsuit on the evening news.

These nine strategies will help any law enforcement officer in bringing about positive changes in their agency. While each agency will be different, these basic strategies are adaptable and can be applied at anywhere. Expect it to be a long hard road. But, in the end, the officers in your agency deserve nothing less!

XIII. The 10th Vital Strategy

By Charles Fernandez

Several years ago, there was an article titled: *The 9 Vital Strategies on Implementing GST at your Agency*, to help those individual LEO's, who saw the value that GST can bring to their agencies and communities. Often, these individual officers were not in a position that they can easily influence change. Some were junior officers (under 10 years of tenure) who were assigned positions such as midnight shift patrol. Conversely, some were experienced officers who have been at their departments for many years, yet could not overcome the obstacles to positive change at their agencies. Essentially, the article was intended to provide a menu of options for anyone at a law enforcement agency to overcome these challenges. While the feedback over the years has been overwhelmingly positive, the Nine Vital Strategies cannot overcome every obstacle in every agency.

In those cases, the most difficult obstacle is a gatekeeper who is obstinate in resisting change. Although not all agencies are structured as such, the most common "gatekeeper" is the head of the training program often called a "Defensive Tactics Coordinator", "DT Coordinator", "Lead Tactics Instructor", "Lead Arrest and Control Instructor", or a similar title. Although this is typically an officer of a lower rank, they possess great control over what is taught and not taught.

When this program head/gatekeeper is resistant to any changes, it is constructive to explore the reasons for this. One must consider that to obtain their present position, the program head has been fully immersed in the established defensive tactics system of their agency. Not only have they trained in the established program, but they have risen through the ranks of that system. It is human nature that when one overcomes a challenge, such as passing a test or achieving a rank, they become emotionally invested in that system or program. While many will have the emotional intelligence to look at something new with an opened mind, not all can.

Nevertheless, even when these individuals are opened to the proposed changes, they must interact with those gatekeepers above them. Although, over time, they have achieved considerable influence and credibility, it is still finite. Therefore, they are not likely to spend that political capital haphazardly. They do not wish to be seen by their superiors as chasing every fad. If they are not familiar with how established GST is, they will believe their superiors will perceive this as another fad.

Another type of gatekeeper in the organization, that the officer must convince, is usually the training command staff. This is typically in the form of a training commander. In some agencies, this may be the final level of approval needed. The challenges of this level are the same as the program head, with the exception that this individual has budgetary issues to address. Often, they have to reconcile many training needs from limited funds. When they are faced with deciding between non-tactics courses such as verbal de-escalation training and tactics training, there is a definite pressure to shift the funds to the verbal de-escalation training. For some, they must overcome an additional hurdle in the form of the agency command staff. This level is often a repeat of the same challenges faced at the training command level. However, it cannot be overstressed that usually tactics training is even less valued at this level.

It is important to reiterate that not all agencies have this type of structure. A different, yet common, situation is the small agency officer. This officer may have more freedom from his or her agency in their tactics but is greatly limited by budgetary issues. Often these agencies have little to practically nothing in their training budgets. Consequently, it is not uncommon that these officers have not had any training since their basic academy. Many of these agencies do not have any type of Use of Force Continuum or policy that addresses empty hand tactics. Often, these officers have expressed that they feel like they are "in the dark" when it comes to what to do when they encounter any type of resistance beyond the obvious subject displaying a deadly weapon. These officers have frequently reported that they do not know where to even begin in regard to requesting the funds for this type of training from their agencies.

As stated above, the [The 9 Vital Strategies on Implementing GST at your Agency](#) article gave the officer a broad step- by-step guide to be used as a reference in

their struggles. Although officers from all over the nation have achieved success with the 9 Vital Strategies, some still could not overcome the above obstacles. The good news is that another great tool has evolved during those years since the article was first written.

Enter the 10th strategy: The Gracie Breakdown videos were created to help a viewer understand what is happening in a fight whether it's a real street fight or an MMA match. Only with an understanding of what actually happens in a street fight, can one appreciate the value that Jiu-Jitsu can bring. Recall that back in the early days of the UFC, the fans would actually "boo" when the fight went to the ground and would cheer when the fighters would stand and strike. Since most fans did not understand what was happening on the ground, they could not appreciate it. The Gracie Breakdowns played a huge role in educating viewers in what they were missing when viewing the fight in all its facets and positions. The

Gracie Breakdowns then began to also analyze Law Enforcement videos. In retrospect, this was a huge development as it addressed a significant issue currently facing our society. This topic was identified and discussed in the article, *How Cellphones and MMA Impacted Law Enforcement*. The article detailed the phenomena of the cell phone camera's impact, how it enabled the average person, who has never seen anything beyond a Hollywood choreographed fight, to routinely watch actual law enforcement force encounters. Consequently, they started judging real force incidents based on their knowledge of the fantasy fights of Hollywood cops. With the bully pulpit of social media, the viewer would espouse their misinformed opinions. This has serious repercussions to LE officers as both juries and judges are not immune to this persuasive distorting influence. When the T.V. cop kicks a gun out of the suspect's hand, it programs the American public to automatically expect that level of superhuman performance from its police officers. While there were online entities that attempted to relay the very real challenges of what a police officer faces, none had any significant audience outside of the Law Enforcement community. These entities were "preaching to the choir". What was needed was an education of the general public. The Gracie Breakdowns, having started outside the LE forum, already had a wide audience consisting of the general public. Not only has it been on television multiple times, each of its videos routinely achieve over 10,000 views on YouTube with the highest video having over 14 million views at the time of this writing.

The Gracie Breakdown broaches the divide between Law Enforcement and Citizens. It shows the limitations of what humans can and cannot do, that human limitations apply to both cop and non-cop. It is only when the citizen truly understands what the officer is facing, that they can more fairly judge the force incident. Although articles have been written about the harrowing experience a fight can be to an officer, a Gracie Breakdown video is able to relay these challenges to the average citizen in a way that the printed word cannot. When a community better understands these challenges, it fosters the type of environment that every LE officer should hope for.

The Gracie Breakdown can also work as the "10th Vital Strategy" by traversing the hierarchal fences that are usually insurmountable to the lower-ranking officer described at the beginning of this article. Showing a Gracie Breakdown to those gatekeepers (DT coordinators, training commanders, and police chiefs) plants a seed that encourages them to begin investigating for themselves and coming to their own conclusions. There are a couple of advantages this gives the officer. Firstly, there are some people who cannot be swayed by abstract reasoning, no matter how logical. They must see to believe. Because the Gracie Breakdown is a video, it will gain more traction, with this type of person, than any written dissertation. Secondly, if the gatekeeper is the type of person who will only support an idea if they believe that it is their own, it will be difficult to convince them with a direct request. This is especially difficult if it is a suggestion or request by a subordinate. Instead, just sending them a Gracie Breakdown and letting them to come to their own conclusions often allows them to save face, as it is human nature to more ardently support one's own ideas. Additionally, it doesn't attack any DT systems but empowers the viewer to come to their own conclusion based in reality.

For the small agency officer, the Gracie Breakdown can be an education on force aspects that they may have not been exposed to. In one Gracie Breakdown, Use of Force continuums are explored and explained. This can be an extremely valuable lesson of proportional force for officers who work for agencies that lack a vigorous training program. Although, their training program's deficiencies may be considered by the courts, ultimately the courts will hold the individual officer accountable for their actions. If the commanders of this type of agency see the educational value that the Gracie Breakdowns can bring, they will naturally be more likely to sanction their officer's proposals for change. In fact, some small agency officers have reported that their commanders have actually begun to use the Gracie Breakdowns as training videos in their role-call training.

When officers are compiling any dossiers or presentations to request change, it is recommended to look to the 9 Vital Strategies for insight into this challenging quest. However, to maximize the odds of success, this additional "10th strategy" is recommended. This would entail perusing the Gracie Breakdowns on Law Enforcement situations and include the ones that have pertinent information that help support their proposals based on their agency's unique situation. Thus, this can be considered the 10th Vital Strategy to successfully bring positive change to your agency.

XIV. The Marietta Police Department Case Study

Marietta Police Department (MPD) first got its defensive tactics instructors certified in the GST program in 2009. On April 1, 2019, MPD instituted a training program that made weekly Brazilian Jiu-Jitsu (BJJ) training mandatory for all new hires during the five months they were in the police academy. The training took place at a carefully vetted civilian owned/operated jiu-jitsu academy in the community. The program was so successful that on July 1, 2020, they extended the department-sponsored

BJJ training opportunity to all in-service officers. Over time, 95 of the 145 sworn MPD officers opted in to the BJJ program. Here is a summary of the data after 18 months:

Training Injuries

- MPD has had 95 officers attend over 2,600 civilian-operated BJJ classes with **one (1) reported training injury**, a broken nose.

Taser Deployments

Since the inception of the program, non-BJJ officers used their Taser in 77% of UOF incidents. BJJ officers used their Taser in 54% of UOF incidents (85% of which were used to stop a foot pursuit- not to end the physical altercation)

- **23% reduction in Taser deployments.**

UOF Injuries to Officers

In the 18 months prior to instituting mandatory BJJ training, 29 officers were injured while carrying out arrests.

In the 18 months after instituting mandatory BJJ training for new hires, 15 officers were injured while carrying out arrests.

- **48% reduction in officers' injuries.**
- None of the injured officers were enrolled in the BJJ program. Based on an average workers' comp claim of \$4,768, the total **savings from the reduction in officer injuries is estimated at \$66,752.**

UOF Injuries to Suspects

In 2020, there were 33 UOF incidents involving Marietta PD officers: 20 incidents involving non- BJJ officers, and 13 incidents involving BJJ-trained officers (classified as officers who participated in at least (1) off-duty BJJ class per week).

- In the 20 incidents involving non-BJJ officers, the suspect sustained injuries requiring medical clearance 65% of the time (13 incidents of suspect hospitalization). In the 13 incidents involving BJJ-trained officers, the suspect sustained injuries requiring medical clearance 31% of the time (4 incidents of suspect hospitalization).
- **The suspect is more than twice as likely to be required medical clearance/hospitalization** in a UOF encounter with a non-BJJ officer than with a BJJ-trained officer.
- 53% reduction in serious injuries to suspects.
- In 2019 our night shift was responsible for 44% of the departments

UOF and only one BJJ officers was assigned to the shift. In 2020, 75% of the officers on night shift were BJJ practitioners and the total number of UOF was reduced to 18%

a. PD Private Partnership Success

In order for an agency to achieve the kind of success found in Marietta, officers need to get more than the state-mandated four or eight hours of in-service defensive tactics training per year. Officers need to engage in the weekly practice of jiu-jitsu, and at all agencies where this is being done successfully, the agency has partnered with a privately owned jiu-jitsu school in the community. Given that the BJJ industry is entirely unregulated, however, there are several criteria that must be considered. To learn exactly what it takes to establish a successful partnership with a privately owned jiu-jitsu school in your community, please visit...

GracieUniversity.com/Reform

XV. How Can My Agency Host a GST Course (for FREE)?

Even though GST is growing at an unprecedented rate, we are always looking to partner with new hosting departments/organizations to continue making the course available in as many territories as possible.

This page is intended to detail the benefits, eligibility requirements and the expectations so that you can make an informed decision as to whether or not hosting is the right option for your organization.

a. Benefits:

- The host will earn one (1) complimentary slot for every 10 paid slots in the course. It is not uncommon for host agencies to earn 5-8 complimentary slots in a single course. Keep in mind that most or all of the paid slots typically come from outside agencies, so it's very common for the hosting agency to have no out-of-pocket expense.
- By becoming a host in a new territory, the GST course becomes available to countless officers in the region who would have never otherwise had access to the system.
- It is common for a GST host to form bonds with many fellow Law Enforcement professionals across the nation as they become part of the large GST family. These bonds often extend beyond DT training as GST agencies commonly partner with each other in a variety of LE subjects/courses.
- Gracie University does not charge the host agency any fees, unless the host wishes to purchase additional slots beyond the number of complimentary slots that they earn.

Eligibility:

- The hosting organization must be a first-responder government agency (federal/local/state/tribal/county/college police/hospital police/etc.).
- There must not be an active GST host already established in the region (Contact GST@GracieUniversity.com to inquire about availability of the region). If there is no established host in the region, then the first agency that can complete the verification process will get first shot at being the official GST host in the region.
- Host's facilities must have a minimum of 2000 square feet of continuous mat space. All of the mat space must be in one large room such as a gymnasium. The mats and the facility can be rented or borrowed if not owned by the agency. Often times agencies will ask to use the facility from a local high school or BJJ Academy if they don't have enough space/mats at the police academy.
- Host's facilities must have basic amenities such as restrooms and water fountains.

To learn more about the benefits of hosting as well as the four-step host approval process, please visit GracieUniversity.com/GST or contact the GST Program Director by sending an email to: GST@gracieuniversity.com or calling (817) 692-83030 We look forward to hearing working with you to bring GST to new territories around the world!

XVI. Got Techniques or Data? Keep Us Posted

If you or anyone one of your colleagues uses the techniques, successfully or not, or if you have any data regarding the success of GST at your agency, please let us know by sending it to GST@gracieuniversity.com.

XVII. Gracie University Online Access Application

As a certified instructor, you will be granted access to the GST Level 2 *and* GST Level I comprehensive online video curriculums.

The primary benefit is that you will be able to review the techniques in detail before teaching them to your colleagues. Another key benefit is that anytime a technique is altered or added to the program, we will update the corresponding video lesson online so that you will get instant access to the updated technique,

The GST online viewing privileges will remain active for the duration of your GST certification period. Consequently, it is essential that you plan your GST recertifications no more than 24 months apart.

In order for us to unlock the online course for you (or renew your access), please follow these steps during your GST course week:

Create Your Free GU Online Student Profile

If do not currently have a GU online student profile, please go to GracieUniversity.com/Account/Register and create one for free (it only takes 60 seconds). When creating a new profile, we strongly recommend using your personal email since government email addresses tend to have firewall issues. Please make sure this is done *before* the last day of the GST course, since you'll need it in order for us to unlock your online access. If you already have a GU online student profile, you can skip this step.

**Congratulations on completing the
GST Level 2 Instructor Certification Program!**

We look forward seeing you in two years!

Phase 1
Close the Distance

Phase 2
Execute the Takedown

Phase 3
Achieve the Dominant Position

Phase 4
Finish the Fight

