



Allen Police Department
Controlled FORCE Level 1

Lesson Plan

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CHAPTER

1

The Controlled F.O.R.C.E.® Training System

The Controlled F.O.R.C.E.® training system was created for the nation's public and private law enforcement agencies. The founders of the Controlled F.O.R.C.E.® training system assembled a team of accomplished, professional instructors and police officers who shared a desire to create a practical defensive tactics training program. After years of research, this panel of professional instructors, known as the Controlled F.O.R.C.E.® Team, identified a strong demand among law enforcement professionals for a comprehensive defensive tactics training program that is extremely effective, highly retained by its students, and can easily co-exist with a department's current defensive tactics programs.

The Controlled F.O.R.C.E.® training system utilizes five basic building block holds known as Mechanical Advantage Control Holds, or M.A.C.H.™ holds. These M.A.C.H.™ holds are the backbone of the Controlled F.O.R.C.E.® training system, and are designed to provide the student with an opportunity to enhance his or her continued development in defensive tactics training. The M.A.C.H.™ holds, as well as the entire Controlled F.O.R.C.E.® training system, have been developed, and are taught, in such a manner as to assure a high level of retention for all students, even though the Controlled F.O.R.C.E.® training system is taught by many different instructors.

The Controlled F.O.R.C.E.® Team

The Controlled F.O.R.C.E.® Team leads an elite, hand picked group of professional instructors who all have an average of ten years teaching experience. This is an accomplished team that holds integrity, leadership, and ethics in high regard, and desires to create, improve, and maintain a program that stands as the leader in defensive tactics training. Completion of this CD-ROM Training Manual and Workbook is your first step in becoming a part of the Controlled F.O.R.C.E.® Team.

CHAPTER

2

Course Terms and Definitions**The Controlled F.O.R.C.E.® CD-ROM Training Manual & Workbook**

The training manual and workbook provide public and private law enforcement professionals with a practical guide to defense tactics training. The training manual and workbook outline a standard training program that is designed to fit into any existing law enforcement training program, both nationwide and abroad. The training manual and workbook are approved products of the United States National Standards of Training Association (U.S.N.S.T.A.).

Using this manual: Throughout the CD-ROM training manual you will find pictures and blue bolded text. Click on these for video instruction of the training techniques.

The Controlled F.O.R.C.E.® Training System

The Controlled F.O.R.C.E.® training system is comprised of five Mechanical Advantage Control Holds, or M.A.C.H.™ holds, that allow a person to control an opponent through the use of body momentum and leverage, while at the same time, quickly render an opponent into submission without the risk of excessive pain or injury to either person.

Sticky Situations (Body Positioning Drill)

This is a group of four exercises designed to help the student develop an appreciation of the importance of body control, both in standing and ground positions, in physical confrontations.

Interview Stance (Body Positioning Drill)

This is a group of two exercises designed to teach the student proper body positioning in relation to an opponent to maximize body control should a confrontation develop.

Lead Hand (Body Positioning Drill)

This is a group of two exercises that place the student in direct physical contact with the opponent. These exercises are designed to enhance the level of predictability by allowing the student to gauge the opponent's actions by "feeling" his or her aggressive movements

while keeping a safe distance.

Trading Places (Body Positioning Drill)

This is a group of three exercises that teach the student how to redirect the movement of an attacker by using the opponent's momentum against him or herself. They also teach the student to work around an aggressive opponent who is not moving.

Mechanical Advantage Control Holds™

This portion of the training teaches a series of five specific hand techniques, each one building on the next, which are designed to set the foundation of total controlled defense. In this exercise, training attacks come from different directions to help the student develop quick and decisive reactions.

M.A.C.H.™ Takedowns

This portion of the training begins with teaching students the proper way to fall. Subsequent exercises incorporate the techniques of holds and takedowns to control an aggressive opponent.

Handcuff Positioning Techniques

This portion of the training demonstrates the proper way to train to become proficient at handcuffing a resisting subject on a one-on-one basis while de-escalating the situation. For subjects who remain combative, mechanical advantage options are discussed as means of control.

Team Arrest Techniques

This portion of the training is designed to improve communication between officers in control and arrest situations, with a focus on reducing the risk of injury to officers and opponents in stressful and hostile encounters.

Baton Subject Control

This portion of the training teaches the principles of using the baton for added leverage. All exercises in this training use the expandable baton, incorporating the five M.A.C.H.™ holds.

In-Holster Weapon Retention

This final portion of the training teaches the student how to maintain control over his or her holstered weapon using body positioning techniques.

CHAPTER

3

Testing and Certification**Testing**

Upon completion of this course, you will be tested on what you have learned. A written exam and a practical exam on the main aspects of each segment of training will be given to ensure that all areas of importance were addressed and understood by each student.

Certification

After you have successfully completed the written and practical exam, a certificate will be awarded to you certifying you in:

- *Controlled F.O.R.C.E.® Hand-to-Hand Subject Control Techniques*
- *Controlled F.O.R.C.E.® Takedowns and Handcuff Positioning Techniques*
- *Controlled F.O.R.C.E.® Team Arrest Techniques*
- *Controlled F.O.R.C.E.® Baton Subject Control Techniques*
- *Controlled F.O.R.C.E.® In-Holster Weapon Retention Techniques*

Requirements for Instructor Certification in *Controlled F.O.R.C.E.® Mechanical Advantage Control Holds™, Takedowns and Handcuff Positioning Techniques, Team Arrest Tactics, Baton Subject Control & In-Holster Weapon Retention*

- Demonstrate an understanding of and an ability to perform all techniques and aspects of the practical training drills
- Demonstrate the ability to explain all lesson materials
- Pass a written examination, answering a minimum of 75% of the questions correctly
- Retain ownership of the *Controlled F.O.R.C.E.® Mechanical Advantage Control Holds™, Takedowns and Handcuff Positioning Techniques, Team Arrest Tactics, Baton Subject Control & In-Holster Weapon Retention* Instructor CD-ROM Training Manual for your periodic review

Certifications are valid for two years before Re-Certification is required

CHAPTER

4

**Controlled F.O.R.C.E.® Training:
Questions & Answers****A Brief Introduction**

As previously mentioned, Controlled F.O.R.C.E.® is a team of instructors who have dedicated years of research and training to collectively produce a complete system of tactical understanding. The Controlled F.O.R.C.E.® Team is dedicated to the continued development of a training program that will increase the tactical options for law enforcement officers, while maintaining a credible force continuum.

Public and private scrutiny of law enforcement has increased over the years, and the actions of police officers are questioned more and more. In this new climate, as well as the ever-changing environment that officers encounter, there is a growing need for training, education, and self-policing of how officers use force while performing their duties.

How Controlled F.O.R.C.E.® Training Will Turn Your “Strength Into Skill”

The Controlled F.O.R.C.E.® Team deals primarily with the issue associated with hand-to-hand confrontations. Unlike most programs, M.A.C.H.™ holds do not concentrate on a set number of locks or holds, or simply teach theory without application. The M.A.C.H.™ hold techniques teach a student how to subdue an opponent in a safe and controlled manner, rather than rely on pure strength to overcome the opponent.

Q & A: Some of the Most Frequently Asked Questions

Question: How difficult are the five Mechanical Advantage Control Holds™?

Answer: The Controlled F.O.R.C.E.® Team chose the five “basic” control holds based on the ease of entry into each hold. Some of these holds may be familiar to you, however, these five “basic control holds do not constitute the entire

Controlled F.O.R.C.E.® training system. Rather, they are a vehicle for you to learn body control, and how to maneuver from hold to hold, thus consistently putting yourself in the best possible position against your opponent.

Question: What about holds I have already learned?

Answer: A Controlled F.O.R.C.E.® Instructor will never tell you to disregard anything you have already learned. In fact, it is our opinion that the more techniques you know, the more you will get out of this program. The Controlled F.O.R.C.E.® M.A.C.H.™ Holds will give you more options and new ways to enhance your established skills. It has been our experience that after going through the Controlled F.O.R.C.E.® training system, many officers and instructors have expressed how surprised they are at how well the system compliments their own ideas and training.

Question: Are five holds enough?

Answer: We don't think so. Actually, it would be impossible to learn one hold for every situation. However, it is possible to learn how to position yourself in a way that allows you to adapt what you already know to unfamiliar situations.

Question: Who created the Controlled F.O.R.C.E.® Training System?

Answer: The Controlled F.O.R.C.E.® Training System was not created by any one person, but was developed, and continues to develop, through a collaboration of instructors, officers, and students. Through trial and error, likes and dislikes, so many people helped forge the basis of the Controlled F.O.R.C.E.® system that we feel the only answer is **The Controlled F.O.R.C.E.® TEAM.**

Question: Why is the Controlled F.O.R.C.E.® Training System considered to be one of the most valued training programs for the law enforcement community?

Answer: The Controlled F.O.R.C.E.® training system was intentionally designed to be adaptable to programs currently used by law enforcement agencies throughout the country, and to reduce an officer's liability in situations involving physical confrontations. This adaptability, as well as the lowering of liability for officers are some of the best aspect of the Controlled F.O.R.C.E.® training system.

Question: How long does it take to learn?

Answer: Training to control someone who is resisting without injury to you or your opponent is the most difficult form of tactical training. It is unrealistic to think that you will never have to practice the training techniques again; but you are the only one who can decide how much training is necessary to ensure your own safety.

We at Controlled F.O.R.C.E. Inc. offer a training system that makes it easy to continue training long after the course is over. Rest assured, Controlled F.O.R.C.E. Inc. will be there for you with follow-up instruction, advancement seminars, CD-ROM training manuals, and instructional videos to assist you in continuing your training. Only you can decide which tools to utilize.

We at Controlled F.O.R.C.E. Inc. honor your courage for choosing the law enforcement profession. Whether you are involved in military, federal, state, or local law enforcement, we will provide you with the training and tools necessary to protect yourself and those you serve.

CHAPTER**6****Lesson Plan Outline**

The following is presented as a reference to assist you in your training. This outline should be followed as closely as possible by your instructor to ensure that the training you receive is consistent with the standards set by the Controlled F.O.R.C.E.® Team and the U.S.N.S.T.A. If you notice any significant variation between this outline and your training, please contact Controlled F.O.R.C.E.® Headquarters so that we can address the situation immediately: (800) 301-9292.

CD FEATURE:

Click the red bolded text to link to the corresponding chapter sections

Click on blue bolded text to see video footage of the training

I Lesson One: Body Positioning Drills

- A. **Body Control**
- B. **Clarifications**
 - 1. Points to be addressed by instructor
 - 2. "Light Hands"
- C. **Sticky Situations**
 - 1. Back-to-Back
 - 2. Face-to-Face (Shoulder-to-Shoulder)
 - 3. Face-to-Face (Over-and-Under)
 - 4. (Options with Over-and-Under)
 - 5. Piggy Back
- D. **Sprawling Drills**
 - 1. Sprawling Drill

2. Two-Hand Sprawling Drill
3. (Cross Face Option)

E. Positioning Exercises

1. Interview Stance
2. Lead Hand
3. Distance Set
4. Hand Plant (First Contact)

F. Trading Places

1. Officer vs. Smaller Opponent
2. Officer vs. Same Size Opponent
3. Officer vs. Larger Opponent

II Lesson Two: Mechanical Advantage Control Holds™

(Mechanical Advantage Control Holds, or M.A.C.H.™ holds, are a series of five techniques that use positioning, movement, and an opponent's body momentum to subdue the opponent in a controlled manner. These five holds can flow from one to another, in any sequence, allowing you to adjust to the opponent's unpredictable actions.)

A. M.A.C.H. 1

1. Strength Level Hold
2. Entry Level Hold – a starting point for other holds
3. Used when subject's momentum is moving backwards

B. M.A.C.H. 2

1. Strength Level Hold
2. Entry Level Hold
3. When applied correctly, the hold stays tight to the shoulder while guiding the subject's momentum in a forward direction
4. Maintaining a tight hold is the key to successfully maintaining control without injury

C. M.A.C.H. 3

1. Skill Level Hold
2. Hold is concentrated in three areas:
 - a. Shoulder
 - b. Elbow
 - c. Wrist
3. Used when subject's momentum is moving backwards
4. Check and Trap will disrupt the subject's balance and will assist in gaining control of this Skill Level Hold

- D. **M.A.C.H. 4**
1. Skill Level Hold
 2. Hold is concentrated on the area just above the elbow and the wrist (no pressure is applied to the elbow at any time)
 3. Control must be maintained by utilizing the angles and body positioning
 4. Used when subject's momentum is moving forward
- E. **M.A.C.H. 5**
1. Maximum Skill Level Hold
 2. Hold is concentrated on the wrist and hand
 3. There is no twisting of the wrist
 4. Both hands are placed on the subject's hand with the thumbs pointed in V form on the back of the subject's hand
 5. The objective is to point the subject's thumb downward
 6. Re-direction of the body and "Dropping Center" will place the subject on his or her back
- F. **M.A.C.H.™ Hold Combinations**
1. Changing the sequence creates 125 different combinations
 2. Defensive reaction corresponds to the level of resistance

III Lesson Three: M.A.C.H.™ Takedowns

- A. **Angles** are shown to place subject into prone position without injury
- B. **M.A.C.H. 1 Takedown**
1. Start from a kneeling position, each facing opposite directions
 2. Designed to teach the proper way to fall without injury
 3. Forward angle is utilized to maintain control of resisting subject
 4. Demonstration of how subject may be resisting without realizing it (Explained in detail)
 5. Disengage
- C. **M.A.C.H. 2 Takedown**
1. Breakdown of the subject's body / placing subject on one knee
 2. Verbal commands
 3. Takedown of the subject using a forward angle
 4. Takedown of the subject using a rear angle
 5. Disengage
- D. **M.A.C.H. 3 Takedown**
1. Breakdown of the subject's body / placing subject on one knee using M.A.C.H. 2

2. Transition to M.A.C.H. 3, takedown to far side forward angle
3. Maintain hold so arm remains bent
4. Maintain control staying on a forward angle
5. Disengage

E. M.A.C.H. 4 Takedown

1. Breakdown of the subject's body / placing subject on one knee
2. Verbal commands
3. Takedown of the subject using a forward angle
4. Takedown of the subject using a rear angle
5. Disengage

F. M.A.C.H. 5 Takedown

1. Breakdown of the subject's body / placing subject on one knee using M.A.C.H. 2
2. Transition to M.A.C.H. 5, takedown to far side forward angle
3. Maintain hold so arm remains straight
4. Maintain control staying on a forward angle
5. Disengage
6. Handcuffing begins with the M.A.C.H. 5 hold

IV Lesson Four: Handcuff Positioning

A. Preliminary Handcuff Positioning Concepts

1. Mechanical Advantage creates compliance for combative subjects (Explained in detail)
2. Place subject into prone position
3. De-escalating combative subjects using verbal commands
4. Visual signs of complying subjects
5. Once compliance is achieved, release with one hand and reach for handcuffs
6. Handcuffing starts at M.A.C.H. 5

B. M.A.C.H. 5 Handcuff Positioning

1. Placing subject into prone position using secondary far side forward angle
2. Visual confirmation of compliance
 - a. Transition to M.A.C.H. 4
 - b. Cradle the arm
 - c. Gain Mechanical Advantage controlled positioning
3. Apply handcuffs according to your state or academy instructions

- C. **M.A.C.H. 4 Handcuff Positioning**
 1. Placing subject into prone position using forward or rear angle
 2. Visual confirmation of compliance
 3. Cradle the arm
 4. Gain Mechanical Advantage controlled positioning
 5. Apply handcuffs according to your state or academy instructions

- D. **M.A.C.H. 3 Handcuff Positioning**
 1. Placing subject into prone position using secondary far side forward angle
 2. Visual confirmation of compliance
 3. Cradle the arm (optional). Or you can maintain M.A.C.H. 3 hold by keeping the arm bent
 4. Gain Mechanical Advantage controlled positioning
 5. Apply handcuffs according to your state or academy instructions

- E. **M.A.C.H. 2 Handcuff Positioning**
 1. Placing subject into prone position using forward or rear angle
 2. Visual confirmation of compliance
 3. Transition to M.A.C.H. 4
 4. Cradle the arm
 5. Gain Mechanical Advantage controlled positioning
 6. Apply handcuffs according to your state or academy instructions

- F. **M.A.C.H. 1 Handcuff Positioning**
 1. Start in kneeling position to minimize chances of injury
 2. Transition to M.A.C.H. 2 or M.A.C.H. 3
 3. Roll subject into prone position by using far angle
 4. Transition to M.A.C.H. 4
 5. Cradle the arm, or you can maintain M.A.C.H. 3 hold by keeping the arm bent
 6. Gain Mechanical Advantage controlled positioning
 7. Apply handcuffs according to your state or academy instructions

V Lesson Five: Team Arrest Techniques

- A. **Communication**
 1. The importance of communication in teamwork
 2. Use the lock and clear to communicate effectively

- B. **Anchor**
 - 1. Option for taking down an opponent using a shift in body weight
 - 2. Communicate the lock and clear

- C. **Sweep the Feet**
 - 1. Option to be used when a third officer is available
 - 2. Element of surprise is important so the opponent does not lock his or her legs
 - 3. When crossing the feet, apply hip pressure to keep the feet crossed and the knees bent

- D. **M.A.C.H. 1 Team Arrest**
 - 1. Place the opponent on his or her back
 - 2. Through communication, the lead officer maintains the lock
 - 3. The second officer transitions to M.A.C.H. 2 or M.A.C.H. 3
 - 4. The lead officer stretches the opponents arm over his or her head
 - 5. The second officer works around the opponent's head, placing him or her in the prone position
 - 6. Begin handcuff procedure according to departmental policy

- E. **M.A.C.H. 2 Team Arrest**
 - 1. Breakdown the opponent to one knee
 - 2. The lead officer takes the lock
 - 3. The second officer clears, then takes hold of the opponent's free arm
 - 4. The second officer begins the handcuff procedure according to departmental policy
 - 5. The lead officer then completes the handcuffing procedure

- F. **M.A.C.H. 3 Team Arrest**
 - 1. Break the opponent down to one knee
 - 2. The lead officer takes the lock
 - 3. The second officer clears, then the team performs one of three handcuff positioning options:
 - a. Lead officer performs a roll over into the prone position (see M.A.C.H. 3 Handcuff Positioning)
 - b. Perform a step over team arrest
 - c. Perform a pass over team arrest if a third officer is present
 - 4. Begin handcuff procedure according to departmental policy

G. M.A.C.H. 4 Team Arrest

1. Entry into a M.A.C.H. 1 or M.A.C.H. 2
2. Break the opponent down to one or both knees
3. Transition to M.A.C.H. 4
4. The lead officer take the lock, placing the opponent into the prone position
5. The second officer clears, then re-engages to secure the free arm
6. Begin handcuff procedure according to departmental policy

H. M.A.C.H. 5 Team Arrest

1. Entry into a M.A.C.H. 1 or M.A.C.H. 2
2. Breakdown to M.A.C.H. 2 or M.A.C.H. 4
3. The lead officer takes the lock
4. The second officer clears, then re-engages to secure the free arm using one of two options:
 - a. Roll over placing the opponent into the prone position (see M.A.C.H. 5 Handcuff Positioning)
 - b. Step over team arrest, second officer stretches the opponent's arm over his or her head
5. Begin handcuff procedure according to departmental policy

VI Lesson Six: Baton Subject Control**A. Baton Usage**

1. Enhance effectiveness of M.A.C.H. holds
2. Baton as an extension of the hand

B. Leverage (Principles of leverage as they relate to baton training are discussed)**C. M.A.C.H. 1 Baton**

1. Strength Level Hold
2. Entry Level Hold – a starting point for other holds
3. Used when subject's momentum is moving backwards, with the baton as leverage

D. M.A.C.H. 2 Baton

1. Strength Level Hold
2. Entry Level Hold
3. When applied correctly, the hold stays tight to the shoulder while guiding the subject's momentum in a forward direction, using the baton as leverage
4. Maintaining a tight hold is the key to successfully maintaining

control without injury

- E. **M.A.C.H. 3 Baton**
1. Skill Level Hold
 2. Hold is concentrated in three areas:
 - a. Shoulder
 - b. Elbow
 - c. Wrist
 3. Used when subject's momentum is moving backwards, with the baton as leverage
 4. Check and Trap will disrupt the subject's balance and will assist in gaining control of this Skill Level Hold
- F. **M.A.C.H. 4 Baton**
1. Skill Level Hold
 2. Hold is concentrated on the area just above the elbow and the wrist (no pressure is applied to the elbow at any time), using the baton as leverage
 3. Control must be maintained by utilizing the angles and body positioning
 4. Used when subject's momentum is moving forward
- G. **M.A.C.H. 5 Baton**
1. Maximum Skill Level Hold
 2. Hold is concentrated on the wrist and hand
 3. There is no twisting of the wrist
 4. Both hands are placed on the subject's hand with the thumbs pointed in V form on the back of the subject's hand, using the baton as leverage
 5. The objective is to point the subject's thumb downward
 6. Re-direction of the body and "Dropping Center" will place the subject on his or her back
- H. **Takedowns and Handcuff Positioning with Baton**
1. Controlled F.O.R.C.E.® takedowns and handcuff positioning with baton are performed just like the takedowns and handcuff positioning techniques taught earlier in Lessons 3 and 4, with the added leverage of the baton)
 2. M.A.C.H. 5 Baton Takedowns and Handcuff Positioning
 3. M.A.C.H. 4 Baton Takedowns and Handcuff Positioning
 4. M.A.C.H. 3 Baton Takedowns and Handcuff Positioning
 5. M.A.C.H. 2 Baton Takedowns and Handcuff Positioning
 6. M.A.C.H. 1 Baton Takedowns and Handcuff Positioning

VII Lesson Seven: In-Holster Weapon Retention

A. Before We Begin

1. Clearing the hand from the weapon / transitioning to M.A.C.H. holds to restrain the opponent
2. Training Considerations
 - a. Light Hands
 - b. Body Positioning
3. Warning: Potential for Injury

B. Front Linear Weapon Retention

1. Push down on opponent's hand
2. Move under the opponent's arm to the outside
3. Continue motion until opponent releases grip on weapon

C. Front Cross Weapon Retention

1. Push down on opponent's hand
2. Move under the opponent's arm to the inside
3. Continue motion until opponent releases grip on weapon

D. Rear Linear Weapon Retention

1. Push down on opponent's hand
2. Move under the opponent's arm to either the outside or inside
3. Continue motion until opponent releases grip on weapon

E. Rear Cross Weapon Retention

1. Push down on opponent's hand
2. Move under the opponent's arm to either the outside or inside
3. Continue motion until opponent releases grip on weapon

VIII Practical Application & Testing

- A. Students are placed in unstable situations to which they must react while maintaining control
 1. Students are evaluated on knowledge and application of techniques
 2. Students must demonstrate an ability to recognize and respond to physical threats
 3. Students must demonstrate proper body control and positioning to apply any given technique
- B. Students must pass written exam