

Arrest Control Techniques

40 Hour Course Outline

Objective of the Koga Method

J

- A. Control
 - 1. Self
 - 2. Subject
 - 3. Situation

II. Principles of the Koga Method

F

- A. The three Premises
 - 1. The police role in a physical arrest is defensive
 - 2. Arrest is an emotional problem as well as a physical one
 - 3. The mind and body are one
- B. Control
 - 1. General
 - 2. Physical
- C. Awareness
 - 1. Environment

III. Use of Force

G

- A. Applications of force
 - 1. Controlling force
 - 2. Injuring force
 - 3. Deadly force
- B. Types of excessive force
 - 1. Perceived
 - 2. Intentional
 - 3. Unintentional
- C. Use of force paradigm

IV. Police Liabilities and Obligations

J

- A. Departmental administrative action
 - 1. Internal affairs
- B. State Criminal action
- C. Federal civil rights action
 - 1. USC 1983, 1984
- D. State civil action
- E. Moral/Ethical
 - 1. Embarrassment
 - 2. Shame
 - 3. Loss of reputation

- V. Vicarious Liability** **J**
- A. City of Canton vs. Harris
 - 1. Failure to train employees
 - B. Commonwealth vs. Adams
 - 2. Failure to intervene
- VI. Approaching Subjects** **I**
- A. Hands
 - 1. Most likely to cause harm
 - B. Potential weapons
 - 1. Anything that could be used against you
 - C. Friends and Associates
 - 1. May help out your subject
 - D. Escape routes
 - 1. Officer
 - 2. Suspect
 - E. Footing
 - 1. Don't put yourself at a disadvantage
 - F. Cover and concealment
 - 1. Note potential places of safety upon approach
- VII. Contacting Subjects** **I**
- A. Distance
 - 1. 1 ½ arm length away
 - B. Balance
 - 1. Balls of feet
 - 2. Strong side away from subject
 - C. Awareness
 - 1. 360 degrees
- VIII. Searching** **C, F**
- A. Purpose of a search
 - 1. Finding weapons and contraband
 - B. Purpose of a searching technique
 - 1. Affords the officer a margin of safety
 - C. Systematic searching
 - 1. Provides consistency
 - 2. Less likely to forget an area
 - D. Searching members of opposite sex
 - 1. No legal distinction
 - 2. Policy issues

IX. Restraining Devices

E

- A. Handcuffs
 - 1. Temporary restraint
 - 2. General control only
- B. Flex cuffs
 - 1. Purpose
 - 2. Removal
- C. Leg Restraints
 - 1. Ripp leg restraint usage

X. Fitness and Wellness

A

- A. Warming up
 - 1. Reduces injury
 - 2. Increases flexibility
- B. Exercise
 - 1. Regular
 - 2. Vigorous
 - 3. Enjoyable
 - 4. 30 min. 3X a week or 10 min 3X a day

XI. Footwork and Movement

I

- A. Interview position
 - 1. Strong side away
- B. Shuffle step
 - 1. Forward
 - 2. Reverse
- C. Normal pivot
 - 1. Threat from the rear
- D. Shuffle pivot
 - 1. Avoid force on force
- E. Progressive Pivot
 - 1. Gain ground on subject

XII. Control holds

D

- A. Position of advantage
 - 1. Light touch
 - 2. Balance
- B. Twist lock
 - 1. Proper application
 - 2. Twist lock to rear wrist lock
 - 3. Takedowns

- XIII. Searching techniques** **C, H**
- A. Cursory Search
 - 1. To low profile handcuffing
 - 2. Takedowns
 - B. Standing Modified Search
 - 1. To rear wrist lock handcuffing
 - 2. Takedowns
 - C. Kneeling Search
 - 1. To low profile handcuffing
 - 2. Takedowns
 - D. Prone Search
 - 1. Solo officer
 - 2. Two officer (quick cuff)
- XIV. Weapon Retention** **D, M**
- A. Attack from front
 - 1. Twist lock to rear wrist lock
 - B. Attack from rear
 - 1. Distraction strike to arm bar
- XV. Handling Handcuffed Prisoners** **D**
- A. Takedowns
 - B. Placing subjects in back seat of unit
 - C. Removing subject from back seat of unit
 - D. Proper removal of handcuffs
- XVI. Removal of uncooperative driver from vehicle** **D**
- A. Twist lock
 - B. Search
 - C. Handcuffing
 - 1. Twist lock to rear wrist lock
- XVII. Rolls / Breakfalls** **I**
- A. Forward rolls
 - 1. From kneeling
 - 2. From standing
 - B. Backward rolls
 - 1. From kneeling
 - 2. From standing
 - C. Forward Breakfalls
 - 1. From kneeling
 - 2. From standing
 - D. Backward Breakfalls
 - 1. From squatted position

XX. Testing

B

- A. Written
- B. Physical

XXI. Recovery / First Aid

K

- A. Cool Down
- B. Stretch
- C. Report Injuries