



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

Course Goal: The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The trainee will develop tactical knowledge and skills to arrest and control a suspect safely and effectively. This course provides updated legislative content regarding PC 835(a).

The course consists of arrest and control hands-on/practical skills. This course also covers de-escalation considerations for in-service police officers. The training will be in a 5-hour format.

Impact Weapons:

Minimum Topics/Exercises:

- a. Policies and legal issues
- b. Safety orientation and warmups
- c. Use of force considerations.
- d. 835 (A) PC
- e. Report Writing
- f. Body balance/stance/ movement patterns – in exercise(s)
- g. Verbal Commands - in exercise(s)
- h. Body Physics and Dynamics
- i. Class Exercises/Student Evaluation/Testing
- j. Weapon care and maintenance

Course Objectives:

The trainee will-

1. Demonstrate knowledge of the Emeryville Police Department Use of Force Policies and current case law.
2. Demonstrate the ability to document a use of force report. (Report Writing)
3. Demonstrate knowledge of the importance of mental resiliency and physical conditioning as it relates to effective arrest and control techniques.
4. Demonstrate a minimum standard of arrest and control techniques and de-escalation knowledge, to include:
 - A. Use of force policy review and case law
 - B. 835 (a) PC
5. Duty to Intercede.



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

6. Force Options and Force Continuum
7. De-Escalation Conflict Resolution, Verbal Commands
8. Stress and Performance
9. Body Physics and Dynamic/ Suspect Reaction to Force
10. Personal Body Weapons/ Control Holds/ Take Downs
11. Passive Resist/ Pain Compliance
12. Ground Control
13. Legal Updates
14. Searching/Handcuffing Techniques
15. Officer Handgun Retention
16. Impact Weapons
17. Control Devices
18. Zone Acquisition/ Strike Acquisition
19. Use of force and de-escalation scenarios.
20. Officers articulate the totality of the circumstances.

Testing: Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique, exercise, and scenarios. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

Expanded Course Outline

- I. Registration and Orientation** III(b)
 - A. Introduction, Registration, Safety Guidelines and Orientation**
 - B. Course Objectives/Overview, Exercises, Scenario testing, Evaluation.**

- II. Use of Force Policies and Legal Topics**
 - A. Review the following policies III(g)
 1. Use of force
 2. Handcuffing and Restraints
 3. Control Devices
 4. Search and Seizure
 5. Custodial Searches
 - B. Report documentation
 1. Comprehensive reporting
 2. Supervisor notification
 3. Report excessive force
 4. Body Worn Camera
 - C. Reasonable Force Standard
 1. Graham v. Connor



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

D. 835(a) P.C.

1. Circumstances where Peace Officers may use force

- Any peace officer who has reasonable cause to believe that the person to be arrested has committed a public offense may use objectively reasonable force to effect an arrest, to prevent escape, or to overcome resistance.

2. Reasonable Officer/Totality of the Circumstances

- That the decision by a peace officer to use force shall be evaluated from the perspective of a reasonable officer in the same situation, based on the totality of the circumstances known to or perceived by the officer at the time, rather than with the benefit of hindsight, and that the totality of the circumstances shall account for occasions when officers may be forced to make quick judgments about using force.

3. Respect of human life

- That the authority to use physical force, conferred on peace officers by this section, is a serious responsibility that shall be exercised judiciously and with respect for human rights and dignity and for the sanctity of every human life. The Legislature further finds and declares that every person has a right to be free from excessive use of force by officers acting under color of law.

4. Persons with disabilities

- That individuals with physical, mental health, developmental, or intellectual disabilities are significantly more likely to experience greater levels of physical force during police interactions, as their disability may affect their ability to understand or comply with commands from peace officers. It is estimated that individuals with disabilities are involved in between one-third and one-half of all fatal encounters with law enforcement.

E. Duty to Intercede

1. Observing- A requirement that an officer intercede when present and observing another officer using force that is clearly beyond that which is necessary, as determined by an objectively reasonable officer under the circumstances, considering the possibility that other officers may have additional information regarding the threat posed by a subject.

2. Supervisor notification - A requirement that officers report potential excessive force to a superior officer when present and observing another officer using force that the officer believes to be beyond that which is necessary, as determined by an objectively reasonable officer under the circumstances based upon the totality of information known to the officer.



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

F. Supervisors Responsibilities

1. Ensuring the Use of Force evaluation steps are completed per Use of Force General Order after force is applied.
2. Citizen complaints
3. IA reporting and tracking IA PRO and Blue team
4. State Required Reporting /Department of Justice Reporting
5. Use of Force committee

G. Medical Assistance -A requirement that officers promptly provide, if properly trained, or otherwise promptly procure medical assistance for persons injured in a use of force incident, when reasonable and safe to do so.

1. Evaluation
2. C.A.B.
3. Medical Staging
4. Evidence Documentation

III. Force Options and De-Escalation Officers utilize de-escalation techniques, crisis intervention tactics, and other alternatives to force when feasible.

- A. Force Options
1. Visual Presence
 2. Command Presence
 3. Verbal Commands
 4. Pain Compliance
 5. Takedowns
 5. Personal Body Weapons
 6. Impact Weapons, OC, Taser etc.
 7. Restraint Devices
 8. Lethal Force
 9. Imminent Threat
 10. Totality of Circumstances
 11. Environmental Factors
 12. Use of available resources

B. De-escalation

1. Self-Control and Situation awareness
2. Effective Communication skills that offer solutions with no force
3. Proper scene assessment (Using cover, time, and distance to assist with scene management)
4. Gaining voluntary compliance
5. Use of available resources, Crisis Intervention Officers, Mobile Crisis Team, medical professionals, translation services,



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

**6. Un-bias policing, cultural competency, and stigmas
Dispatcher Contribution.**

C. Force Continuum

1. Cooperative
2. Passive or Low-Level Resistance
3. Active Resistance or Assaultive Behavior
4. Life Threatening Assault or likely to cause great bodily harm
5. Deadly Force Guidelines
5. Articulation of Totality of the Circumstance
6. BWCs
7. Evidence Gathering

D. Stress and Performance

1. Sympathetic vs. Parasympathetic
 - a. Fight or Flight
2. Fear and Emotional Strength
 - a. Breathing Control – Box Breathing
 - b. Heart Rate
 - c. Tunnel Vision
 - d. Controlling Arousal and Attention
3. Optimal Performance
 - a. Performance Curve

IV. Body Physics and Dynamic/Suspect Reaction to Force III(a)

- A. Suspect attacks Officer
- B. Locking Resistance
- C. Going limb
- D. Use of pain compliance/pressure points/distraction techniques.
- E. Six considerations used on initial approach with subject:
 1. Hands
 2. Cover
 3. Weapons/Bulges
 4. Subject's body language (pre-contact ques)
 5. Associates, subjects, and officers' available resources
 6. Escape routes, subjects – tactical retreat, officers
 7. Footing/balance officer's ability to stay on his/her feet
- F. Excited Delirium is a medical emergency.
- G. Physical Conditioning
 1. Officers' mental conditioning for arrest/control:
 - a. Awareness, Balance & Control
 - b. Fatigue



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

- c. Know your physical limitations.
- d. Importance of good cardio and core strength

V. Safety Orientation and Warm-Up

III(a)

- A. Review of Safety Policies and injury precautions
- B. Students will participate in warm-up/stretching exercises
- C. Body Balance/Stance Fighting Stance, and Verbal Commands

D. Footwork

III (d, g, h, i, f, k)

- 1. Position of Interview
- 2. Forward Shuffle
- 3. Rear Shuffle
- 4. Normal Pivot
- 5. Shuffle left and right (Side-Step)
- 6. Shuffle Pivot
- 7. Break Fall
- 8. Ground Fighting Position
- 9. Base up

VI. Personal Body Weapons/ Control Holds/ Take Downs

III (d, g, h, i, f, k)

- A. Fighting Stance
- B. Palm Heel Strike
- C. Bottom Fist Strike
- D. Elbow Strike
- E. Under Punch
- F. Side Knee Lift
- G. Extended Side Knee Lift
- H. Rear Cross Kick
- I. Front Kick
- J. Clinch
- K. Verbal Commands

VII Baton Target areas, Baton Non-target areas, Strike Zones, Deployment Considerations

- a. Baton Targets – areas where bone is closest to the surface of the skin.
 - i. Arms, including the hands and fingers.
 - ii. Legs – focusing on the hip, knee, shins, ankles and feet.



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

- iii. Collar bone and points of the shoulders
- iv. Center mass – from the lower abdominal to the high sternum areas

b. Baton Non-targets

- i. Head
- ii. Neck
- iii. Throat
- iv. Spine
- v. Heart
- vi. Xiphoid Process
- vii. Kidneys
- viii. Groin

(*These areas should only be targeted when the officer reasonably believes the suspect poses an imminent threat of serious bodily injury or death to the officers or others)

c. Strike Zones

- i. Zone #1
 - 1. From the shoulders to the waist, including arms, hands and fingers.
- ii. Zone #2
 - 1. From the waist to the ground, including feet.
- iii. Zone #3
 - 1. A figure eight laying on of its side, a downward 45-degree strike crossing the “X” of the eight in a downward swing. This strike is a specialty strike a boxing or similar stance where the tops of the fists and arms can be struck.
- iv. Zone #4
 - 1. Is the opposite of zone 3 also against a boxing or similar stance where the under portions of the arms or bottoms of



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

the fists may be struck. The “X” of the eight is crossed with an upward swing. This strike is a specialty strike against a boxing or similar stance where the bottoms of the fists and arms are struck.

- d. Impact Weapon use: Deployment considerations – Reevaluate: Escalate or de-escalate
 - i. Officers must constantly reevaluate the situation and escalate or deescalate the amount of force used. The conditions that justify the impact weapon include but are not limited to the following:
 - 1. Size of suspect compared with the size of the officer.
 - 2. Suspect exhibits a trained fighting skill.
 - 3. The number of suspects vs the number of officers
 - 4. The amount of control needed based on the tactical conditions.

VIII Control Device Straight baton (mid-range baton and expandable baton)

- a. Nomenclature
 - ii. Tip
 - iii. Shaft
 - 1. Long shaft
 - 2. Short shaft
 - iv. Butt end
 - v. Grommet
- b. Stance
 - vi. Combat stance (should mirror shooting platform)
- c. Strikes/Techniques – One handed Grip and Two-Handed Grip
 - vii. Weapon Strike
 - viii. Reaction Strike
 - ix. Straight Strike
 - x. Two-handed low defense (Low set or on guard position)



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

- xi. Two handed Jab from the low set position
- xii. Parry and Jab
- xiii. Yawara Strike from One Handed Ready Position
- xiv. Yawara strike from the Two-Handed Ready Position
- xv. Power Chop
- d. Mid-Range Straight Baton Retentions
 - xvi. Slap Off
 - xvii. Pull Up
 - xviii. Circle in
 - xix. Circle out
 - xx. Figure Eight
- e. Baton Blocks
 - i. Zone 1 Block
 - ii. Zone 2 Block
 - iii. Zone 3 Block
 - iv. Zone 4 Block

II. Control Device Expandable Baton (Openings)

- a. Cross Draw
- b. Stance
 - i. Combat Stance (should mirror shooting platform)
- c. Openings
 - i. Low On-Side Opening (On-set low)
 - ii. High On-Side Opening (On-Set High)
 - iii. Low Off-Side Opening (Off Set Low)
 - iv. High Off-Side Opening (Off Set high)
 - v. Vertical Low Opening



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

- vi. Vertical High Opening
- vii. Administrative Opening
- viii. Covert Opening
- d. Strikes/Techniques –
 - i. Closed Mode strike
- e. Expandable Baton Retentions

III. Control Device Long Baton (Riot Baton)

- a. Nomenclature
 - i. Tip
 - ii. Butt end
 - iii. Shaft
 - 1. Long shaft
 - 2. Short shaft
 - iv. Grommet
- b. Baton Ready Positions
 - i. Low set
 - ii. On Guard
- c. Strike zones with the Long Baton
 - i. Strike Zone 1
 - ii. Strike Zone 2
 - iii. Strike Zone 3
 - iv. Strike Zone 4
- d. Strikes



Emeryville Police Department
Impact Weapons Training (5 Hours)
CCN:1690-22095-21

- i. Jab Strike
 - ii. Yawara strike
 - iii. Power Chop
 - iv. Parry and jab
 - v. Three Count Strike
- e. Long baton Retention
- i. Slap off.
 - ii. Pull up.
 - iii. Circle in
 - iv. Circle Out
 - v. Figure Eight
- f. Long Baton Blocks
- i. Zone 1 block
 - ii. Zone 2 block
 - iii. Zone 3 block
 - iv. Zone 4 block