

Subject Control Concepts

Cleveland Division of Police



Course Date: 2022 In-Service Training Session III

Current Revision Date: June 21, 2022

Course Hours: 2 Hours

Primary Audience: Patrol officers, Detectives, Supervisors

Module Goal: Through classroom instruction, demonstration, and class discussion, officers will have the ability to recognize and understand current Subject Control Concepts

References

- State of Ohio OPOTA Subject Control Manual
- U.S. Const. amend. IV
- Graham v. Connor, 490 U.S. 386 (1989)
- Cleveland Division of Police Use of Force GPO
- <https://web-s-ebshost-com.tu.opal-libraries.org/ehost/pdfviewer/pdfviewer?vid=7&sid=e572832b-7967-472b-aa08-e82b4e3be3b3%40redis>

COURSE MATERIALS

TEACHING AIDS

_____ Erasable Board/Markers

_____ Easel/Notepads

_____ Lectern/Table

_____ Other

_____ Student Handouts

INSTRUCTIONAL TECHNIQUES

_____ Lecture

_____ Group Discussion

_____ Demonstration

_____ Scenario-based Training

_____ Individual Exercise

_____ Hands-on Techniques

_____ Problem Solving

Safety Protocol

Instructor notes:

1. The instructor shall ensure proper signage is posted at the entrance and exit points of the scenario indicating "police training, do not enter"
2. The safety protocol will be a three-tiered check
 - a. Students will ensure they do not have live weapons (check one)
 - b. Students will ensure other students do not have any live weapons (check two)
 - c. The instructor will ensure all students do not have live weapons on them (check three)

Instructor says:

1. All officers are considered safety officers and everyone is responsible for the safety of the scenario. If you see something dangerous, stop the scenario by informing any instructor/safety officer
2. There will be no physical touching of the role players other than what is immediately necessary for the scenario
3. Scenarios end or are stopped by the whistle or the instructor gives the command of "STOP ACTION"
4. The improper execution of Subject Control Techniques can result in levels of force outside department policy or injury to the subject. However, students should be wary of the fact that subject control incidents are usually rapidly evolving and the subject rarely moves or acts in a manner that can be expected. This may result in an injury to the subject that was not intended or expected, but caused by the subjects actions.
5. Subject control should not be confused with fighting. As professional police officers, our job is to control a subject not fight them. The basis for the newer techniques being taught is to achieve control over combative/non-compliant subjects all the while keeping the officer safe and in an advantageous position in relation to the subject.

LEARNING OBJECTIVES

At the end of this topic, the student will be able to:

1. Define the distance in a reactionary gap.
2. Define the two-action principle in relationship to subject control.
3. Explain a proper defensive posture as it relates to subject control.
4. Define the angles of approach and control.
5. Define the subjects centerline.
6. Explain how proper movement controls the centerline of the subject.
7. Explain a proper ground defensive posture as it relates to subject control.
8. Identify subject control techniques and terminology currently being taught during the police academy.

I. LESSON PLAN

I Instructor Requirements

- A. Four (4) Subject Control Certified Instructors
- B. One lead instructor
- C. Two secondary instructors who will demonstrate techniques described
- D. One dedicated safety officer

II Site Description

- A. Gymnasium - mat room area

III Set-Up

- A. Officers will begin with a discussion of the expectations of the training.

IV Equipment

- A. Blue guns
- B. Blue Taser
- C. Inert OC Spray
- D. Foam Baton/Training Baton (Will be distributed by Gym Staff)

V Student Performance Objectives

- A. Define the distance in a reactionary gap
- B. Define a two action principle in relationship to subject control
- C. Explain a proper defensive posture as it relates to subject control
- D. Define the angles of approach and control.
- E. Define the subjects centerline.
- F. Explain how proper movement controls the centerline of the subject.
- G. Explain a proper ground defensive posture as it relates to subject control
- H. Identify subject control techniques and terminology currently being taught during the police academy

VI Subject Control Concepts

- A. Defensive Posture (Pyramid Base Concept)
- B. Wide base – Feet wider than shoulder width
- C. Deep base – Toes of weapon side foot behind heel of reaction side foot
- D. Head over center – Head position is stable over your centerline
- E. Low center – Knees should be bent and hips low working from an athletic platform to increase dynamic movement
- F. Reactionary Gap
 - 1. Discussion of the “Tueller Drills” including brief history and it’s evolution into the 21’ rule.
 - 2. As a note of caution, we do not intend for this discussion to be utilized to justify decisions based on ‘he was within 21 feet, so I shot him,’ thinking. We feel it is important to have a discussion based on the 21 foot principal and dispel some of the myths associated with it
 - 3. While the distance between a police officer and a suspect is an important consideration in use of force situations, it is only one factor. Police use of force thinking is often much more nuanced than this. Use of force encounters are dynamic and each one presents different situational factors that must be considered
 - 4. The 21 foot principle is based on reactionary gap drill only
 - 5. This drill was created by Lt John Tueller of the Salt Lake PD. He set up a drill where an officer armed with a plastic knife ran at another officer with a simulated firearm. This drill was instructing on what a realistic reactionary gap was for officers to draw there weapon
 - 6. After running this drill for several years, Tueller found that the average person could run 21 feet in approximately 1.5 seconds. Additionally, Tueller found officers were able to draw and fire a holstered sidearm in approximately 1.5 seconds. Lieutenant Tueller published these findings in SWAT Magazine. He considered 21 feet to be the ‘danger zone’ for a police officer (i.e., an officer will be unable to defend him/herself if a suspect charges from 21 feet or closer)
 - 7. This drill or principle was never intended to be a “rule” or

A scientific examination of the 21-foot rule, Sandel, Martaindale, Blair (2021)

<p>standard, it was essentially a reaction time experiment.</p> <ol style="list-style-type: none"> 8. Further research revealed simple movement techniques allowed the officer to avoid being touched by the knife. Moving backwards and sideways were particularly effective when avoiding contact with the aggressive individual. Two action principle to be effective distance (SPO #4) <ol style="list-style-type: none"> a. Subject must take two actions to attack or touch officer 9. This offers an officer the greatest opportunity to safely respond to a subject's actions and attack 10. Officer v. Subject factors are primary consideration in determining the Reactionary Gap distance: <ol style="list-style-type: none"> a. Officer v. Subject factors <ol style="list-style-type: none"> 1. Number of officers/subjects 2. Size of officer/subject 3. Age of the officer/subject 4. Skill or special knowledge of the officer/subject 5. Conditioning of the officer/subject 6. Injury to the officer/subject 7. Duration of the action b. Environmental factors <ol style="list-style-type: none"> 1. Know violent history from subject c. Pre-attack indicators from subject d. Angles of Approach e. Stay off of the subject's centerline (0 Degree angle) f. Approach should be made front and rear quarters (45 Degree angles) g. Two officer approach should be done utilizing the triangulation or tactical L method <p>G. First point of Contact</p> <ol style="list-style-type: none"> 1. Approach from angle with hands above rib line 	
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<p>2. Hands make contact at upper arm (bicep/tricep area)</p> <p>H. Basic Escort Position</p> <ol style="list-style-type: none"> 1. Used when subject is mostly compliant 2. Outside hand slides to wrist for hand control 3. Inside hand moves to just above the elbow (Ulnar nerve) 4. Step to the rear quarter of the subject <p>I. Basic escort position is a diminimus use of force</p> <p>J. Wrist Weave Escort Control</p> <ol style="list-style-type: none"> 1. This position is used to have an increased level of control on the arm and shoulder 2. Wrist control hand maintains control of the subjects wrist in thumb up position 3. Elbow control hand slips under the arm and laces over the subjects forearm then wedging between officers arm and subjects arm 4. Officers should then crowd subject utilizing T position to maintain maximum amount of control on subject <p>K. Seat Belt Body Control Position (Over-under control hold)</p> <ol style="list-style-type: none"> 1. From escort position, near side arm (tricep grip arm) loops over far side shoulder 2. Far side arm (wrist grab arm) drives to the near side under-hook 3. Hands gable grip together is chest area, elbows pull back towards your sides 4. Blade of hip drives forward from the rear position 5. This forces subjects hips forward while officer's arms are pulling subjects shoulders back causing the balance displacement 6. Officer should complete the controlled takedown to a ground stabilization technique <p>L. Wrap Control</p> <ol style="list-style-type: none"> 1. From the ground stabilization position, officer drives subjects arm across shoulder line 	
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<ol style="list-style-type: none"> 2. Use body to keep control of the pinned arm 3. Opposite arm swims under the subjects head and grasps the wrist of the pinned arm 4. By pulling the wrist down and back, while driving the pinned arms elbow in the same direction, turn the subjects back toward you 5. Using leverage, continue to roll the subject away to the belly down handcuffing position 6. Once subject is flat, acquirer one of the acceptable prone handcuffing positions. 7. Order subject into the proper prone handcuffing control position and initiate handcuffing 8. Handcuffs should not come out of the handcuff case until control is gained in the handcuffing position <p>M. Arm Stabilization Prone Handcuffing Position</p> <ol style="list-style-type: none"> 1. While in a squatted stance with the subject in a belly down prone handcuffing position, the officer will secure the subject's arm at the wrist and just above the elbow 2. Officer will then straighten the subject's arm and extended it out to the side at approximately a 60 degree angle 3. With the officer's knees touching the subjects shoulder and lower back area, arm will be lifted and place securely between the officer's knees. (Officers should take care to apply pressure to the supra scapular or lumbar areas of the back to avoid respiratory distress.) 4. From this stabilized handcuffing position, the officer will provide the subject the appropriate orders to secure the other hand and complete the cuffing procedure 5. This method of handcuffing can be performed with one officer on each side of the subject. 6. Assist to standing while handcuffed 7. After handcuffing subject, pat-down waist line area where hands are then roll subject to his side facing away from officer 8. Using a grip on the subjects upper arm and shoulder, guide the subject up to a seated position 9. Instruct the subject to bend one knee while keeping the leg flat on 	
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<p>the ground, placing the foot by the opposite knee</p> <p>10. With the same upper arm and shoulder grips, instruct the subject to sit up towards the bent leg moving them to a kneeling position</p> <p>11. After stabilizing for a moment, assist subject to fully standing position</p> <p>N. Current terminology used in Subject Control (SPO #7)</p> <ol style="list-style-type: none"> 1. Breakdown: The disruption or adjustment of a subject's posture, by force, that achieves positional advantage by the officer allowing for the officer to use leverage by positioning or technique to control the subject. (EXAMPLE: Bending someone when pushing them into the back seat of a patrol car, preventing a subject from standing back up from a seated position, or pushing a subject down into a seat. 2. Body Lock – Officer has inside control with arms encircling subject's torso with chest to body contact. 3. Butterfly Grip: Both wrists are pressed together, the fingers of both hands are wrapped around the wrists. 4. Chair Position: Centerlines at 90°, officer is on side facing subject. Pressure from lat against hip line of subject. Far side arm control under far side shoulder. Bottom leg forward. 5. Chasing a position/mount/submission/takedown: The relentless pursuit of achieving a position, mount, submission, or takedown. 6. Centerline: The relationship of the spine with shoulders and hips. Zero centerline is both hips and shoulders facing opponent. 7. Contact Officer: The primary engaging officer. The officer that communicates with the subject, gives the subject direction, and makes any physical contact with subject. 8. Cover Officer(s): The secondary officer on scene, or any other officers whose duty is to monitor the entire scene and keep it safe. In the event the cover officer must engage with a threat, they momentarily become the CONTACT OFFICER. Roles can switch back and forth as necessary to keep all on scene safe. 9. Distraction Strike – a strike, normally open palm to the forehead, used to disrupt the balance of the subject to create head over center imbalance preceding a takedown. 10. Elbow Escape (Wiggle): From the GDP, officers escape a mounted attack by turning to their weapon side and thrusting their hips to the rear while dragging a straight lower leg away from mounted 	
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<p>suspect. The officer then turns to their reaction side and repeats the process until free of mount.</p> <p>11. Escort Position(s): Any one of a number of techniques that have physical contact with the subject to physically guide them and give the officer positional advantage should the need arise to raise their level of force.</p> <p>12. Front Quarter: The area between the zero centerline of the subject and the 90 degree mark of the hip of the subject.</p> <p>13. Full Mount: Straddle over chest, knees close to armpit, feet tucked into side of hip, hands on chest, biceps, or wrists if overhead.</p> <p>14. Gable Grip: Both hands are clasped together palm to palm.</p> <p>15. Wrap Hold: A position of control achieved by driving one of the subjects arms across their body, wrapping that arm around the subjects head. The officer is applying force to the tricep area of the subject, while simultaneously pulling the wrist of the same arm from behind the subject's neck.</p> <p>16. Ground Defensive Position (GDP) (SPO #6) – On your back, forearms parallel to each other, heel of hand close to forehead, chin tucked feet close to gluteus with knees up.</p> <p>17. Guard: Officer is on his/her back. Subject is between the legs of officer. Closed guard has legs locked behind subject high up on the back. Open guard has legs open.</p> <p>18. Half Guard: Officer is on their back with control of one of the legs of the subject. Control of the leg is established by both of the officer's legs. The officer uses his hands to control the arms of the subject usually with under hooks or over hooks or a shepherds crook.</p> <p>19. Half Mount: The officer is on top of the subject. Subject is on their back. One leg of the officer is between the legs of the subject. Control of the upper body is established by exerting pressure on the shoulder area of the far side of the subject while keeping the officers hips low to the ground.</p> <p>20. Joint Lock: The manipulation of a body part into a position where the joint locks. Additional pressure or movement from this position will cause joint damage, the body's own self-preservation desires usually cause the subject to "freeze" all movement when applied.</p> <p>21. Knee on Belly Mount: Sometimes referred to as the "KnOB Mount", this is when the subject is on their back, and the officer has one knee on the subject's abdomen and the other leg outstretched at a 45° angle towards the subjects legs. The hands of the officer are</p>	
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<p>on the chest, biceps, or shoulders of the subject.</p> <p>22. Modified Mount: Officers one heel is near hip, knee up. Officers other leg is on bended knee with knee near shoulder blade, foot tucked tight to body. Hands find control point behind the elbow to close centerline.</p> <p>23. Muay Thai Clinch (Plum Clinch): A position of control where the officer grabs the subject around the head, keeps their arms parallel to the centerline, and pulls the crown of the head to the center of their chest.</p> <p>24. North/South Mount: Subject is on their back, officer is face down on top of them with his/her elbows locked into the suspect's armpits. Officer is on the balls of their feet and applies pressure with chest and hips.</p> <p>25. Over Hook: The officer reaches over the shoulder of the subject and establishes control by lifting the hand back through the armpit area. The opposite hand can either control the other arm of the subject or establish a grip on their own hand.</p> <p>26. Predictive Movement: Stimulation of a pressure point, body wedging, or muscle mass strikes cause a subject to move in a predictable manner. We use techniques to create that predictive movement to control subjects giving them ever narrowing options of movement until submission occurs.</p> <p>27. Pressure Points: Certain areas of the body that are nerve centers. When stimulated with pressure, strikes, or manipulation create transient pain sensations. Used to create PREDICTIVE MOVEMENT.</p> <p>28. Primary Threat: The individual being controlled. The subject that poses the greatest threat to officer safety.</p> <p>29. Reactionary Gap: The distance between subject and officer. Since action is faster than reaction, officers keep a REACTIONARY GAP of enough distance for the TWO ACTION CONCEPT.</p> <p>30. Rear Mount: Subject is face down with legs straight. Officer takes either mount, tactical mount, or modified mount across back.</p> <p>31. Rear Quarter: The area between the 90 degree hip line and the 180 degree spine location.</p> <p>32. Regions of Control: The body has three regions of control, the shoulder line, the hip line, and the knee line. These are the areas we apply pressure when achieving control over a subject.</p> <p>33. Reverse Chair Position: Centerlines at 90°, Officer is on side facing</p>	
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<p>feet of subject. Pressure from lat against hip line of subject. Far side arm control under far side shoulder. Bottom leg forward. Extremely temporary position.</p> <p>34. “S” Grip: Both hands are clasped together using just the fingertips.</p> <p>35. Scarf Position: Centerlines at 90°, subject is on their back with officer sideways on top. Far side arm is under head/neck area of subject and the hand clasps inside the thigh of officer. Close side arm controls arm of suspect under the elbow or on the tricep. Officers’ legs are splayed.</p> <p>36. Seat Belt Position: The officer is behind the subject, one arm is over the shoulder and the other arm is above the hip area. The lower arm grabs the upper arm with a Gable or “S” grip and locks backwards. If standing, the hip of the officer on the same side as the arm which goes over the shoulder will be pressed into the lower back area of the subject.</p> <p>37. Secondary Threat: Any other person on the scene, large crowd, traffic, moving machinery, etc. The secondary threat must be monitored for the safety of all on scene, in the event of interaction from the secondary threat, cover officer must address the evolving situation. (see also, Breakdown)</p> <p>38. Shepherd’s Crook/Collar Tie: Keeping the officers elbow on the centerline of the subject, the forearm parallel to the centerline, the officer reaches around the neck of the subject and exerts downward force.</p> <p>39. Side Mount 90°: Lay across subject with centerlines perpendicular, one knee in armpit one in hip, one elbow on far side lower ear area pressing backwards to knee, that arm is under shoulder and grasping other hand, other elbow pressing into hip. Can have legs straight and use hip to block armpit area.</p> <p>40. Side Mount 105°: Lay chest to chest at an angle diagonal over shoulder, far side arm has elbow in ear, pressing head back to ribcage. Close side arm controls hip. Both forearms are parallel with suspect’s centerline.</p> <p>41. T Position: When the officer stands with their centerline facing the 90 degree hip line of the subject, crowding the space between them.</p> <p>42. Tactical L: Movement by the officer where they move in a straight line backwards, then a sharp 90° movement left or right off the line. This causes an attacking subject to have to reacquire the officer to further an attack.</p> <p>43. Takedown: Taking a subject from a standing position with two points of contact with the ground, usually both feet, to a position</p>	
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<p>where the subject now has something other than his feet in contact with the ground.</p> <p>44. Forcible Takedown: Colliding a subject with the ground in a manner that uses some type of impact with a fixed object (i.e. the ground, zone car, wall, countertop, etc.) and/or a driving force from the officer. (EXAMPLE: Double Leg Takedown, reportable as a level two use of force unless handcuffed where it would be reported as a level three)</p> <p>45. Controlled Takedown: A slower, gentler form of a takedown where the pace and impact can be controlled or adjusted by the officer. (EXAMPLE): Man-Seat Takedown, which should be De-Minimus Force)</p> <p>46. Transitioning to Standing: Sit, pause, scan. Kneel, pause, scan. Stand, move, tactical L. When transitioning from a grounded position to standing, it is important to note that if the subject advances towards the officer, the officer returns to the Ground Defensive Position unless they are in the kneeling position. If the transitioning has progressed to the kneeling phase, the officer proceeds to “stand, move, tactical L”.</p> <p>47. Two Action Concept: The use of positioning, distancing, or restraining that causes the subject to have to make two separate movements to engage the officer.</p> <p>48. Under Hook: The officer, reaches through the armpit area of the subject and lifts up and around the shoulder.</p> <p>49. Wrist Control: The officer’s hand grasps the wrist of the subject and either pins the wrist to their body, or pulls the wrist away from the subjects shoulder as if they were trying to lengthen the arm. Usually used in conjunction with under/over hooks.</p> <p>O. Primary focus in a physical encounter</p> <ol style="list-style-type: none"> 1. When engaging with a subject officer should be focused on: 2. Reactionary gap 3. Two action principles 4. Proper interview stance/Defensive posture 5. When involved in a Standing Physical Encounter 6. Maintain strong defensive posture 7. Focus on reactionary gap 	
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<ul style="list-style-type: none"> 8. Close distance and clinch for control takedown maintaining top position (or) 9. Safely engage subject with a secondary weapon to gain control 10. Control subject with handcuffs P. Check on subjects wellbeing <ul style="list-style-type: none"> 1. When involved in a Ground Physical Encounter 2. Stabilize into ground defensive posture 3. Utilize ground subject control techniques to control subject 4. Sweep subject to allow officer the top position 5. Transition into a prone handcuffing control position 6. Safely secure subject in handcuffs (or) 7. If unable to control subject from the top position, officer should disengage from the subject and introduce a secondary weapon to establish control 8. Safely secure subject in handcuffs 9. Stand subject up as quickly as possible 10. Check on subject wellbeing Q. Closing the Class R. Answer any final questions <ul style="list-style-type: none"> 1. Subject Control Techniques is a perishable skill. They should be part of a regular training routine. S. Check on students' wellbeing T. Dismiss class 	
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