

COURSE OVERVIEW

Dynamics of Handcuffing

- Physical and Physiological Aspects of Combat
- Warrior mind-set
- Nomenclatures
- When to deploy handcuffs
- Sample Policy of Handcuffing

Physical Applications

- Stances for Handcuffing
 - Front
 - Right Kneel
 - Left Kneel
- Takedown Maneuvers
 - Rear Sentry
 - Heel Lock Center Take Down
 - Contact Cover Team Takedown
- Arrest / Lock-up Position
- Types of Handcuffing
 - Standing
 - Prone
- Searching a Handcuffed Person
 - Prone Position – Body lock
 - Standing Position
- Escorts of Handcuffed Persons
 - Cooperative
 - Combative
 - Walking up and down stairs
 - Passing through doorways
 - Walking down hallways
- Un-cuffing
 - Seated Position
 - Standing Position
- “Handcuffing” Yourself in an Officer Hostage Situation
- Handcuffing Drills
 - Races
 - Lighted
 - Low Light
 - Standing Speed Drill

One Day Course