

YOU GOT THE BACK, NOW WHAT?

INSTRUCTORS:

John Hutson, Retired Sergeant Des Plaines Police Department, IL

Dan Meshenky, Retired Sergeant South Elgin Police Department, IL



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GFCT Series Overview:

The GFCT series consists of nine end user classes and four instructor level courses. The instructor team recommends attending all end user classes before attending instructor level training. To optimize the learning process, it is highly recommended to attend the classes according to the following tier system:

Tier 1:

Ground Fighting Control Tactics (16 Hour)

Tier 2:

GFCT: Takedowns and Escorts

GFCT: Escaping Neck Restraints (16 Hour)

GFCT: Escaping Grips and Grabs

Tier 3:

GFCT: The Mount Position

GFCT: The Side Control Position

GFCT: The Back Control Position

Tier 4:

GFCT: Sweeps and Reversals

GFCT: Vehicle Extractions and Team Tactics

GFCT: Instructor Development (32 Hour)

GFCT: Instructor Development II (32 Hour)

GFCT: Instructor Sustainment

GFCT: Instructor Apprenticeship (32 Hour)

Benefits of GFCT:

- Effective and proven law enforcement curriculum that conforms to Illinois Use of Force Laws
- Cost effective
- Instructors are active or retired LEO'S with 50+ combined years of experience
- All courses are certified by ILETSB and fulfill training mandates
- Local program with all courses taught each quarter for both men and women
- No time expirations on courses
- Student/Instructor support through detailed lesson plans, training videos, and individual consultations
- Your agency can host courses through NEMRT
- Personalized in-service programs

Link to training videos: <https://www.youtube.com/user/johnhutsonbjj1/playlists>

Contact Information:

John Hutson

Cell: 224-629-1931

Email: jhutson408@comcast.net

Dan Meshenky

Cell: 847-691-7342

Email: danmeshenky@mac.com

Ground Fighting Control Tactics: Fighting Rules for Law Enforcement

- 1) Avoid the ground fight until you decide to take it there.
 - ❖ We overcome resistance through numbers and barriers.
- 2) Manage the distance to control the damage.
 - ❖ Know your fighting zones.
 - Green - more than two arm's length
 - Red - one arm's length
 - Yellow - clinching zone
 - ❖ Intermediate weapons extend your red zone and only offer a means for temporary control.
- 3) Protect your flanks.
 - ❖ Obtain a position of advantage on your opponent through flanking maneuvers.
 - ❖ Do not let subjects move on your flanks.
- 4) Defend your neck.
 - ❖ Open the pathways for air and blood.
 - ❖ Keep good posture and tuck your chin for immediate defense.
- 5) Obtain the best position available on your opponent.
 - ❖ Exhaust them with control methods.
 - ❖ Apply submission or handcuffing procedures when your opponent has expelled all their energy.
- 6) Practice the 70/30 principle.
 - ❖ 70% of your attention should be focused on the most immediate threat, 30% should be focused on gun retention. I.E. An opponent is trying to strike you with a punch (70% focus on punch control and counter attacking, 30% focus on weapon retention). If your opponent tries to disarm you, the principle reverses itself (70% focus on weapon retention, 30% focus on punch control and counter attacking).
- 7) Understand that everyone is stronger when they utilize their core muscles.
 - ❖ Defeat core strength by controlling your opponent's head, posture, and spinal alignment.
 - ❖ This principle will help an Officer to direct a subject's movement or create openings for control methods, submission holds, or handcuffing procedures.
- 8) Fundamentals Finish Fights
 - ❖ If all else fails, control and call for back up.
 - ❖ Have a proper combat mindset. Don't be safe, STAY DANGEROUS!

Fighting Factors

- Male vs. Female
- Size and Strength
- Age
- Skill Level
- Level of Intoxication and/or Mental State

Six Steps to Successful Handcuffing

- Immobilize
- Control upon Touch
- Handcuff
- Search
- Monitor
- Transport

Mindset

The first step in developing a combat mindset is to set a mental trigger. "When am I going to shoot?" By setting a mental trigger you can speed up the decision-making process and help eliminate "mind clutter." Be aware of what caused you to be in fear of death or great bodily harm.

I. Deadly Force Decision Making - recognizing circumstances to shoot (visualization).

A. Overcome Negotiate Mentality

1. Causes you to talk instead of act.

2. Reason to talk is to buy time to improve tactical decision.

B. Set the mental trigger at defense of life, to overcome it.

II. Opponents Skill Level

III. Own Skill Level

IV. Get Mad- anger is a cure for fear.

V. Principles of Personal Defense-(Cooper)

A. **Alertness**

1. Color Code

a. White

- Completely relaxed.
- Easy way to live.
- Unsafe, Victim.

b. Yellow

- Ideally operate here.
- Mentally aware.
- Relaxed alert.
- Using tactical senses.
- Problem "May" come to you.

c. Orange

- Identifying a Problem.
- Specific alert.
- Can only be orange as long as there is a threat.

d. Red

- Executing plan.
- Fighting state of mind.
- Will do it if "Mental Trigger" is set • Mind is made up in advance.

e. Black- Assault in progress.

- Relying on habitual behavior to get you through: Prior Training.

B. **Decisiveness**- Be decisive in your course of action.

C. **Speed**- A poor tactical plan applied quickly will work because of speed.

D. **Surprise**- Allows ability to overcome great odds.

E. **Coolness**- Result of visualization, been there done that, "I thought this might happen." instead of "I can't believe this is happening!"

F. **Aggressiveness and Ruthlessness**- Only to the point of control; then back off.

Front Wrist Weave Escort

- Position: The officer is approaching on a flank and attempting to establish an escort in the standing position.
- Indicator: The opponent attempts to resist by curling their arm.

Essential Details:

- Cover while entering the red zone and advance to the yellow zone to apply the control technique.
- Maintain the yellow zone on the flank of the suspect (hip to hip contact).
- Grab the opponent’s wrist with your front side arm.
- Grab the opponent’s bicep with your back side arm.
- To execute the escort, push your back side arm through that is grabbing the opponent’s bicep. Keep your fist vertical to the ground.
- Apply the lock by weaving your front side arm over your own fist. Target the area in the in middle of the forearm where there is less muscle mass, and the nerves are more exposed.
- Lift up on the opponent’s wrist and drive downward with your fist hand.

Most Common Mistakes:

- The officer fails to cover while entering the red zone.
- The officer improperly grabs the opponent’s wrist with their front side arm. Remember to place your palm on the “wristwatch” with your fingers pointed away.
- The officer fails to target the area in the in middle of the forearm where there is less muscle mass, and the nerves are more exposed.
- Biggest Mistake-The officer fails to keep their fist vertical to the ground while executing the technique.

Officer Notes:

Wrist Weave Takedown (With Two Officer Option)

- Position: The officer has established the front wrist weave escort on the opponent.
- Indicator: The officer elects to perform a takedown.

Essential Details:

- Cover while entering the red zone and advance to the yellow zone to apply the control technique.
- Maintain the yellow zone on the flank of the suspect (hip to hip contact).
- Apply the wrist weave escort (one or two officers).
- Cut the angle on your opponent (45 degree).
- Keep the trapped arm connected to your body and sprawl by kicking your legs backward.
- Maintain a head/back connection while executing the takedown. Make sure the opponent’s hips are flat on the ground.
- Circle the trapped arm to the small of the opponent’s back and transition to the seated position on the offender’s hips to begin the handcuffing procedure.

Most Common Mistakes:

- The officer fails to cover while entering the red zone.
- The officer improperly grabs the opponent’s wrist with their front side arm. Remember to place your palm on the “wristwatch” with your fingers pointed away.
- The officer fails to target the area in the in middle of the forearm where there is less muscle mass, and the nerves are more exposed.
- Biggest Mistake-The officer fails to maintain the yellow zone while executing the takedown.

Officer Notes:

Non-Compliant Opponent-Handcuffing Method (Arms Under Body/Head Scoop)

- Position: The officer has executed the leg kickover sequence highlighted in the previous move.
- Indicator: The opponent becomes non-compliant and will not follow verbal commands to put their hands behind their back and traps their arms underneath their body. The opponent’s hips are flat on the ground.

Essential Details:

- The officer should slide one of their elbows next to the offender’s ears upon meeting resistance (the conundrum).
- Move your elbow inward and upwards to control the opponent’s spinal alignment (the head scoop method) and create an opening. Remember to post on your hand; not the elbow.
- Under scoop the opponent’s arm and cup the back of your own head to engage core strength.
- Lift the opponent’s arm and bring your leg upwards on the same side. Place the offender’s arm on your leg to gain control.
- Gain control of the offender’s wrist and elbow with your hands.
- Stand up, step out, and roll and tuck the offender’s arm in the small of their back.
- Obtain the seated position on the offender’s hips.
- Apply the wristlock for further pain compliance to gain control of the offender’s other hand. The officer may also utilize the head scoop method highlighted above if needed.

Most Common Mistakes:

- The officer fails to post on their hand while executing the head scoop method.
- The officer does not place the trapped arm on their leg to defeat core strength.
- Biggest Mistake-The officer only grabs the offender’s arm and does not dive deep and cup the back of their own head while gaining control.

Officer Notes:
