



CALIFORNIA STATE UNIVERSITY, CHICO  
POLICE DEPARTMENT  
400 West 1<sup>st</sup> Street  
Chico, CA 95929-0133  
(530) 898-5555

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## Training Lesson Plan

SUBJECT: Arrest and Control

LENGTH: 4 Hours

PREPARED BY: Sgt. David Bird

DATE PREPARED: 03/05/2020

APPROVED BY:  C.O.P.

DATE APPROVED: ---3-15-20

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Course Outline and hourly Distribution for the POST Certification  
POST #1016-29503-20-01  
IMPACT WEAPONS FOR CSU CHICO POLICE DEPARTMENT  
4 HOUR INITIAL COURSE

Instructor: Durl White

All instructors will be present and assist in all aspects of training as well as safety concerns.

I. Introduction/Safety Procedures/Departmental Orders

1. Use of Force
  - A. Read to the class by the class or instructors
2. Impact Weapons Outline read through
  - A. Read to the class by the class or instructors
3. Warm up
  - A. Stretching, jogging

II. Discussion of Documentation, Target and Non-target areas

1. Non Target area (exception for deadly force)
  - A. Head, can cause excessive bleeding, shock and or death
2. Areas to Avoid when possible
  - A. Throat, can cause severe swelling of the trachea and suffocation and or death

ultimately

- B. Groin, if not fatal can cause serious injury
  - C. Spine, can cause serious injury, paralyzing damage and or death
  - D. Kidneys, can cause permanent injury and or death
  - E. Xiphoid process /sternum, although extremely effective can cause death
  - F. Heart, can cause extreme muscle damage, often fatal if struck with force.
3. Effective Target areas
    - A. Collarbones, elbows, forearm, knees, shins, hands, ribs, and generally any location where skin is close to the bone
  4. Impact Weapon Markings-Impact weapons do not always leave a mark; however, when they do the marks are very distinctive.
    - B. Impact weapons will never leave an abrasion
    - C. A mark caused by an impact weapon will heal from the outer edge in.
    - D. The stripping or blood splatters from an impact weapon travel back toward the source
    - E. A police impact weapon injury should be clear in the center of the injury, if not the injury was not caused by a police impact weapon.
  5. Impact Weapon Markings can tell you:
    - A. If the strike came from the right or the left
    - B. If the suspect was facing officer or facing away from the officer when struck
    - C. The approximate body posture of the suspect at the time the strike was delivered
    - D. The number of times the suspect was struck
    - E. The portion of the impact weapon that struck the suspect
    - F. May prove or disprove officers or suspects account of what occurred
  6. Documentation
    - A. Any impact weapon use should be documented utilizing photographs (if possible obtain follow up photos also) medical documentation and a full report of the incident as per CSU Chico Police Department policy, in addition document the suspects actions (body posture etc.) statements as well as your actions prior to during and after the incident
    - B. Proper documentation and report writing procedures as it relates to California law and CSU Chico Police Department policy is required
    - C. All suspects who are struck with an impact weapon shall be medically cleared by Enloe Hospital.
  7. Nomenclature of Impact Weapons authorized for use by used by the CSU Chico Police Department:
    - A. Straight Baton (Standard)
    - B. Expandable Baton
    - C. Short Baton (Plain clothes assignments only)

### III. Demonstration and Practice of the four strike zones and strikes

1. Zone one (top of shoulders down to fingertips when hands rest at sides)
  - A. Strike from right to left or left to right (forehand or backhand)
2. Zone two (top of waist down to the ground)

- A. Strike from right to left or left to right (forehand or backhand) (with a lower center of gravity or bent knees)
- 3. Zone three (downward cross-body figure “8” strike intended to strike body parts or objects extending between you and target)

head

- A. Pay close attention to balance and be careful not to hit

- 4. Zone four (upward cross-body figure “8” strike intended to strike body parts or objects extending between you and target)

head

- A. Pay close attention to balance and be careful not to hit

#### IV. Expandable Baton / ready positions Instruction and Practical

- 1. Strong side high
  - A. Cross body draw to high strong side
- 2. Strong side low
  - A. Cross body draw to low strong side
- 3. Off side high
  - A. Cross body draw to weak side high
- 4. Off side low
  - A. Cross body draw to weak side low
- 5. Vertical high
  - A. Strong side straight up
- 6. Vertical low
  - A. Strong side straight down
- 7. Covert (for self-locking batons)
  - A. Behind back (subtle, don't broadcast your move)

#### V. One hand and two count one hand impact strikes (Baton Closed) (Instruction and Practical Application)

- 1. Hip strike
  - A. Waist level jab to the pelvis area.
- 2. Backhand strike
  - A. Backhanded cross body strike
- 3. Rake Strike
  - A. Upward strike raking butt of baton up chest area
- 4. Yawara strike
  - A. Side stepping forward side arm strike
- 5. Bottom-fist strike
  - A. Downward strike with butt of baton

#### VI. One hand, two hand and two count one and two hand strikes to zones (Instruction and Practical Application)

- 1. One handed strikes to Zones 1,2,3,4 (forehand and backhand)
  - A. Emphasis on technique
- 2. Two handed strikes to Zones 1,2,3,4 (forehand and backhand)
  - A. Emphasis on technique
- 3. One and two handed jab strikes with appropriate impact

weapons

- A. Emphasis on technique

- B. Upper rollover
- C. Lower rollover

- VII. Baton Retentions (in hand) (in ring) (Instruction and Practical Application)
- 1. Slap off
    - A. Slap hand off and pull away
  - 2. Circle in, circle out
    - A. Arcing circle in or out then pull away
  - 3. Distract up, pull out
    - A. Lift up then, jerk back
  - 4. Figure eight roll
    - A. Quick figure 8 towards the subject (possible strike)
  - 5. In ring tight to you
    - A. Same as gun retention

## VII. TESTING AND REMEDIATION

- 1. Practical Examination:
  - A. Students who cannot demonstrate exercise, established in this course, will be remediated, and tested until proficiency is achieved.
- 2. A. Testing and Remediation will be one-on-one instructor to student basis.