



MOD-83-0000116-A

# EMPTY HANDS TRAINING

SAFETY BRIEF

STANCE

INITIAL APPROACH                  High Risk/ Unknown Risk  
   1 & 2 Officer  
   Reactionary Gap/ Fighting Arc

FEND OFF'S                          1 & 2 Handed

INWARD ROTATION                  Fingertips Up

OUTWARD ROTATION                Fingertips Down

THUMB LOCK  
(Goose Neck)                        Pain Compliance, Short Bursts

ESCORT POSITION                    Reaction

STRAIGHT ARM BAR

ENTANGLED ARM LOCK            Inc Side

ARM WRAP TO TAKEDOWN

BREAKAWAYS                       1 & 2 Handed  
   Neck/ Lapel Grabs  
   Hair Grabs

KNEE STRIKE

GROUND DEFENCE

# SPEED CUFF TRAINING

## SAFETY BRIEF

### POSITIONAL ASPHIXIA

Face down/ Pressure/ Left lying down

### STANCE

Reaction/ Dominant Hand

### APPLYING

Inside/ Outside of Wrist

### COMPLIANT FRONT

Palms in

### FRONT STACK

X Arms

### REAR COMPLIANT

Palms Face Out, Kneeling, Sitting etc

### REAR STACK

Crucifix Position, End with Palms Up

### CUFF FROM PRONE

Bottom cuff, Rotate, Palms to Rear

### HANDS ON HEAD

Top Cuff, Rotate, Stab in Back, Stacked

### TAKE DOWN

Speed

### SEARCHING

### GET UP

### DEMONSTRATOR

### CUFF REMOVAL

Take Down, Reactions

**CONTROL → CUFF → CHECK → CART OFF**

# ASP TRAINING

40/ 10 THEORY

40% High  
40% Low  
10% Miss  
10 % Hit Exact

90% RULE

Works 90% of the time in 90% of situations  
Be ready to escalate or retreat

CENTRE MASS

Arm – Elbow  
Leg – Knee  
Torso – Belt

INTERVIEW STANCE

COMBAT STANCE

FEND OFFS

REDIRECTS

PRESENTATION

CLOSED MODE

Weapon Strike  
Reaction Strike  
Straight Strike

OPEN MODE

Weapon Strike  
Reaction Strike  
Straight Strike

RETENTION