

POLICEDO

The Official Police Method of Arrest and Self-Defense

By

Doug Devlin, D.Arts

A project of the
Police Martial Arts Association

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The Official Police Method of Arrest and Self-Defense

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Dedication.
For Lucas and Jacob.

FOREWORD

In today's society where irrational attacks on life, limb & property have become the "norm", the martial sciences have better equipped law enforcement with the knowledge to apprehend and defend themselves without harm to the suspects or themselves.

Policedo was created by a grandmaster in the martial arts who is also a police officer. It should prove invaluable to the law enforcement individual seeking an effective method of apprehension, defense and control geared specifically to law enforcement needs.

Sincerely,
Grandmaster Frank E. Sanchez, Badge #10
Member ASLET
(American Society of Law Enforcement Trainers)
Founder/ Executive Director
World Head of Family Sokeship Council

FOREWORD

Since 1992, the Police Martial Arts Association has worked steadily to improve the understanding of martial arts within the policing community. Our efforts have been global and have been well received. This book is part of our work toward a true unification of the two communities, each bringing their unique perspectives. The creation of the method followed a process of scientific research and testing to ensure its effectiveness. Policedo is the entry to a new era of the synthesis between police and martial arts.

Foster MacLeod, Soke, Badge #02.
Presidency Council
Police Martial Arts Association.

MY OATH

I journey alone into the darkness. The path I walk may be treacherous; but I am steadfast in my dedication to the protection of those peacefully at rest unknowing of my presence.

Doug Devlin, D.Aarts.

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INTRODUCTION

Policedo is a system of methods intended to be used by a person with lawful authority and justification to use force to arrest and restrain another person. Policedo is the term representing the official police method of arrest and self-defense as designated by the Police Martial Arts Association International. Policedo methods are designed to be specific to law enforcement use.

Policedo is the unification of the terms Police + Do. The concept of "Do" is a martial arts related term representing a form of method.

Policedo was developed following an intensive study involving; instructional practices, training material, use-of-force policies, instructor qualification standards, academic resources, public and private training centers and case studies. Policedo is an accumulation of simple, relevant methods intended for a specific purpose.

Policedo does not involve the use of firearms, chemical agents, electrical devices or other technological less lethal tools.

Who was Policedo devised for? Policedo was devised for me! After many years of study, it became apparent that I sometimes felt inwardly paralyzed by the overwhelming number of technical options available. I found myself thinking too much, too far in advance and in too much detail. Over the years I had been constantly bombarded by technical variations and obscure concepts.

I experimented with every conceivable theory and method for 24 years before deciding upon a course of action.

One of the very important principles behind Policedo is that there should be very little difference between how an officer might train in a martial arts club environment and how those skills would actually be applied while on duty.

Policedo is not a nationalistic forum. English is the language used to describe methods because this is my mother tongue, therefore English is my best way of expressing my ideas. There are those that will scoff at the ideas behind Policedo. Many would prefer to promote their arts as a whole. Unfortunately, many arts were not created with the needs of law enforcement in mind. Bits and pieces of wonderful arts appear in use of force training programs. Rarely can they be unified fully with foundational principles of the art due to time and political restrictions.

How is Policedo different? Policedo is first guided by the principle of Ordo Juste (Order Justly), an ethical code of conduct. Law enforcement agency policy is based upon; liabilities, views of managers, internal trainers, the need to complete arrests quickly for investigation and human resource shortages. Force used by employees of an agency are directed usually by some form of use-of-force model. Such models are created for political and legal requirements, ethics plays little part in their development. Agency training is provided to complete a task as quickly and cheaply as possible with the human resource power available. Agencies do not provide long-term training because of the cost involved and because from a liability standpoint, a greater degree of expertise will be expected of its employees.

Policedo is not intended to replace the use-of-force policies of any agency. Policies of an agency govern why and how work is performed for an organization by its employees. As an employee of a law enforcement agency, the officer is obliged to act in accordance with established policy.

This does not mean that one must agree completely with the policies. It only means that an employee must make every effort to utilize those policies as they relate to the work that must be completed.

We must keep in mind that policies are created by managers who have had little or no long-term training, conspicuously absent is classical martial arts training. In defense of the agency and managers, they develop policies to govern all employees, not just those with specialized training skills.

The abbreviated term representing Policedo is POLDO.

Doug Devlin, D.Aarts.



Doug Devlin, D.Aarts, Badge #01

1) THE GOALS OF POLICEDO

The goals of Policedo are to introduce:

- 1) International Code of Conduct Ethics
- 2) International Rules of Protocol
- 3) International Application Safety Boundaries
- 4) International Accreditation System

2) RULES OF PROTOCOL

- 1) Does not cause permanent harm
- 2) Does not cause unnecessary discomfort
- 3) Does not cause unnecessary embarrassment
- 4) Is efficient
- 5) Is practical
- 6) Is gender neutral

3) LEARNING FOUNDATIONS

- 1) Arrest - Restraint Methods
- 2) Officer Defense Methods
- 3) Entanglements
- 4) Police Tools
- 5) Advanced Physical Trauma Shock Suppression
- 6) Care of the recipient.

4) TYPES OF POLICEDO METHODS

Projection (throwing methods)

Immobilization (restraint methods)

Percussion (striking methods)

Evasion (avoidance methods)

Entanglement (binding methods)

5) PHASES OF ACTION

- 1) Static (stationary)
- 2) Dynamic (moving)
- 3) Purposeful (mechanically)
- 4) Resistive (tension exerted)
- 5) Situational (simulations)

6) PROFESSIONAL METHODS AND GOALS

A law enforcement arrest is not a combative exchange. It is executed with professional methods and goals.

7) MESSAGE

Policedo is as much a message as it is a method and the message is Order Justly.

8) POLICEDO REVERSE METHODOLOGY

Determining what interventions are not required as the situation presently exists.

9) BREAK WITH TRADITION

Policedo practitioners learn to deal with aggressors from the front sides and rear. Policedo breaks with the tradition of not

launching a technique to the rear of the aggressor. In a sportsman like competition, this is unacceptable, however when ones ultimate goal is to subdue an aggressor; approach from the rear is a practical option.

10) MY JOB

What is my job? My job is service, not intimidation!

11) DEFENDER - AGRESSOR COMMUNICATION

- 1) Calming (easing of tensions)
- 2) Instructions (must and shall do)
- 3) Posturing (physical positioning)
- 4) Interaction (discussion)
- 5) Verbal – Other (uncontrolled outburst)

12) CLASSIFICATIONS OF AGRESSION

- 1) A person to be arrested who demonstrates no signs of resistance or attack. (The person does however have the ability to resist or attack).
- 2) A person to be arrested who demonstrates signs of resistance and potential attack.
- 3) A person to be arrested who demonstrates resistance and potential attack.
- 4) A person to be arrested who demonstrates resistance and attacks.

13) ABSOLUTE COMPONENTS OF AGRESSION

- 1) Vision
- 2) Reach
- 3) Balance

When any one of these are missing, aggression cannot take place.

14) AGGRESSOR INJURY

Once injured, an aggressor may seek to inflict maximum harm to the defender.

15) FREEDOM

Attempting to restrict the freedom of movement of any person may trigger aggression.

16) ASSESMENT OF AGRESSOR

Always give credit that an aggressors' skills are at minimum equal to your own.

17) DIRECTIONAL PAUSE

As an aggressor advances forward, a defender will move backward away from the aggressor. If the defender stops suddenly and mounts a defense (elbows, knees, etc) the

aggressor will be surprised and is more likely to be unprepared for the defenders actions.

18) FORWARD AGRESSION

An aggressor will always move toward a defender. Aggression in reverse is not aggression. To aggress they will always face the defender. The defender will not always face the aggressor. Aggressors are very rarely skilled defenders.

19) GRASP

A grasp indicates motivation on the part of the aggressor. Without motivation or purpose why grasp at all. An aggressor who grasps at a police officer should be of particular concern. An aggressor's grasp violates the security of an officer's firearm and other policing tools.

20) CONFINED SPACE

An aggressor once located in a confined space will defeat all initial attempts to be subdued. The key word is initial. A defender advancing upon an aggressor must be prepared to sustain initial injury. Through consistency, the defender will prevail.

21) MOTIVATION

Aggression is based upon motivation, when we remove the motivation; we eliminate the root cause of aggression.

22) POLICEDO TEN POINTS OF STRENGTH

- 1) Faith
- 2) Perseverance
- 3) Justice
- 4) Diligence
- 5) Respect
- 6) Trust
- 7) Patience
- 8) Mercy
- 9) Charity
- 10) Truth

23) DEFINITION OF AGGRESSION

What constitutes aggression?

- Verbal threats and harassment
- Physical threatening gestures
- Passive resistive posture
- Attempts to apply force
- Application of actual force.

24) NEUTRAL INFINITY RULE

Where no aggressor is occurring. Where flight is not eminent. Where disturbance of society is minimal. A situation in a neutral state can remain in that state to infinity.

25) CHANNIELED AGGRESSION

For the most part, aggression is not channeled systematically. It is manifested more in refusal to conduct

oneself as required or outburst of extreme emotional rage. Aggression is fear or motivationally induced.

26) CONFRONTATION

A confrontation never ends, it will remain in the mind of an aggressor permanently. It will influence the aggressor's behavior in future dealings with authority or frustration.

27) BLUE PILE

The blue pile refers to a multitude of officers attempting to subdue an aggressor.

28) CHALLENGES

Those who would challenge you, all share two similarities. Jealousy and weakness of spirit. If they were fulfilled in their own existence, they would have no need to challenge.

29) THEATRICALS

There will be those who will possess a burning desire to disprove the methods of Policedo. Such people lack personal satisfaction in their lives and need to express themselves with such theatrics. They are desperately seeking personal respect. As a Policedo practitioner do not participate.

30) TRICKS

Within one's training, there must be more than purely physical tricks to subdue an aggressor. A Policedo

practitioner must understand aggression and their own purpose in avoiding or eliminating it.

31) LINEAR UNDERSTANDING

Anyone can aggress or defend in forward motion. A Policedo practitioner must be able to do so in reverse.

32) USE OF FORCE

An officer while acting within his/her lawful authority may use force that is reasonably required to perform that action. The officer will only use force deemed reasonable in a manner as accepted by Police training standards. An officer shall be responsible for all force applied to another person by them or while in their care or custody. An officer shall not permit a person under their care or custody to have unreasonable force applied to him/her. An officer shall act at all times in accordance with Police use of force policy guidelines. Force applied shall be only of a nature to contain the aggressions of a person to be taken into custody.

33) PERCEPTION OF PUBLIC

The perception of the public is important in any activity involving force. If the public are present, opinions will be formed (albeit uninformed) as to the justification of the force used. The public will often misunderstand and be confused by the physical actions of police. It should be an officers concern to prevent any form of misunderstanding in this regard. It should always be foremost in the mind of an officer that the role of a police officer is service not intimidation.

34) RENDERING UNCONSCIOUS

Restraint methods which will purposely render an aggressor unconscious are not used in Policedo.

35) EXTRA TRAINING

Although regular training programs are scheduled for police personnel, the mastery of these techniques will require continued practice. It is unlikely that an officer will be able to maintain a complete ability to apply such techniques without extra personal practice. Officers should occasionally practice together for a few minutes to maintain their level of familiarity with the restraints. It should also be noted that not all techniques will be comfortable for all officers. Officers are encouraged to select a few techniques, which they feel most comfortable with and specialize in those procedures.

36) MULTIPLE OFFICER ARRESTS

Problems arise when more than one officer is attempting to make an arrest, often becoming entangled in each other's attempts to restrain the individual. A plan of action must be initiated to ensure cooperative efforts in this regard.

One rule would be that only one-person attempt to apply handcuffs to the arrested person. This prevents more than one officer tying up their hands holding handcuffs that cannot be applied. This also prevents officers from attempting to inadvertently handcuff one another. One person must take charge of the incident.

37) ARREST IN-CHARGE STATUS

The following is a general order of in-charge status:

- 1) The officer who initiated the arrest.
- 2) The second or assisting officer at the scene.
- 3) The senior or most qualified officer.
- 4) The officer with a strategic position to direct actions.
- 5) Due to the injury of other officer/s, an officer that remains with the least energy expelled.

38) OFFICERS ROLE

All officers have a role to play. If they cooperate in their efforts, injuries can be avoided. Injuries unfortunately do occur in arrest situations that involve extremely aggressive suspects. This occurs as result of confusion on the part of officers and a violent state of mind of the arrested person.

39) OFFICER SAFETY

Officer safety should always be a priority. This is not to say that officers should conduct themselves in a constant state of paranoia. Vigilance on the part of the officer would simply take the form of being aware of their surroundings. If assistance may be required it should be requested, officers should not be hesitant to contact and request assistance.

Attempting to handling an extremely volatile incident alone can lead to tragedy. Surroundings would include, physical

make up an area, being familiar with the access to an area, persons that may be present in the immediate area.

40) BLENDING PRACTICE

The strength of Policedo is found in an activity called blending. Blending is the practice by two or more Policedo adepts, acting as defenders or aggressors. The practice is continuous and moves about the training area. The practice is dynamic with low-level power and speed in the beginning gradually increasing according to the skill of the practitioner. Blending refers to the actions of the practitioner, but also refers to the use of various interventions during the practice. Through blending practice, a practitioner learns to use defensive skills, immobilizations, police baton and entanglement methods (handcuffing) in real time exercises.

As a practitioner becomes more adept, less time is spent on drills and more time is spent blending. Eventually, if a class is 1 hour long, 15 minutes is spent for warm up and cool down and 45 minutes are spent in blending practice.

41) PHYSICAL ARREST

When a person has been placed under arrest some form of physical control of that person must be obtained. If the person does not display aggression, the officer should only apply a contact guiding grasp upon the arrested person. A contact guiding grasp is performed by taking control of the person's hand and elbow.

It should be noted that if no physical application of any kind is taken, should the person suddenly choose not to submit to the arrest the officer would be left with few clear options. It is far more productive to begin the application of some form