



Tactical Handcuff

Basic Certification

(ABC) Course Syllabus







VIGILANCE FOR THE MOMENT OF TRUTH

As you return to duty, remember the five **Principles of Officer Safety** engraved on your Vigilance Key Tag.



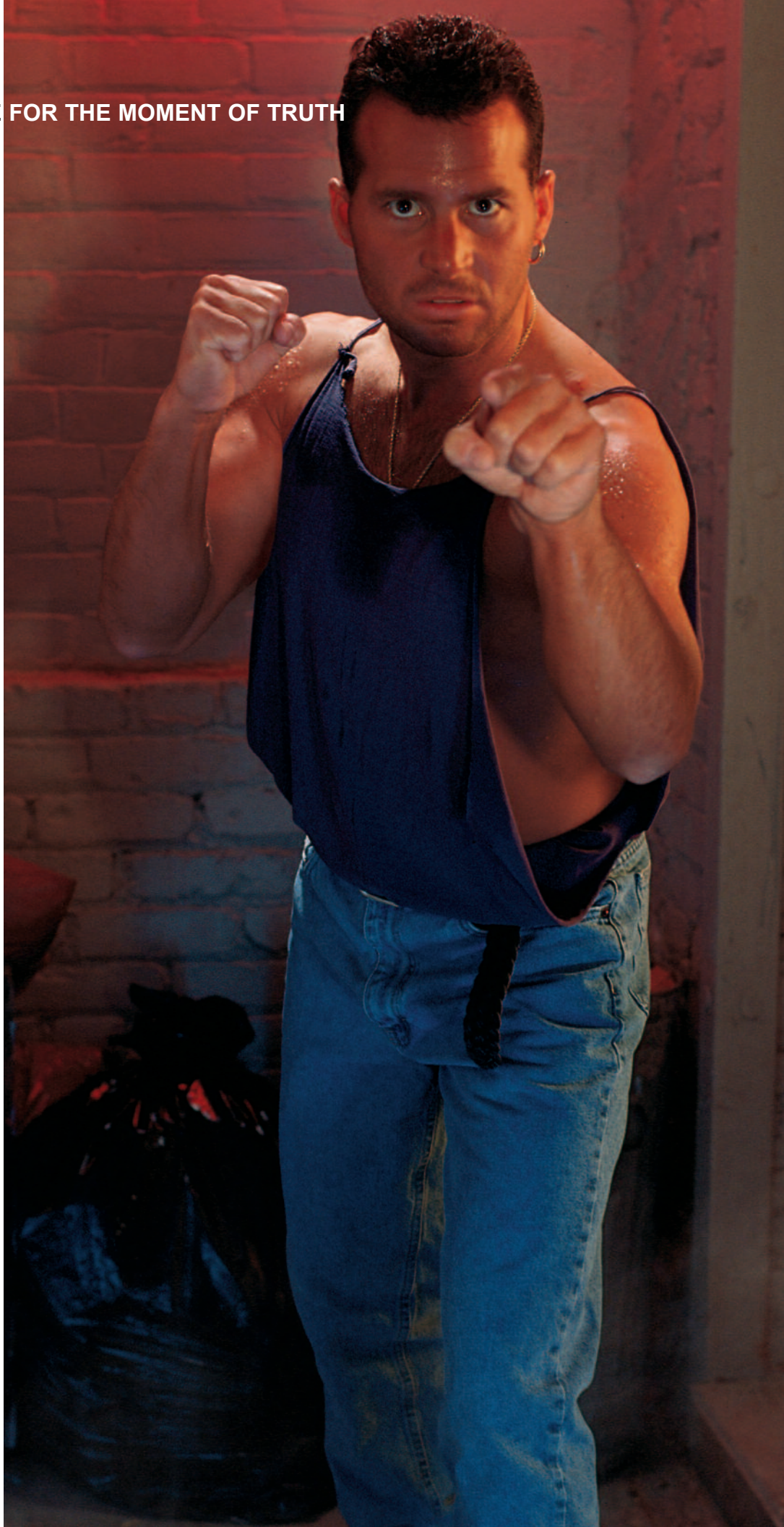
- Watch the palms
- Seek cover
- Maintain distance
- Keep your weapon back
- Control the Strong Hand

ASP Tactical Handcuff Instruction is the most dynamic use of force training in law enforcement. It is designed to prepare participants for the reality of the street.

However, ASP Training is only as effective as an officer is vigilant. Preparation begins with training. It is implemented with daily action. It is realized through increased public safety.

As an ASP graduate, you have become part of a worldwide family. You share a training heritage with the most sophisticated law enforcement professionals.

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"Protecting those who protect."



Forged from experience. Designed for the street. A family of restraints so advanced they have set a new standard of quality, safety and performance.



Aerospace technology. Virtually indestructible polymer is overmolded on hardened stainless steel frames.



A family of quality. Chain, Hinge, Rigid and Tri-Fold Restraints. Steel or Aluminum construction. Training cuffs. Interchangeable one, two, three or slip pawl Lock Sets.



Permanent colors. Designate agencies or divisions. Alert officers to threat levels or medical conditions.

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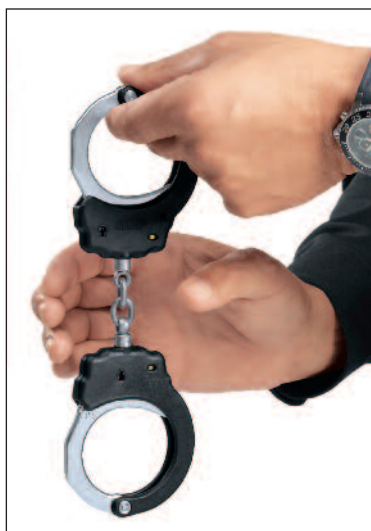
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Design excellence. Patented features and a proprietary construction process yield handcuffs of uncompromising quality.



Professional portation. Cases for duty, investigation and tactical environments.



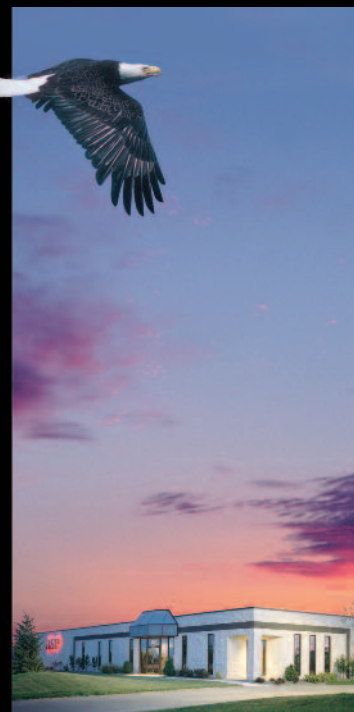
Advanced features. Lightweight, smooth action, radiused edges, dual keyways, double lock indicator.

"Protecting those who protect . . ."

ASP Basic Certification (ABC) is the most dynamic restraint training in law enforcement. The program is based upon a conceptual model for the use of force . . . the Confrontational Continuum. ASP Restraint training has been implemented by agencies throughout the world. Thousands of police officers have learned first hand that ASP techniques work under the stress of actual street confrontations.

This 4-hour competency based training program teaches the ASP principles of control. Here are easily remembered, incredibly effective handcuff techniques. Here is training that can be used by all officers under actual field conditions. Here are court defensible procedures that have reduced liability while improving officer safety. This is the training program that revolutionized police handcuff instruction.

ASP Basic Certification . . . the most tactically sophisticated handcuff training in law enforcement.



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TACTICAL HANDCUFF
ASP BASIC CERTIFICATION
(ABC)
COURSE SYLLABUS

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FORWARD

ASP Handcuff Training presents a systems approach to the restraint of subjects. ASP handcuff instruction utilizes the same basic techniques for application of Chain, Hinge, Rigid and Disposable Restraints. Gone are the fine motor skills and complex techniques that are impressive in the classroom but quickly discarded on the street. Here you will find realistic instruction that can be safely utilized by all officers under the stress of real world confrontations.

An integral component of ASP Handcuff Training is the design of the restraints. Each was developed with the input from working officers in the field who presented ASP with their wish list of requirements during the ten year development cycle of the product line. The four ASP restraints have been designed for the street. Each fills a specific need.

Chain cuffs are easily applied with the smoothest ratchet in the industry. Hinge restraints provide increased control. Rigid cuffs fold for easy transport and then snap open to lock in place. They control even the most resistant subject. Tri-Fold Disposable Restraints fold to a compact configuration for easy transport. They open to present large diameter loops that are rapidly applied with a single pull of the removable ring.

The approach to the protection of police officers that we call ASP would not have been possible without the efforts of literally thousands of Instructors throughout the world. The ASP philosophy is different than that of other firms. We do not view training as a profit center. Rather, training is a service that we provide at no charge. While other companies send Instructors a bill, we send them support and provide them with a commitment to stand behind their needs as they instruct their officers.

ASP Instructor Trainers are the backbone of the ASP training program. To them, I acknowledge my heartfelt appreciation. The training that they endured to become Trainers is, without question, the most intense in the industry. The quality of their instruction stands apart in the profession. Special recognition must go to:

Matthew Antkowiak (TX)	Manuel Correa (NY)	Sam Faulkner (OH)
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Avery Moore (TX)	Carlos Sobrino Luengo (Spain)	

During the next four hours, you will participate in training that is known throughout the law enforcement community for its intensity and realism. As you return to your agency to pass on what you have learned, please contact us if we can assist you in any manner. We look forward to having you join us “Protecting those who protect.”

*Kevin Parsons, PhD
Chairman and CEO
January 2009*

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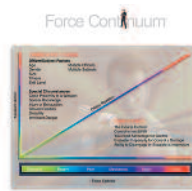
APPENDIXES

- A Tactical Handcuffs Technical Specifications
- B The Seven Components of Power
- C ASP Warm-Up
- D ASP Basic Certification (ABC) Training Critique



OVERHEADS

A The Confrontational Continuum



B Chain Handcuff Exploded View



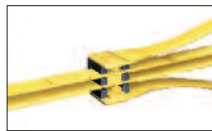
C Hinge Handcuff Exploded View



D Rigid Handcuff Exploded View



E Tri-Fold Restraint Cutaway



F Pyramid Concept



G Daily Dozen



SECTION 1: COURSE INTRODUCTION

ASP Restraint Certification teaches Criminal Justice Personnel Tactical Restraint fundamentals in an operational setting. The ASP Basic Certification (ABC) Handcuff program focuses on mechanical functions and maintenance procedures for ASP Tactical Restraints. It increases officer familiarity and skill with the full range of ASP Handcuffs.

Participation in all aspects of this program is a requirement for ABC certification. The nature of restraint training requires strict discipline. Safe training procedures must be followed by all participants. *(See Section 1.06)*

1.01 Personnel

The combined efforts of a number of people are required to make an ASP training program successful.

1.01a AIC: Armament Systems and Procedures has three levels of handcuff certification: ASP Basic Certification (ABC) for field personnel, ASP Instructor Certification (AIC) for agency Instructors and ASP Trainer Certification (ATC) for Instructor Trainers. ASP Trainers (ATCs) are selected for their instructional skill and experience and are certified to conduct certification programs for all ASP product lines. Each candidate must complete an intensive competency based training and testing process.

1.01b TSM: ASP Technical Support Managers (TSMs) are factory trained sales personnel who provide technical product information. They serve as a local contact directly to the factory. TSMs assist with the procurement of equipment and coordination of training programs.

1.01c Distributor: ASP Distributors are selected based upon their ability to service client agencies. They stock ASP products and act as the local source for all ASP training equipment.

TOPIC	NOTES
<p>1.02 Registration</p> <p>The seminar Information Sheet requests participant background data that is required for Basic Certification. The participant's name will appear on certificates exactly as it is written on the Information Sheet.</p> <p>Participants must be on "full duty" status, and any health problems must be described in the medical section of the registration form. Individuals with medical problems that prohibit their ability to complete the ASP Warm-Up may not participate in the course.</p> <p>All participants must sign the Release from Liability and Assumption of Risk Agreement.</p> <p>1.03 Student Introduction</p> <p>All participants in ASP Basic Certification programs are treated as peers. Participants provide a personal introduction including:</p> <ul style="list-style-type: none"> · Name · Agency · Special physical skills (wrestling, boxing, karate) · Prior training experience · Other restraint programs attended · What you hope to learn <p>1.04 Course Description</p> <p>The ASP Basic Certification (ABC) program is a 4-hour, hands on seminar which trains participants in the operational use of ASP Tactical Handcuffs. The program is simple to learn and easy to understand. It provides efficient restraint techniques for Criminal Justice personnel without long hours of training. Techniques were designed to work effectively for all officers, male and female, large and small, athletic as well as individuals in less than peak physical condition.</p> <p>The program provides portation (carrying) and presentation (drawing) procedures as well as handcuff application techniques. These tactics are quickly learned, easily practiced and readily maintained long after the program is completed. ASP training provides techniques that work 90% of the time with 90% of the subjects an officer faces. However, as a realistic training program for the "real police," ASP instruction recognizes that nothing works 100% of the time. For this reason, all ASP training retains the officer's ability to disengage or escalate.</p>	<p>I hear . . . I forget I see . . . I learn I do . . . I remember</p>

TOPIC	NOTES
<p>ASP Tactical Restraints are designed to be used as a temporary restraint, not a long term control device. Techniques taught in the ABC program follow this standard. There are no complicated holds or complex moves. Because of this, the ASP program avoids the training complexities which often plague other handcuff programs.</p> <p>The training incorporates drills which simulate the wide variety of street encounters which require restraints. The program participant will have a basic understanding of the conditions in which the handcuff may be used, justification for use and how to document these actions.</p> <p>1.05 Program Standards</p> <p>The ASP Basic Certification (ABC) program is based on modern, court defensible police standards for the application of temporary restraints.</p> <p>The techniques in all ASP Tactical Restraint programs are designed to meet three basic standards of training:</p> <ul style="list-style-type: none"> · The techniques work on the street, not just in the ideal setting of a classroom. · The techniques are court defensible and are backed by the nation's most experienced use of force consultants. · The program is administratively feasible for use in a contemporary law enforcement agency. <p>Based on a model for the use of force, the Confrontational Continuum, ASP programs provide a conceptual basis for the use of Tactical Restraints in an operational setting.</p> <p>1.06 Safety</p> <p>Safety is the ultimate responsibility of the Instructor. The goal of all ASP instruction is "injury free training." Handcuff instruction is by definition a contact activity. For this reason, a number of safety procedures are required during ASP training:</p> <ol style="list-style-type: none"> 1. No functional firearms or other weapons are allowed in the training area. 	

TOPIC	NOTES
<ol style="list-style-type: none"> 2. No jewelry (rings, earrings, necklaces) should be worn by participants. Plastic training watches are allowed. 3. Mouthguards are required for each participant. 4. Shoes worn by each participant must have good lateral and linear support. 5. Only ASP Tactical Restraints, keys, cutters and training equipment may be used during training. 6. The training area must be sanitized and all items which may injure students removed or insulated. All training equipment must be grounded against walls when not in use. 7. The Instructor will have a Safety Set including a cold pack and elastic wrap. 8. All activities must stop at the sound of the whistle. 9. Participants may strike target areas only when they are covered by a Training Bag or protective training suit. 10. Keep restraints in scabbards on duty belts when they are not in use during the training session. (Do not lay them on the floor or throw them back and forth between students.) 	
<div data-bbox="248 1444 880 1902" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">NOTE</p> <p>It is essential for participant safety that only ASP manufactured restraints, keys and training equipment be employed in conjunction with ASP Tactical Handcuff programs. Other manufacturers have attempted to imitate ASP designs. Only ASP equipment has been engineered and produced to safely withstand the rigors of Tactical Handcuff instruction. The ASP Training Baton, Baton Carrier and Training Bag are vital to successful, dynamic training sessions.</p> </div>	

SECTION 2: CONTROL THEORY

(See Overhead A)

2.01 Overview

The ability to use force against the public is the primary factor which distinguishes the police from the remainder of society. No other segment of our population is permitted this license. As a result of this responsibility, the use of force by the police comes under close scrutiny by both the public and the courts.

2.02 Confrontational Continuum

In an attempt to define and clarify appropriate circumstances for the use of force, the Confrontational Continuum was developed.

The Continuum provides the law enforcement administrator with a realistic means of evaluating force usage. The Continuum provides the street officer with reasonable guidance in determining what level of force is needed and a means of documenting that use of force.

The physical process of arrest occurs after control has been achieved. Force must cease when control has been effected. The use of force on an individual who is already under control is punishment and exceeds the bounds of all prevailing standards of police conduct.

The Confrontational Continuum was initially developed in an effort to explain to law enforcement personnel the proper response to an assailant's actions. It was designed as a mechanism for explaining the level of force that was employed and the circumstances under which it was exercised.

2.03 Force Options

The horizontal Force Option line provides a series of responses which are available for use by a law enforcement officer when confronting a subject. Specific agencies have diverse labels for techniques. However, the order of escalation is generally consistent from agency to agency.

Dialogue is the best defensive tactic. It is the most fundamental use of force that can be employed. Dialogue as a means of persuading an individual to comply is the foundation on which all additional force is

TOPIC	NOTES
<p>built. “Talking” a subject into compliance avoids the inherent dangers of a physical confrontation in which the officer or subject may be injured.</p> <p>However, if dialogue is not effective, the next means of gaining control is the use of an escort technique. This is a low level compliance procedure, non-threatening and non-violent. The purpose of escort compliance is to remove from the area a subject who may present a threat to the officer or the public. From a physical standpoint, escort is perhaps the most commonly employed technique by law enforcement personnel.</p> <p>When an escort technique fails or would be unsafe, the next force option is a pain compliance technique. Pain compliance involves the manipulation of a joint to cause pain. Compliance results from an effort on the part of the individual to relieve the discomfort. Pain compliance could be used in circumstances under which it would be too dangerous to initially attempt to escort an individual. In those circumstances in which escort is inappropriate or ineffective and yet a higher use of force is not justified, pain compliance is an entirely appropriate and often extremely effective procedure. The use of Oleoresin Capsicum is classified as a pain compliance procedure.</p> <p>Mechanical control (a punch, kick, throw or stun) is the next option available if pain compliance is ineffective or would be inappropriate. The use of mechanical control has a higher probability of gaining compliance but also has a higher potential for injury to the subject. As a result, mechanical control is employed only in those circumstances in which the preceding levels of force would prove to be inappropriate as a result of the assailant’s behavior or have shown themselves to be ineffective as a means of control.</p> <p>When mechanical control fails or would be inappropriate, the use of an impact weapon is required. The baton is an intermediate level of force and bridges the gap between the use of hands or fists and the use of a firearm to control an assailant. The police officer who is not issued a baton but carries a firearm has no use of force option between hands or fists and the use of deadly force.</p> <p>Finally, if the intermediate force of a baton proves inappropriate or is ineffective, the firearm may be required to stop the subject.</p>	

TOPIC	NOTES
<p>2.04 Subject Action</p> <p>The vertical Subject Action line delineates the assailant's action during a confrontation. The horizontal Force Options line defines a law enforcement officer's defensive responses.</p> <p>2.05 Officer Reaction</p> <p>The Officer Reaction line bisects the Subject Action line and the Force Options line, marking the officer's reaction to an increased use of violence by the subject. As the subject's resistance increases, the officer's response must increase appropriately to maintain control.</p> <p>2.06 Use of Force Evaluations</p> <p>The goal of a law enforcement officer in a confrontation is control of the subject. It is imperative that this control not be a 50/50 balance. The officer must win and not just 50 percent of the time. If half the confrontations result in a failure to control a subject, the officer and the general public are put in critical danger.</p> <p>An officer needs to maintain control. Each technique employed in a confrontational situation must be evaluated in terms of its likelihood to gain control compared to its likelihood to cause damage. Those techniques which offer a high degree of control and a limited potential for damage are preferred options.</p> <p>A misconception of those who do not understand the concept of the Confrontational Continuum is the assumption that officers must exhaust every lower option before moving to a higher level response. Such thinking is both naive and dangerous. The purpose of the Confrontational Continuum is to give officers a guide to selection of reasonable force options. There is no requirement to attempt implementation of each lower level alternative.</p> <p>In evaluating techniques, a final consideration must be made to insure officer safety. This involves the officer's ability to instantly disengage or escalate in response to a confrontation. Techniques which tie an officer to a subject must be rejected. Techniques which do not allow the ability to escalate the force option in response to a subject's threat are unacceptable.</p>	

TOPIC	NOTES
<p>2.07 Totality of the Situation</p> <p>All actions, relational factors between parties and conditions surrounding the street confrontation comprise the Totality of the Situation. These include the Officer/Subject Factors and the Special Circumstances listed below. Each relevant condition relates to the confrontation in determining the officer's course of action.</p> <p>2.08 Officer/Subject Factors</p> <ul style="list-style-type: none"> - age - gender - size - fitness - skill level - multiple officers - multiple subjects <p>It is reasonable that a discrepancy in the age, gender, physical size, fitness or skill level of individuals involved in the confrontation may mandate that an officer use more or less force to control the situation.</p> <p>In a similar manner, it would be reasonable for a single officer to use more force in controlling a situation when confronted by multiple subjects.</p> <p>In addition to Officer/Subject Factors, a confrontation may include Special Circumstances which would allow an officer to increase the use of force.</p> <p>2.09 Special Circumstances</p> <ul style="list-style-type: none"> - close proximity to a firearm/weapon - special knowledge - injury or exhaustion - ground position - disability - imminent danger <p>A subject in close proximity to a firearm or other weapon creates an increased danger to the officer which must be dealt with immediately. An officer may have special knowledge of a subject's skills that would require the use of increased force. An officer who is injured, exhausted, on the ground, disabled or is in imminent danger would be justified in escalating through the use of force options.</p> <p>2.10 Restraint</p> <p>In each situation where the officer is forced to employ physical force to stop an assault or control the subject,</p>	

TOPIC	NOTES
<p>the confrontation ends with the subject being restrained. Defensive measures should not be viewed as discrete disciplines of escort, pain compliance, mechanical control, baton, firearm or handcuffing. As a result, all ASP techniques ultimately end with the subject being restrained. Restraint of the subject after control must be viewed as part of all Use of Force training.</p> <p>2.11 Documentation</p> <p>A critical portion of any defensive tactics program must include training in documentation. A properly documented report detailing a street confrontation is the first step in minimizing potential civil liability. Although reports vary from agency to agency, basic information is necessary in all Use of Force Reports. When documenting a case of violent resistance, always include the following:</p> <ol style="list-style-type: none"> 1. The type of call which first brought the officer in contact with the subject 2. The number of persons involved in the situation 3. The time of day, physical setting and type of situation 4. What the subject said to the officer 5. The subject's demeanor and attitude 6. What the officer said 7. The subject's actions and officer's reactions 8. A detailed report of the officer's injuries, including photographs when possible 9. A detailed report of the subject's injuries, including photographs when possible 10. Names, addresses and telephone numbers of neutral witnesses not involved in the confrontation <p>2.12 Liability Considerations</p> <p>Avoid conclusionary statements such as, "I used reasonable force to effect the arrest." Use concrete,</p>	

precise descriptions of the confrontation and the Force Options used.

Include all Officer/Subject Factors and Special Circumstances involved in the confrontation. These pieces of information will not only aid a conviction in criminal court, but will also help in defending the officer's actions should a civil suit develop as a result of the confrontation. Short, generic descriptions of a confrontation may cause a future reader of the report to mistakenly believe something is being hidden.

2.13 Use of Force Report

In an effort to improve the reports written by officers involved in confrontations, Armament Systems and Procedures makes available, without charge to the law enforcement community, the Use of Force Report decal.

USE OF FORCE REPORT

Remember:

- The Incident Report is your account of what happened in a confrontation.
- Many individuals, including a jury, may read this report.
- Be certain to indicate the causes for your action including all reasonable suspicion and probable cause.
- Quote the subject directly, if possible.
- Quote your statements as accurately as possible.
- Be chronological.
- Show the totality of the circumstances.
- List all factors that contributed to the incident.
- Detail the debriefing that occurred.
- Specify the care rendered to the subject after control was effected.
- State your perception at the time of the incident based upon your training and experience.
- Be specific with regard to the force you employed, areas to which it was directed and why it was employed in place of other force options.

The Confrontational Continuum®

*This overview is provided as a service to the Law Enforcement Community.
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ASP

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SECTION 3: TECHNICAL CHARACTERISTICS OF THE ASP TACTICAL RESTRAINT SYSTEM

3.01 Overview

Modern police handcuffs trace their origin to the swing through bow design of George Carney that was patented in 1912. Construction consisted of a series of stamped plates that were riveted together. The first major advance in fabrication technology came in 1981 with the introduction of copper brazed handcuffs by James Kruger of Smith & Wesson. The first major advance in linkage came that same year with the hinged handcuff design patented by David Sullivan and manufactured by the Peerless Handcuff Company. The advantage of using a handcuff to both control and restrain a subject was pioneered by Dennis Elam with his Quick Cuff program. Hiatt & Company introduced the first practical rigid handcuff design with their folding Ultra-Cuff.

Despite these innovations, handcuff features remained static and limited. Construction technology remained traditional and basic. Innovation was limited.

ASP Tactical Handcuffs are classified as temporary restraining devices. They are designed to be quick, quiet and highly effective. The unique nature of the restraints makes them ideal for Criminal Justice personnel in an operational setting.

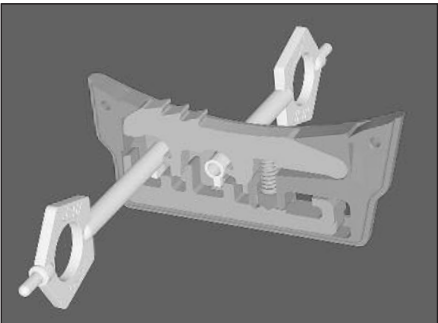

ASP Tactical Handcuffs are certified under the US Department of Justice, National Institute of Justice (NIJ) Standard 0307.01 formulated by the Law Enforcement Standards Laboratory of the National Bureau of Standards.


ASP Tactical Restraints are available in a variety of styles to meet specific needs. *(See Appendix A)*




3.02 Handcuff Design

As with all ASP products, the design for Tactical Handcuffs originated in the field. ASP Trainers surveyed instructors and officers throughout the world. The most desirable handcuff features were listed and categorized. The result is a handcuff unlike any other. The design introduces features, construction and materials that are innovative, real world and strong.

ASP Handcuffs overmold a hardened, ribbed, stainless steel frame with ordnance grade polymer.

TOPIC	NOTES
<p>Restraints can be color coded by agency, division or the security threat of the subject. Lock Sets are replaceable and available in yellow One Pawl (Tactical), blue Two Pawl (High Security), green Three Pawl (European) and red Slip Pawl (Training) configurations. Bows are available in steel or aluminum. The flat bow face provides improved wrist contact during application. The cuff indicates proper restraint orientation by both color and feel. The conical bow geometry of the Tactical Handcuff increases the range of restraint with 22 locking positions. The same cuff fits large subjects as well as women and juveniles.</p> <p>All ASP restraints have a keyway on each side of the handcuff. The radiused edges and high visibility double lock indicator increase the safety of the subject.</p>	
<p>3.02a Interlocking Unitized Frame</p> <p>An optimized frame design was achieved through the use of sophisticated computerized engineering programs. Strength potential was maximized through the selection of an optimal combination of materials, hardening, frame geometry and reinforcing ribs.</p>	
<p>3.02b Reinforced Swivel</p> <p>The swivel has traditionally been the weakest part of any handcuff design. The Tactical Handcuff uses a roller bearing style mechanism to provide 360° reinforcement of the swivel while insuring smooth, non-binding rotation.</p>	
<p>3.02c Dual Keyway</p> <p>Traditional handcuff training taught officers to position the “keyhole up.” In the classroom, the emphasis was on this “proper technique.” The reality of the street focused on “getting the cuffs on.” Tactical Handcuffs are designed for the “real police.” Keyways are on both sides of each cuff. Now the emphasis can be on safe application. Whatever way the handcuff is applied, the keyway will always be up.</p>	

TOPIC	NOTES
<p>3.02d One-Direction Unlock Standard handcuffs require a turn in one direction to release the double lock and in another to release the single lock. Tactical Cuffs release both locks in a single turn.</p> <p>3.02e Double Lock Indicator Failure to double lock handcuffs can result in overtightened restraints. The resulting handcuff neuropathy is a major cause of litigation. Double locking also provides protection against shimming handcuffs open. The bright indicators of Tactical Cuffs provide a high visibility warning to double lock the restraints.</p>  <p>3.02f Lightweight Patent pending construction produces a stainless steel cuff that weighs less than standard designs. Overmolded in ordnance grade polymer, Tactical Cuffs are rugged and reliable.</p> <p>3.02g Radiused Edges There are no sharp edges on ASP Tactical Handcuffs. The result is a safe cuff that will not cut the subject and is less likely to cause nerve damage.</p> <p>3.02h Range The unique conical geometry of the Tactical Handcuff wedge closure design provides a greater span of locking positions. As a result, these cuffs can accommodate larger wrists while at the same time still being able to secure the smaller wrists of juveniles and women.</p> <p>3.02i Color Coding Identifier overmolded color frames are available for agencies or divisions and to designate the medical condition or security threat of subjects. Standard colors are Blue, Brown, Gray, Yellow, Orange and Pink.</p>	

TOPIC	NOTES
<p>3.02j Replaceable Lock Sets</p> <p>Changing a keyway or repairing a cuff is rapid and easy. While an armorer's tool depresses the retaining pin, the Lock Set is cammed out of its recess. Lock Sets are replaceable and available in a series of Tactical, High Security, European and Training designs.</p>	
<p>3.02k Compressed Cheek Plates</p> <p>The bow will drag as it swings through handcuff cheek plates that have been compressed. Use the cheek plates of a second set of cuffs to open up the binding plates until the bow swings freely.</p>	
<p>3.02l High Contact Bow</p> <p>The flat contact surface of the Tactical Handcuff bow provides an improved purchase on the wrist of the subject. The result is a cuff that is more easily applied. The handcuff will not fail to engage as a result of a round bow slipping to the side as it is placed on a round wrist. The flat engagement surface of the Tactical Cuff bow assures positive cuff application.</p>	
<p>3.02m Smooth Action</p> <p>Precision components combine with advanced computer design to create an ultra smooth ratchet action. The locking bar (pawl) to bow tooth (ratchet) engagement is so smooth in all 22 positions that no backloading is necessary prior to handcuff application.</p>	
<p>3.02n Deep Set Teeth</p> <p>Both locking bar (pawl) and bow tooth (ratchet) engagement are set deep for an extra secure hold under even the most dynamic field conditions.</p>	

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3.02o Contrasting Bow

The bows of standard Tactical Handcuffs differ in color from the overmolded frame. This feature combined with the flat face bow gives visual and tactile indication for proper handcuff orientation.

3.03 Chain Handcuffs *(See Overhead B)*

Chain cuffs provide less control of handcuffed subjects. However, they are easier to apply. A precision machined chain swivel has ball bearing smooth rotation. Stainless steel chains are TIG welded for strength. A heavy walled collar reinforces the swivel against lateral pressure.

**3.04 Hinge Handcuffs** *(See Overhead C)*

Hinge cuffs provide increased control of handcuffed subjects. They are more difficult to apply to a resisting subject. Stainless steel links provide a secure and rigid restraint. ASP Hinge Handcuffs fold in four locations to create a compact restraint that is easily carried.

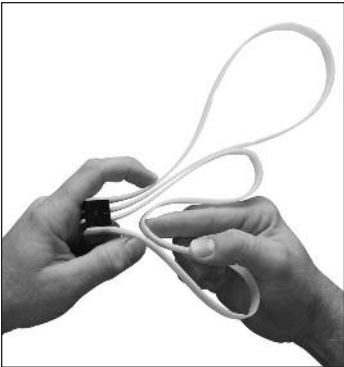
**3.05 Rigid Handcuffs** *(See Overhead D)*

Rigid Handcuffs provide the greatest control of a subject. They are well suited to specialized subject control applications. A folding lock mechanism allows the ASP Rigid Handcuffs to be retained in a compact carrier. The cuffs open and lock into a rigid configuration. Rigid handcuffs provide both control and restraint. They have special application in courtroom and airline security settings.

**3.06 Aluminum Handcuffs**

A black bow indicates lightweight ASP Restraints. These Chain, Hinge and Rigid Cuffs have forged aluminum bows. They are 20% lighter than their steel counterparts, yet meet the strength requirements of professional duty restraints.



TOPIC	NOTES
<p data-bbox="191 243 972 281">3.07 Tri-Fold Disposable Restraints <i>(See Overhead E)</i></p> <p data-bbox="191 315 972 768">Designed for special operation settings (gang, mass arrest, tactical team), Tri-Fold Restraints also provide an auxiliary cuff for the plainclothes or uniform officer. The wide, round edged straps fold compactly or expand to form an oversized loop. The retaining block prohibits access to the ratchets while providing an extremely strong positive lock with smooth single pull application.</p>  <p data-bbox="191 804 972 842">3.08 Maintenance</p> <p data-bbox="191 875 972 1224">Handcuffs are a mechanical device. They should be inspected frequently to insure proper function. Tactical Handcuffs should be carried in a protective case to keep them free from dirt and debris. Should the handcuffs become contaminated with blood or other bodily fluids, use appropriate bleach solution or autoclave sterilization techniques. Avoid temperatures above 300°F (148.9°C). After sterilization, apply a small amount of silicone to the pivot pin. Remove all excess oil as it will attract lint and dust.</p> <p data-bbox="191 1260 972 1297">3.09 Marking</p> <p data-bbox="191 1331 972 1575">Identification marks should not be stamped or etched on any part of the Tactical Handcuffs. Compression or displacement of metal during marking may cause malfunction of the handcuffs. Contact ASP or your Authorized ASP Distributor to learn about the officer and agency laser marking programs that are available from the factory.</p> <p data-bbox="191 1610 972 1648">3.10 Accessories</p> <p data-bbox="191 1682 972 1785">ASP Tactical Restraints are part of a family of products. The related components were designed to create a total system for subject control.</p>	

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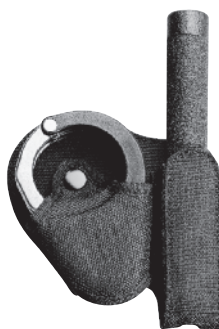
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3.10a Portation

A series of advanced technology cases have been engineered for Tactical Restraints. These carriers protect the restraints while providing immediate accessibility.

**Duty**

Each ASP Handcuff Case incorporates a retainer for a spare cuff key. Be certain that the double lock of Tactical Handcuffs is not engaged prior to "casing the cuffs."

**Tactical****Federal****Double****Investigator****Combo****3.10b Keys**

An assortment of Clip, Swivel and Logo Handcuff Keys have been designed for ASP Tactical Handcuffs. All incorporate high strength, hardened steel construction. Handcuff keys should never be tied to the officer. A handcuff key becomes locked into the keyway during removal. The officer must maintain the ability to disengage from the cuff at all times.



TOPIC

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3.10c Scarab Cutter

The Scarab Restraint Cutter uses a piercing blade and compound leverage to sever a Tri-Fold Restraint. The surgical stainless steel blade is shrouded to protect both the officer and subject. The telescoping handles of the Scarab lock onto the officer's keyring.

**3.10d Repair Kit**

A service kit for repair of Tactical Handcuffs allows rapid replacement of the Lock Set.

**3.10e Training Aids**

Both clear Cutaway Restraints and Red Training Restraints are produced by ASP. Cutaways help officers understand the operation of Tactical Handcuffs.

Red Training Restraints are available in Chain, Hinge, Rigid and Tri-Fold configurations. They are released by rotating the wrists of the handcuffed subject.



SECTION 4: BODY MECHANICS

The principles of human movement form the foundation of all ASP techniques. The ability to use the basic principles of body mechanics dramatically increases an officer's potential to control a confrontation while decreasing the chances of injury.

4.01 The Pyramid

The foundation of body mechanics is the Pyramid Concept of defensive measures:

1. Wide Base
2. Deep Base
3. Low Center
4. Head Over Center

A law enforcement officer may use these principles to gain advantage and control an assailant. (*See Overhead F*)



Pyramid Concept

4.01a Wide Base: Keep the feet shoulder width apart. This stance will maintain lateral balance (from side-to-side) which is not present when the feet

TOPIC	NOTES
<p>are together. The body's weight is equally distributed between both legs.</p> <p>4.01b Deep Base: Linear balance (front and back) is maintained using a Deep Base, placing the feet one step apart, Reaction Leg forward, Weapon Leg back.</p> <p>When combined with a Wide Base, this position balances the body from all sides.</p> <p>4.01c Low Center: To further enhance balance, a Low Center is achieved by slightly bending the knees. The body's weight rests equally on both feet without creating tension in the knees or ankles.</p> <p>4.01d Head Over Center: This position keeps the weight of the body balanced over the base. The head is kept over the center of the body.</p>	
<p>4.02 Hand Position</p> <p>During a confrontation, the hands are often the first line of defense to an attack. They must be kept above the waistline and in front of the body to allow a rapid response to a sudden assault. The hands, forearms and elbows should not be overextended where they can be grabbed. They should not be too close to the body where they provide little protection to the head and upper body.</p>	
<p>4.03 Relaxation v Tension</p> <p>Tense muscles cannot engage in dynamic movement which is vital during the application of restraints. Tense muscles expend greater energy and can tire an officer prematurely.</p> <p>While maintaining the Pyramid Concept of body mechanics, the officer needs to remain relaxed in order to put the four principles into action.</p>	
<p>4.04 Center</p> <p>The officer uses the Pyramid Concept in order to maintain balance during the execution of ASP restraint procedures. Center is achieved by building the four components of the pyramid.</p>	

TOPIC	NOTES
<p>4.05 Decentralization</p> <p>Using proper distancing techniques, the assailant is kept off balance and, therefore, in a weaker tactical position. Decentralization is achieved by removing the components of the pyramid.</p> <p>4.06 Position</p> <p>During a confrontation, maintain a strong pyramid position. This provides Safe Separation while keeping the officer within striking distance of the subject. Assaults by the assailant are Checked or Redirected as the officer moves to a Weapon Side position of advantage. Movement is always done in Pyramid Stance.</p> <p>4.07 Power Generation</p> <p>Maximum striking potential is achieved through use of the Seven Components of Power. These elements for increasing an officer's control potential were outlined in 1980 by DR Kevin Parsons: <i>(See Appendix B)</i></p> <p>4.07a Balance is the most basic component of power. It must be automatic, instantly fluid, present during continuous movement and capable of being sustained as momentum increases. Balance is linked with timing and is improved by working with moving targets.</p> <p>4.07b The second component of power is endurance, primarily cardiovascular. Endurance is improved through aerobic exercises such as running, swimming or bicycling. A rule of thumb is to run one mile a day in preparation for every three minutes of a fight.</p> <p>4.07c The third component of power is flexibility. Rigidity presents tremendous problems during a confrontation. It is tied to tension, fear, nervousness and lack of confidence. Flexibility is improved by stretching and relaxation. Flexibility is enhanced when muscles are in dynamic tension, resisting each other in perfect tone.</p> <p>4.07d Focus is the fourth component of power. Focus is the result of proper mind/body coordination and occurs when the mental and physical systems complement each other to the point that total</p>	

TOPIC	NOTES
<p>concentration can be directed to a specific technique for a short period of time. The two barriers to focus are hesitation and overcompensation. Hesitation is often tied to lack of flexibility. Overcompensation is defined as “trying too hard.”</p> <p>4.07e Speed is the fifth component of power. It is generated through continuous repetition until a technique is both physiologically and psychologically routine and lag time has been reduced. It is clear from ballistics research that speed is vitally important to the generation of devastating power.</p> <p>4.07f The sixth component of power is strength. The low ranking of strength in the power typology is due to the other factors which can make up for the lack of strength and the manner in which alternative components can impair power if not present with strength. The strongest officer possesses little power when off balance, exhausted or inflexible.</p> <p>4.07g The seventh component of power is simplicity. Repetition of fundamentals combined with clear, systematic sequencing yields tremendous power. Keep it short and simple (KISS).</p>	

SECTION 5: RESTRAINT TRAINING TERMINOLOGY

In order to insure the safety of participants, both the Instructor and students must share a common training terminology. For the purpose of explanation and instruction, the following terms are used throughout the ASP Restraint Certification program:

5.01 Aluminum

Lightweight ASP restraints with black bows.

5.02 Backloading

The ability of a restraint to draw the last several teeth of the bow back through the frame to a set position prior to handcuffing. Often required in restraints with extremely stiff lock mechanisms.

5.03 Back Up

When Hinge Handcuffs are stacked behind the back, the subject's palms should face upward.

5.04 Bow

The swing-through retention mechanism that employs ratchet teeth to lock the restraint in place on the subject's wrist.

5.05 Bow Guides

A unique ASP design that employs a geometrically precise pierced stainless steel arc to maintain alignment of the bow within the frame.

5.06 Bow Track

A retention mechanism on each side of the bow which retains integrity of the restraint during extreme stress.

5.07 Breakaway

The key activated bridge release opposite the palm swell on Rigid Handcuffs.

5.08 Bridge

The heat treated stainless steel locking mechanism of the Rigid Handcuff.

TOPIC	NOTES
<p>5.09 Chain Cuff Tactical Handcuffs which are joined by a stainless steel chain that is welded to a 360° swivel and surrounded by a reinforcing collar. Chain Handcuffs are the easiest of all restraints to apply in a tactical setting.</p>	
<p>5.10 Cheek Plates The two polymer covered stainless steel arms that retain the bow.</p>	
<p>5.11 Combat Cuffing Restraint of a violent, resistant, non-responsive or tactical subject that requires the use of force to control, stabilize and restrain.</p>	
<p>5.12 Compliant Cuffing Restraint of a non-violent subject that is responsive to verbal commands.</p>	
<p>5.13 Conical Geometry An ever-changing arc that is derived from the conical diameter of the ASP Tactical Handcuffs. This wedge lock design allows a wider range of locking positions to secure large subjects as well as juveniles and women with use of the same restraint.</p>	
<p>5.14 Cuff Cover A metallic enclosure for either Chain or Hinge ASP Handcuffs that blocks access to keyways and positions a subject's hands at a safe and ergonomically correct position for transport. Part of a keyless transport kit which includes a waist chain.</p>	
<p>5.15 Double Lock The mechanism that prevents the handcuff from either tightening or being removed.</p>	
<p>5.16 Double Lock Bar A highly visible polymer structure that may be engaged to prevent movement of the lock bar.</p>	
<p>5.17 Down in Front When Rigid Handcuffs are stacked in front of the body, the subject's palms should face downward.</p>	

TOPIC	NOTES
5.18 European Lock Set The three pawl Lock Set (color code green).	
5.19 Extension Lock Design Both cuffs of the Rigid Restraint must be extended for the automatic lock to engage. Designed to prevent accidental activation.	
5.20 Finger Track The recess on the lower edge of Rigid Handcuffs that keeps an officer's fingers clear of the bow guides.	
5.21 Flex Frame Technology The use of an overmolded stainless steel frame to reduce injury potential from excessive lateral stress due to improper handcuff application.	
5.22 Hand Guard The recess on the upper edge of Rigid Handcuffs that keeps the officer's hand clear of the bow as it swings around during application of the cuffs.	
5.23 High Contact Bow A flat face swing-through locking mechanism that provides better positioning on the subject's wrists. The flat surface engages the round portion of the subject's wrist allowing a better purchase and more positive application of the restraint by preventing the bow from slipping to one side of the wrist or the other.	
5.24 High Security Lock Set The two pawl Lock Set with a divider plate and enhanced pick resistance (color code blue).	
5.25 Hinge Cuff Tactical Handcuffs which are joined by stainless steel links with four pivot points. Hinge Handcuffs provide improved control of the subject.	
5.26 Keyway A beveled key access port that is blocked by an integral security post.	
5.27 Lock Bar (Pawl) A pivoting retention mechanism with one-direction steel teeth that allow the mating surfaces on the bow to swing through the frame while preventing movement in the opposite direction.	

TOPIC	NOTES
<p>5.28 Lock Set A unitized insert that contains the lock bar (pawl) and double lock indicator.</p>	
<p>5.29 Loosen & Lock The design of ASP restraints allows a cuff that tests too tight to be loosened and double locked without removing the key from the Lock Set.</p>	
<p>5.30 Lowered Strike Force The orientation disk on Rigid Handcuffs for left-handed officers.</p>	
<p>5.31 Mainspring The pressure mechanism that locks the bridge of Rigid Handcuffs in place.</p>	
<p>5.32 One Pawl The Tactical locking system for handcuffs (color code yellow).</p>	
<p>5.33 Orientation Disk The feature on a Rigid Handcuff near the bow guides which contacts the thumb to confirm proper orientation of the cuff. A raised Strike Force for right-handed and a lowered Strike Force for left-handed officers.</p>	
<p>5.34 Palm Swell The center section of the Rigid Handcuffs that is raised to fill the palm of the hand and provide increased control of the cuff.</p>	
<p>5.35 Pawl (Lock Bar) A pivoting retention mechanism with one-direction steel teeth that allow the mating surfaces on the bow to swing through the frame in one direction while preventing movement in the opposite.</p>	
<p>5.36 Pivot Bushing A precision machined structure that provides for smooth rotation of the bow through the frame.</p>	
<p>5.37 Polymer Technology The use of advanced thermoplastics to achieve design criteria not possible with traditional engineering materials.</p>	

TOPIC	NOTES
<p>5.38 Pop · Place · Pull The process of applying Tri-Fold Restraints consisting of opening the folded restraint, placing it on the wrists of the subject and pulling the removable Tri-Fold Ring.</p>	
<p>5.39 Presentation The process of removing handcuffs from their carrier and positioning them in the hand prior to application.</p>	
<p>5.40 Pry the Palm Rigid Handcuffs may be applied from the inside or outside to the subject's right or left hand. Whatever the position of application, the cuffs should extend from the palm side of the subject's hand. Pressure is applied by blocking the top of the hand and prying up.</p>	
<p>5.41 Purchase The contact surface of the handcuff as it rests on the wrist prior to application.</p>	
<p>5.42 Raised Strike Force The orientation disk on Rigid Handcuffs for right-handed officers.</p>	
<p>5.43 Ratchet Teeth Single direction retention surfaces on the face of the bow which mate with the locking bar (pawl) and maintain the engagement of the bow within the frame.</p>	
<p>5.44 Reaction Side The side of the officer's body that is bladed closest to the subject. Handcuffs are commonly worn on the Reaction Side.</p>	
<p>5.45 Reinforcing Ribs Computer calculated structural geometries that dramatically increase the strength of the hardened stainless steel frame.</p>	

TOPIC	NOTES
5.46 Restraints A generic term that encompasses Tri-Fold Disposable, Chain, Hinge and Rigid Handcuffs.	
5.47 Rigid Cuffs Tactical Handcuffs which open and lock into a fixed position. Rigid cuffs allow the officer to control and restrain a subject.	
5.48 Rock & Lock The ASP system for applying Tactical Restraints in which the back of the officer's hand is toward the subject and the palm is toward the officer.	
5.49 Roller Loc The proprietary retention mechanism used in ASP Tri-Fold Restraints.	
5.50 Rotational Release The method by which a student removes either disposable or hard training restraints.	
5.51 Security Post An integral blocking structure that prevents common objects from entering the handcuff keyway.	
5.52 Single Lock The mechanism which prevents the bow from being removed while allowing it to be ratcheted tighter.	
5.53 Slip Pawl A training Lock Set that allows rapid application and keyless release (color code red).	
5.54 Stabilization The positioning of a subject's hands in a manner that allows rapid application of restraints.	
5.55 Stacking The positioning of one hand above another (palm up in back, palm down in front) to provide more secure low profile control of a subject.	
5.56 Subject Control The positioning of a resisting individual so they are no longer a threat to the officer or the public.	

TOPIC	NOTES
5.57 Swivel A precisely machined, smooth rotating stainless steel connecting mechanism for the handcuff chains.	
5.58 Swivel Collar A precision machined heavy walled reinforcing structure for the chain swivel.	
5.59 Tactical Handcuff An ASP design that incorporates an overmolded stainless steel frame, replaceable Lock Set, dual-sided keyway, radiused edges, high visibility double lock indicator, one-direction unlock, lightweight, high contact bow, wide range of locking positions and ultra smooth action.	
5.60 Tactical Lock Set The standard ASP single pawl Lock Set (color code yellow).	
5.61 Three Pawl The most commonly used locking system for handcuffs in Europe (color code green).	
5.62 Training Cuffs Chain, Hinge, Rigid or Tri-Fold Restraints that are color coded red and can be released by rotating the wrists.	
5.63 Training Lock Set The slip pawl Lock Set which allows rotational release of restraints by a student (color code red).	
5.64 Tri-Fold Disposable Restraints Disposable restraints which are designed for one time use. Rapidly applied, Tri-Fold restraints allow identification during mass arrests.	
5.65 Two Pawl The High Security locking system for handcuffs that features a divider plate and extreme pick resistance (color code blue).	
5.66 Ulna The large bone on the outside of the wrist. Restraints should be applied between this bone and the flare of the hand.	

TOPIC	NOTES
<p>5.67 Weapon Side The dominant side of the officer's body. The side where the firearm is most often worn. The ASP Baton is commonly worn on the Weapon Side.</p> <p>5.68 Wedge Lock Design An ever-changing arc that is derived from the conical diameter of the ASP Tactical Handcuff. This conical geometry allows a wider range of locking positions to secure large subjects as well as juveniles and women with use of the same restraint.</p>	
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>NOTE</p> <p>Gross Motor Skills offer important advantages to police officers. They require less instruction time, reduce refresher time and have a high level of retention. Gross Motor Skills are also more likely to be performed during times of high stress and are more forgiving.</p> </div>	

SECTION 6: TRAINING FORMAT

6.01 Floor Dynamics

The training environment is vital to the safety of class participants. Floor space needs to be free of obstructions and constructed of a material suitable for Tactical Restraint training. Adequate space is also vital to safety. One hundred square feet per student is recommended. A class of 20 students requires approximately 2,000 square feet of usable floor space, free of obstructions.

6.02 Warm-Up & Warm-Down

All ASP training sessions should be preceded by an adequate routine for warming and stretching the body.

The ASP Warm-Up (Daily Dozen) can greatly reduce muscle strains, pulls and tears. *(See Overhead G)*

Warm-up exercises should emphasize flexibility and agility without bouncing or jerking. Special care should be taken to guard against neck, lower back and knee injuries.

The Warm-Up should be repeated after extended periods of lecture or other breaks in the training such as meals.

The post activity Warm-Down should be done before allowing the body to cool. The last six components of the Daily Dozen will help the body remove the chemical by-products of strenuous activity and will reduce follow-on stiffness and soreness.

The ASP Warm-Up is included in Appendix C of this manual.

6.03 Progressive Training

ASP training teaches new skills in a progressive format of discussion, demonstration and practice. Repetition during practice drills goes from basic skill instruction to dynamic simulation.

6.03a Skill Discussion

The technique is explained by the Instructor who provides an overview of the skill and of the tactical environment in which the technique will be utilized.

TOPIC	NOTES
<p>6.03b Skill Demonstration The technique is demonstrated with particular emphasis on the need which the skill meets.</p> <p>6.03c Skill Practice The technique is repeated to a level of mastery. Drills progress from static, sequential movements to simulations with a high level of fidelity.</p> <p>6.04 Practice Sequences</p> <p>Sequential ASP Tactical Restraint techniques are taught using a four-part “progressive” format designed to ensure that all participants gain competency during training sessions.</p> <p>Each of the four segments is structured to set a deliberate pace of instruction. No more than eight (8) repetitions should be done by any student during a drill sequence before switching sides. No technique should have more than three components. The four types of training drills are:</p> <p>6.04a By the Numbers: The first part of the format breaks the various techniques into individual steps of movement. The techniques are presented in a 1-2-3 sequence as an introduction to the skill.</p> <p>6.04b Slow for Form: This intermediate step allows the techniques to be executed as a system of movement but concentrates on the form of delivery, not power or speed.</p> <p>6.04c Full Speed and Power: The third part of the training sequence incorporates the previous segments and adds the necessary dimensions of speed and power in the execution of ASP techniques.</p> <p>6.04d Simulation: The final segment of the ASP training format provides realistic, job-related, dynamic use of the ASP Tactical Restraints under situations of stress which approximate operational use of the weapon during a confrontation.</p>	

TOPIC

NOTES

6.05 Training Equipment

Each item in the ASP training collection has been designed to create a safe training environment while preparing officers for the reality of the street.

6.05a Training Bags

ASP Training Bags were specifically designed for Countermeasures, baton and restraint instruction. Hold the safety bag **tightly** against the body. The Reaction Hand goes through the support strap and grips the handle. The Weapon Hand grips the upper part of the support strap.

Each bag offers a visual cue for correct use. The “ASP” on the front and back of the bag will be upright for a right-handed officer. They will be upside down for left-handed officers. This system alerts Instructors and other officers to left-handed students or those who position their bags incorrectly during training drills.

**6.05b Training Batons**

The “soft baton” is utilized in pairs to allow rapid repetitive practice of ASP Rock & Lock techniques.

6.05c Red Restraints

Slip pawl Tri-Folds and hard handcuffs allow repeated application. The restraints can be rapidly removed with rotational release.

6.06 Drill Formations

There are five basic formations from which ASP techniques are practiced. These training formats provide repetition that enhances muscle memory. They develop skills to a level of competency. They increase performance under the stress of a confrontation.

TOPIC	NOTES
<p>6.06a Line: Students are placed in two lines facing each other with one student serving as the subject and the other student being the officer.</p> <p>This formation allows the Instructor to look down one line as the technique is performed and see each student's movement.</p> <p>6.06b Wheel: Students are placed in two circles, one inside the other. The inner circle faces outward toward the second circle and plays the role of attacker. The outer circle faces inward and plays the role of the officer. The outer circle is directed to move to the right, away from the attacker, shielding the firearm after each technique. This formation exposes each student to a wide variety of partners. Wheel training is aerobic and emphasizes dynamic movement.</p> <p>6.06c Post: Students with training bags are placed at alternating locations throughout the length of the training room. Students perform a specified technique moving in a zig-zag pattern between bags.</p> <p>6.06d Circle: Circle drills involve the entire class. Students form a circle holding the training bags. A single student enters the circle and will perform techniques that have been learned against opponents with training bags or training suits.</p> <p>This drill requires officers to utilize body mechanics and restraint techniques in a dynamic setting.</p> <p>6.06e Three Minute: Simulation training is provided through use of training bags. One student serves as the subject. A second is the officer. A third student serves as safety coach and motivator. The drill is run for three minutes with a minute rest. The officer, bag holding subject and safety coach then trade places for another three minutes. At the end of each three minute drill, the subject is taken to the ground, stabilized and restrained.</p>	

TOPIC	NOTES
<p>6.07 Verbalization</p> <p>The verbal exchange in any confrontation is very important. Verbalization aids the subject in understanding exactly what is expected by the officer. It also provides bystanders with a perspective of what the officer is trying to do. Law enforcement personnel should document their verbalization in reports regardless of their success in controlling the subject by dialogue.</p> <p>Verbalization practice during training is as critical to a successful program as the physical skills being learned. Officers must be trained to turn bystanders into witnesses.</p> <p>6.08 Stances</p> <p>Stances (Interview or Combat) are determined by the level of threat encountered by the officer.</p> <p>6.08a Interview: The Interview Stance is designed to be a natural, comfortable way for officers to stand at all times. All ASP techniques begin from the Interview Stance.</p> <p>A correct Interview Stance results in the pyramid discussed in Section 4. Balance, power and rapid response are possible from a correct Interview Stance. The position is consistent with the Weaver Shooting Stance.</p> <p>Stand a minimum of two times (2x) the officer's arm length from the subject. This Safe Separation provides time to recognize and react to an attack. The officer has a strong pyramid. The body is bladed to the subject with the Weapon Side of the body away.</p>	<p>Tell subjects what you want them to do.</p> <p>"Make me a witness"</p>

The Interview Stance

1. Feet approximately shoulder width apart
2. Knees slightly bent, not locked
3. Reaction Leg forward
4. Weapon Leg back with foot angled at about 45°
5. Reaction Hand up to protect the face and guard the upper body
6. Weapon Hand slightly raised above the waist to draw the baton or firearm
7. Body weight equally distributed on both feet

6.08b Combat: The Combat Stance is designed to maximize the potential for control while placing the officer in the best defensive position. The stance sends a strong visual message to the subject that the officer is prepared for possible aggression.

The relationship of the feet in the Combat Stance is the same as in the Interview Stance. The feet are slightly wider and the overall stance is deeper.

The Reaction Hand is at eye level with the elbow bent protecting the upper body. The Weapon Hand holds the restraints at shoulder level.

6.09 Reaction Hand Defense

The Reaction Hand is the first line of defense against attack. The reflexive response of the Reaction Hand can prevent a sudden assailant from disabling the officer. It also creates distance and checks or redirects an assailant's attack.

In all ASP techniques, the Reaction Hand is kept up to protect the face. Avoid swinging the arm out, away from the body. An outstretched Reaction Hand leaves the body open to additional assault.

TOPIC	NOTES
<p>An effective Reaction Hand Defense will often gain the essential time needed to draw a baton or firearm and control an assailant.</p> <p>WEAPON HAND: Grips the baton, firearm or restraint</p> <p>REACTION HAND: Checks or Redirects assaults</p>	
<p>6.10 Safe Separation</p>	
<p>A Safe Separation of at least two times (2x) the officer's arm length allows the officer to deal with the sudden assault of an individual. Safe Separation can be established by:</p>	
<p>6.10a Check: The Check is a technique designed to stop the forward movement of a subject. The technique can be performed with or without a baton in the officer's hand. Should the officer be holding an expandable, care must be taken to avoid dislodging the baton when the Check is executed.</p> <p>The officer performs the Check from either the Interview or Combat Stance by thrusting the Reaction or the Weapon and Reaction Hands into the subject's upper body. The arms are fully extended but not locked. A solid Pyramid Stance is necessary.</p> <p>On contact with the subject, the officer pushes a smaller attacker backwards. With a larger assailant, the subject's momentum moves the officer back and away.</p> <p>In both cases, Safe Separation is re-established.</p>	
<p>6.10b Redirect: Redirection is a technique designed to control and change the direction of a subject's attack.</p> <p>When attacked, the officer waits until the last possible moment before moving. This reduces the subject's ability to readjust the direction of attack. Step away from the line of attack with the Weapon Foot. Then follow with the Reaction Foot. Turn the body to face the subject as they pass.</p>	

TOPIC	NOTES
<p>As the assailant passes, the officer Redirects the subject by pushing the upper torso of the attacker. By stepping with the Weapon Foot first, the officer reduces the risk of exposing the firearm to the subject.</p> <p>When creating Safe Separation, the officer should give verbal directions to the subject such as, "STOP" or "Get Back." Loud, clear and specific directions from an officer can often turn bystanders into witnesses. <i>(See Section 6.07)</i></p>	
<p>6.11 Stabilization</p> <p>When aggression and resistance cease, the officer should move to a position of advantage to facilitate restraint. Control is maximized by stabilizing the subject against a solid object. The most efficient tactical stabilization is to place the subject on a horizontal plane. Placing the subject on the ground maximizes the officer's control.</p>	
<p>6.12 Restraint</p> <p>Either tactical (hard) handcuffs or disposable (soft) restraints may be used with a stabilized subject. ASP training allows officers to become proficient with a simple, rapid technique for either application.</p> <p>6.12a Tactical Handcuffs: Hard restraints are applied by grasping the cuffs in the center, rocking a restraint on the subject's right hand and locking the second cuff onto the subject's left hand. The technique is called Rock & Lock.</p> <p>6.12b Disposable Restraints: Tri-Fold Restraints are applied using the "three P" acronym. Inserting the thumbs through the outer loops Pop the restraints open, Place the restraints on the subject and Pull the Tri-Folds tight.</p>	

SECTION 7: RESTRAINT CONCEPTS

ASP restraint techniques consist of core concepts which apply to all handcuffing scenarios. They form the basis for efficient application of ASP restraints regardless of the tactics of a particular agency. Local laws, operational requirements and administrative considerations all impact the tactics employed by an agency during handcuffing. ASP restraint skills are more universal. They consist of basic handcuffing skills that apply to the operation and application of ASP restraints.

7.01 Always Handcuff

Ultimately, the decision to handcuff a subject will rest with the officer based upon training, experience and department policy. From an officer safety perspective, any subject who is arrested should be handcuffed. Officers should be conditioned to behave in this manner. It assures that all subjects are treated the same regardless of age, sex, size or race.

7.02 Dialogue

Dialogue is intended to create compliance over combat. It is the best defensive tactic. A clear, smooth, neutral tone and specific instructions increase the likelihood of subject compliance. Improper dialogue can turn compliance into combat.

7.03 Control, then Cuff

A major safety error is the attempted application of handcuffs too early. Police officers deal with two basic types of subjects: Compliant “yes” people and resistant “no” people.

Restraints should not be applied to a resisting subject. In a combat environment, handcuffs can be used against the officer.

Subjects must be under control prior to cuffing. Control is established by stabilizing the subject.

7.04 Palm Reading

No police officer has ever been shot when the palms of the subject’s hands were visible. Prior to handcuffing, the palms of both hands must be facing the officer.

TOPIC	NOTES
<p>7.05 Weapon Hand Control</p> <p>Officers must play the percentages, realizing that nothing is 100%. Most people are right-handed. Therefore, ASP techniques focus on restraint of the subject's right (dominant) hand "first and last." Handcuffs are first applied by right-handed officers to the right hand of the subject. When removing handcuffs, the right hand is the last hand released.</p> <p>7.06 Angle of Advantage</p> <p>The relationship of the officer to the subject during the handcuffing process can dramatically impact the safety of both parties. Blade the Reaction Side toward the subject with the Weapon Side away. This allows the officer to disengage or escalate the force option. A 45° angle to the rear of the subject's right side provides a position of advantage while controlling the subject's Weapon Hand.</p> <p>7.07 Reactionary Gap</p> <p>Prior to handcuffing, the officer should stand outside the quick response range of the subject. This Safe Separation allows the officer to disengage or escalate should the subject become resistive. If a subject is going to resist, most of the time it will come at first contact.</p> <p>7.08 Time (Get It On)</p> <p>The longer a restraining technique takes from contact to cuffing, the more likely that combat will occur. When dealing with compliant subjects, it is important to avoid turning compliance into combat. The quick, smooth practiced application of restraints is critical.</p> <p>7.09 Cuff, then Search</p> <p>Search after application of ASP restraints. This provides a position of advantage for the officer and limits the potential for resistance by the subject.</p> <p>7.10 Retention</p> <p>ASP restraints are not weapons. A prolonged effort to retain the handcuff may expose the officer's firearm. When faced with a resisting subject, the restraint may "cease to exist" as the officer makes a decision to disengage or escalate the force option.</p>	

SECTION 8: BASIC RESTRAINT SKILLS

Officers face two general types of subjects in the field: those who are compliant and those who are resistive. Officers require simple restraining techniques that can be executed under stress. The procedures must be rapid, forgiving and safe. Safety for both the officer and for the subject is critical. Officers do not practice the “Zen of handcuffing.” Complex techniques requiring fine motor skills do not work and will not be remembered. They may create a confrontation and endanger the officer. Subjects should be searched after (not prior to) the application of restraints.

8.01 Portation (Carrying Tactical Restraints)


ASP Tactical Restraints are most often carried on the Reaction Side of the body. A series of advanced technology cases have been engineered for both hard (Handcuff) and soft (Tri-Fold) restraints. These cases protect restraints while providing immediate accessibility.

The ASP Tactical Handcuff is carried closed with the chain, hinge or bridge in the downward position. Be certain that the double lock is not engaged prior to casing the cuffs. Tri-Folds can be carried folded or expanded for immediate use.

When placed on the duty belt or tactical vest, care should be used to place the restraint scabbard where it will not push against the body when seated. Long periods of wear may result in back or nerve damage.

8.02 Control the Subject

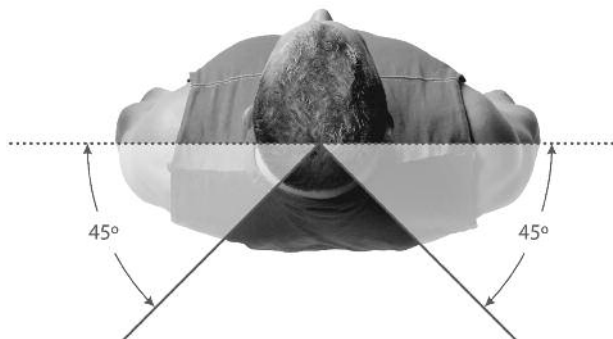
Chain and Hinge Handcuffs are not a tool for gaining control of the subject. All subjects must be controlled prior to handcuffing. An uncontrolled subject can employ handcuffs as a weapon against the officer. Always control, **then** cuff. To control a subject, they must be stabilized. A subject can be stabilized on the ground, against a wall or in an open space. Stabilization can occur in a standing, kneeling or prone position. Rigid Handcuffs (*See Section 8.09*) are the only ASP cuffs that are designed to both control and then restrain a subject.

TOPIC	NOTES
<p data-bbox="191 243 519 277">8.03 Watch the Palms</p> <p data-bbox="191 315 519 487">Regardless of the location or position, both of the subject's palms should be visible before handcuffs are presented.</p>  <p data-bbox="191 525 876 558">8.04 Presentation (Drawing Tactical Restraints)</p> <p data-bbox="191 596 928 730">Restraints are positioned in the Weapon Hand. Hold one cuff, allowing the second to drop down. Grasp the center of the restraint with the Weapon Hand securely positioning the cuffs.</p> <p data-bbox="191 735 928 869">The handcuff case should be within reach of either the Weapon or Reaction Hand. However, cross draw of the handcuff may allow both arms to be trapped or pinned unless Safe Separation is maintained.</p> <p data-bbox="191 873 928 978">Presentation and application of restraints should not be attempted until the officer has established a position of advantage, stabilized the subject and established control.</p> <p data-bbox="191 982 928 1045">Use of the ASP Tactical Restraint should never be done while holding a firearm.</p> <p data-bbox="191 1083 483 1117">8.05 Handcuff Grip</p> <p data-bbox="191 1155 928 1323">ASP Tactical Restraints are held in the Weapon Hand for application to the subject. From this position, the officer can disengage or escalate the confrontation with the restraints in hand or draw a weapon as the restraints "cease to exist."</p> <p data-bbox="191 1327 928 1608">The restraint is held with a full hand grip of four fingers and a thumb in a position vertical to the ground. Chain, Hinge and Rigid cuffs are held with the bow facing the subject while grasping the center of the restraint. The Tri-Fold is held with both straps facing the subject and the locking block held in the palm of the hand. Do not place fingers around the chain or straps after restraints have been applied.</p> <p data-bbox="191 1646 474 1680">8.06 Place & Push</p> <p data-bbox="191 1717 928 1885">ASP restraints are best applied between the large bone on the outside of the wrist (ulna) and the base of the hand. They should be snug enough not to slip over the hand and yet loose enough not to impede blood flow or impinge on the nerves in the wrist.</p>	

TOPIC

NOTES

- Approach the subject from the 45° angle of advantage.



- Maintain a solid pyramid stance.
- Most people are right-handed. It is preferable to cuff the right hand first and then the left.
- Cuff the subject's hands behind the back.


NOTE

Under special circumstances such as court appearances or inmate transfer, there may be requirements to cuff the subject with his hands in front. In these applications, the Cuff Cover will enhance control.

- Cuff with the backs of a subject's hands facing each other, palms out. Hinge and Rigid cuffs permit the subject's hands to be stacked for increased security. *(See Section 8.09d)*
- Position the flat portion of the bow on the edge of the subject's wrist.
- Apply firm pressure until the bow rotates through the body of the cuff and engages.
- Due to the advanced design of the ASP Tactical Handcuffs, there is no need to be concerned with the position of the keyhole during cuffing. A keyway will always be accessible to safely and conveniently unlock and remove Tactical Handcuffs.

NOTE

Do not strike the edge of the wrist with the handcuff. A double locked cuff can fracture the wrist.

TOPIC	NOTES
<p>8.07 Rock & Lock</p> <p>ASP restraints are applied to the subject using the Rock & Lock technique.</p> <p>8.07a Rock: Apply the “bottom” (little finger) restraint to the subject’s right (dominant) hand in a downward “rocking” motion (45° from shoulder to hip). As the bow is pushed against the wrist, it will travel through the restraint and swing over the subject’s wrist.</p> <p>8.07b Lock: Repeat with the “top” (thumb) restraint to the subject’s left hand. If a cuff does not engage, the officer’s Reaction Hand can scoop the bow bringing both of the officer’s hands together and ensuring that the restraint engages.</p> <p>Tri-Fold Restraints should be tightened simultaneously by pulling on the strap with the Tri-Fold Ring.</p> <div data-bbox="285 1001 927 1136" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>NOTE</p> <p>Do not handcuff a subject to yourself, a fixed object or a vehicle.</p> </div>	<div data-bbox="1006 407 1539 579" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">NOTE</p> <p>Left-handed officers may prefer to control and apply the first cuff to the subject’s left hand.</p> </div>
<p>8.08 Combat Cuffing</p> <p>Attempting to apply handcuffs to a resisting subject dramatically increases the danger to an officer. A loose or open handcuff is a serious weapon. Combat Cuffing is intended to be a multi-officer activity.</p> <p>Apply a handcuff to the back of the subject’s Strong Hand. Use the second cuff to pull the hand behind the subject’s back. Bring the second hand of the subject to the back. Place the handcuff frame onto the second wrist of the subject. Grasp the bow. Bring it into the frame until it engages the pawl.</p>	
<p>8.09 Rigid Restraint</p> <p>Rigid Handcuffs lock open to restrict both lateral and linear movement. Hinge Handcuffs restrict only lateral movement. Chain Handcuffs restrict neither. Rigid Handcuffs are designed to both control and restrain a subject.</p>	

TOPIC

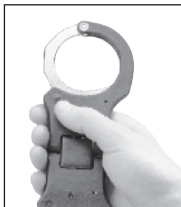
NOTES

8.09a Palm Swell: The raised island on the back side of rigid cuffs provides a secure hand filling grip and shields the keyway. A standard handcuff key unlocks and allows folding of the cuffs. The keyway is angled and incorporates a 1/8 turn to release.



8.09b Orientation Disk:

The raised (for right hand) or lowered (for left hand) thumb index near the bow guides



allows an officer to confirm proper orientation of Rigid Handcuffs.

8.09c Pry the Palm: Rigid Handcuffs may be applied from the inside or outside to the subject's right or left hand. Whatever the position of application, the cuffs should extend from the palm side of the subject's hand. Apply pressure by blocking the top of the hand and prying up.

Pressure with a Rigid Handcuff should be linear, never lateral. Pressure is applied straight out in direct alignment with the arm to stabilize the subject on the ground.

8.09d Stacking: The design of Rigid Handcuffs provides additional control during standard Rock & Lock restraint. In addition, Rigid cuffs may be utilized to stack a subject's hands for increased low profile control in a courtroom or on a passenger aircraft. Stack the hands palm down in front of the body.



NOTE

Flex Frame Technology reduces the likelihood that a subject will be injured by an improperly applied restraint. If a cuff would cause injury due to lateral pressure from the angle at which it is applied on the subject's wrist, the frame will flex. As the officer realigns the cuff, it will return to normal and can be applied, double locked and checked for tightness. This flex frame design is a key factor in preventing excessive lateral stress. It prevents compression of nerves in the wrist which result from improper handcuff application.

8.10 Slide, Lock, Search

Subjects should be searched after double locking the cuffs.

8.10a Slide: Once restraints have been applied, the officer carefully "slides" the tip of finger partially between the restraint and the subject's wrist to check for tightness. Use a handcuff key to activate the double lock. This is done by "sliding" the lock bar until the high visibility indicator has disappeared.

- Tighten the bow until only enough space remains to insert the tip of your finger between the handcuff and the subject's wrist.

**NOTE**

Overtightening handcuffs can cause soft tissue or nerve damage.

8.10b Double Lock: Engage the double lock by using the pin of the handcuff key to slide the double lock bar into position. The double lock slot is beveled for easy access from either side. The double lock is extremely



TOPIC

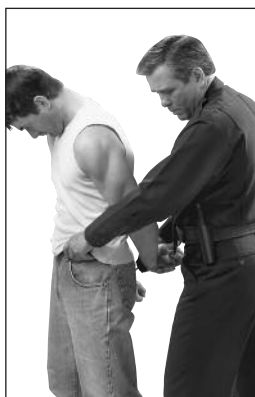
NOTES

smooth and easy to apply. Yet, it cannot be accidentally engaged by the officer or deactivated by the subject. The advanced design of the Tactical Handcuff gives a visual indication if the cuff is not double locked. A high visibility bar signals the need to double lock the restraint.

8.10c Loosen & Lock: A handcuff that tests too tight may be loosened by inserting the key, turning it in the direction of the bow and releasing the Lock Set.

The bow will open to a less constrictive position. Turn the key away from the bow to activate the double lock. It is not necessary to remove the key and use the double lock pin to secure an adjusted ASP cuff.

8.10d Search: After cuffing, search the subject. Be alert to objects such as pins or metal strips that could be used to shim restraints. Items such as ballpoint pen ink cartridges can be used to pick handcuffs. Follow a systematic, consistent searching pattern. This assures a complete search each time.



8.11 Raising the Subject


Do not attempt to lift the subject from a prone cuffing position. Grasping the subject by the shoulders, rock him toward you into a seated position. Rotate him onto his knee and up to a standing position.

8.12 Movement

The subject should not be tied to the officer during movement. Control the right elbow of the subject with the right hand. Place the left hand over the back and grasp the edge of the subject's hand.

Stabilize the subject's elbow and twist the wrist for control. Never grasp the handcuff links during transport as the officer's hand can be easily trapped by the subject.

Walk forward forcing the subject to walk to the side.

TOPIC	NOTES
<p>8.13 Transport and Removal</p> <p>Handcuffs are only a temporary restraint. Subjects should be transported, and the restraint removed as soon as it is practical.</p> <p>8.13a Transport: Care should be taken during transportation of the subject to prevent placement in a position that could cause the restraint to impinge on the wrist in a manner that may cause injury. Should the subject complain of tightness, the officer should make reasonable attempts to check the actual condition of the restraint. Each inspection of the restraint and any action taken should be documented in the Use of Force Report.</p> <p>8.13b Handcuff Key: Each set of ASP Handcuffs is provided with one high strength handcuff key. ASP Tactical Handcuffs can be opened with most standard and extended handcuff keys.</p>  <p>8.13c Scarab Cutter: The piercing blade of the Scarab locks a disposable restraint strap in place and cuts in two directions using compound leverage.</p> <p>8.13d Removal: Restraints should be removed under controlled conditions from a position of advantage.</p> <p>The last restraint applied (the left hand) should be removed first. Then order the subject to extend his arm straight back, palm up. Extend the subject's right arm and remove the restraint from the right (dominant) hand. The single direction keyway of the ASP restraint provides rapid removal. The ASP Scarab Cutter quickly removes disposable restraints.</p> <ul style="list-style-type: none"> · Stabilize the subject in a position of control. It is advisable to have other law enforcement personnel present. · Insert a standard handcuff key into the keyway. 	

TOPIC

NOTES

- **Turn the key toward the bow to unlock.**

- Rotate the key 1/8 turn to disengage the double lock bar. Rotating the key 3/4 turn releases both the double and single lock.
- The design of ASP Tactical Handcuffs assures that a keyway is always accessible for safe removal of handcuffs.
- The advanced design of ASP Tactical Handcuffs releases both double and single locks by turning the handcuff key in a single direction. A stop prevents the cuff from being turned incorrectly.

Once restraints are removed, document any marks or injuries to the subject. In addition, check the operation of the restraints prior to recasing them.

NOTE

- Handcuffs are a temporary restraining device.
- Handcuffs do not insure the safety of an officer.
- A handcuffed subject should still be considered a threat.
- Handcuffs are not intended for long term control.
- Check the subject's hands and wrists on a periodic basis to avoid soft tissue or nerve damage from handcuffs.
- Handcuffs do not completely restrain or immobilize a subject.
- A handcuffed subject should be kept under observation.

SECTION 9: EVALUATION

9.01 Physical Testing

Testing of ASP restraint skills is competency based. Participants must demonstrate handcuffing techniques to a specified level of competency.

There are no grades in the ASP program. An objective standard of performance has been established for ASP restraint training. All participants meeting that standard will be certified in operational use of Tactical Restraints.

Performance is tested by a physical demonstration of handcuffing techniques and a written examination of restraint concepts.

There are two methods of testing ASP restraint physical skills. The choice of method is left up to the Instructor.

9.01a Dynamic Proficiency Testing: This is the most accurate test of a student's actual ability. Skills being tested will one day be used in a confrontation with an aggressive opponent who thinks and moves. This method allows the ASP Instructor to observe the student's ability under stress and to feel the control demonstrated by each student.

9.01b Static Proficiency Testing: This method of evaluation involves two students. Each assumes the role of officer and subject. Students demonstrate each ASP technique.

9.02 Written Examination

A written examination is part of the performance evaluation of those seeking ASP certification. All grading is competency based.

9.03 Class Critique

Each student is provided with a Training Critique (*See Appendix D*). Each section should be answered candidly. **These Critiques are returned to your Instructor and not to the factory.** They are an important component for improving the quality of ASP restraint training.

TOPIC	NOTES
<p>9.04 Awards Presentation</p> <p>At the conclusion of training, certificates will be presented to individuals who have successfully completed the requirements of the ABC program.</p> <p>9.05 Armament Systems and Procedures</p> <p>Armament Systems and Procedures is the world's largest manufacturer of intermediate force weapons. The company has deep roots in the design and production of tactically sophisticated, concealable armament for government special users. The distinctive ASP Eagle insignia is associated worldwide with the most advanced tactical designs.</p> <p>Armament Systems offers free ongoing training for all aspects of ASP restraints. ASP training is currently conducted in over 80 nations. Individual assistance with agency modification of ASP programs is available without charge.</p> <p>Feedback from Criminal Justice personnel is valued and desired. Comments are welcomed and encouraged. Address correspondence to:</p> <p style="text-align: center;">Kevin Parsons, PhD Chairman and CEO Armament Systems and Procedures, INC 2511 E Capitol DR Box 1794 Appleton, WI 54912 Office (800) 236-6243 · (920) 735-6242 Fax (800) 236-8601 · (920) 735-6245</p> <p style="text-align: center;">E-mail: admin@asp-usa.com Web Site: asp-usa.com</p>	



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Tactical Handcuffs

TECHNICAL SPECIFICATIONS

	100/150	200/250	300/350
Format	Chain Cuff	Hinge Cuff	Rigid Cuff
Frame Material	Stainless Steel	Stainless Steel	Stainless Steel
Frame Design	Interlocking Folded Sheet	Interlocking Folded Sheet	Interlocking Folded Sheet
Frame Structure	Hardened	Hardened	Hardened
Rigidity	Tapered Ribs	Tapered Ribs	Tapered Ribs
Overmold Material	Polymer	Polymer	Polymer
Colors	Black	Black	Black
Identifier (100, 200)	Blue, Brown, Gray, Yellow, Orange, Pink	Blue, Brown, Gray, Yellow, Orange, Pink	
Overmold Finish	Textured	Textured	Textured
Edges	.035 Minimum Radius	.035 Minimum Radius	.035 Minimum Radius
Bow Material	[Model 100] High Carbon Steel [Model 150] 7075 T6 Aluminum	[Model 200] High Carbon Steel [Model 250] 7075 T6 Aluminum	[Model 300] High Carbon Steel [Model 350] 7075 T6 Aluminum
Steel Bow Finish	Satin Chrome	Satin Chrome	Satin Chrome
Aluminum Bow Finish	Matte Black	Matte Black	Matte Black
Bow Guides	Pierced Arc	Pierced Arc	Pierced Arc
Bow Locking Positions	22	22	22
Bow Teeth	Deep Set	Deep Set	Deep Set
Bow Face	Flat, High Contact	Flat, High Contact	Flat, High Contact
Bow Geometry	Conical	Conical	Conical
Bow Pivot	Stainless Bushing	Stainless Bushing	Stainless Bushing
Smallest Cuff Area	2.8 Square Inches	2.8 Square Inches	2.8 Square Inches
Largest Cuff Area	5.68 Square Inches	5.68 Square Inches	5.68 Square Inches
Cuff Range (Square Inches)	2.88	2.88	2.88
Weight (Steel Bow)	9.0 Ounces	10 Ounces	12.8 Ounces
Weight (Aluminum Bow)	7 Ounces	8.5 Ounces	10.7 Ounces
Overall Length	9.4 Inches	9.2 Inches	9.25 Inches

	100/150	200/250	300/350
Frame Connection	Welded Chain	Four Point Hinge	Sliding Bridge
Connection Material	Stainless Steel	Stainless Steel	Stainless Steel
Swivel Design	Reinforced Collar	Riveted Link	Locking Bars
Lock Set	Replaceable	Replaceable	Replaceable
Lock Bar (Pawl)	Stainless Steel	Stainless Steel	Stainless Steel
Lock Spring	Coil	Coil	Coil
Double Lock Bar	Polymer	Polymer	Polymer
Double Lock Indicator	High Visibility Yellow, Blue or Green	High Visibility Yellow, Blue or Green	High Visibility Yellow, Blue or Green
Keyway	Double Sided	Double Sided	Double Sided
Key Plate	Welded Stainless Steel	Welded Stainless Steel	Welded Stainless Steel
Contour	Recessed	Recessed	Recessed
Security Post	Stainless	Stainless	Stainless
Double Lock Slot	Dual	Dual	Dual
Contour	Beveled	Beveled	Beveled
Double and Single Lock Release	One-Direction	One-Direction	One-Direction
Serial Number	With Month and Year Code	With Month and Year Code	With Month and Year Code



The Seven Components of Power

In this context, power is distinct from strength. Power is generated through the combination of seven forces. Strength is but one such component of power. The role of the trainer is to develop strength together with the six other competencies which enable an officer to generate power.

The most basic component of power is **balance**. It must be automatic, instantly fluid, present during continuous movement and capable of being sustained as momentum increases. Balance is linked with timing and is improved by working with moving targets.

The second component of power is **endurance**, primarily of a cardiovascular nature. Endurance is improved through aerobic exercises such as running, swimming or bicycling. A rule of thumb is to run one mile a day in preparation for each three minutes of a fight.

The third component of power is **flexibility**. Rigidity presents tremendous problems during a confrontation. It is tied to tension, fear, nervousness, and lack of confidence. Flexibility is improved by stretching and relaxation. Flexibility is enhanced when muscles are in dynamic tension, resisting each other in perfect tone.

The fourth of the seven components of power is **focus**. Focus is the result of proper mind/body coordination and occurs when the mental and physical systems complement each other to the point that total concentration can be directed to a specific technique for a short period of time. The two barriers to focus are hesitation and overcompensation. Hesitation is often tied to lack of flexibility. Overcompensation is defined as “trying too hard.”

Speed is the fifth element of power. It is generated through continuous repetition until a technique is both physiologically and psychologically routine and lag time has been reduced. It is clear from ballistics research that speed is vitally important to the generation of devastating power.

The sixth component of power is **strength**. The low ranking of strength in the power typology is due to the other factors which can make up for lack of strength and the manner in which alternative components can impair power if not present with strength. The strongest officer possesses little power when off balance, exhausted or inflexible.

The seventh and final component of power is **simplicity**. Repetition of fundamentals combined with clear, systematic sequencing, yields tremendous power.

The seven components of power can be summarized as: Balance, Endurance, Flexibility, Focus, Speed, Strength and Simplicity.

Instructors would do well to concentrate on the design of training systems which will enhance these components and enable personnel to generate power. The alternative is to rely upon strength, a practice which is difficult to defend in court and marginally effective during confrontations.



ASP Warm-Up

DAILY DOZEN

This appendix contains a warm-up routine specifically designed for police baton and restraint training. All ASP training sessions should be preceded by an adequate routine to warm and stretch the body. At the conclusion of training, the student should warm down.

CONCEPTS

When warming the body for ASP Baton or Restraint Training activities, it is important to remember:

- a. Warm first, then stretch
- b. Stretch slowly, not ballistically
- c. Do **not** lock the knees
- d. Do **not** bounce

SETUP

1. Students walk in a large circle two arm lengths (Safe Separation) apart.
2. The Instructor (in the middle) moves in the opposite direction to monitor participant progress.
3. Each component is repeated four (4) times or performed for approximately one minute.
4. After each walking component, move in the opposite direction on the command “**Stop, Turn, Walk.**”

ACTIVITIES

1. Walk
2. Arm Swing
3. Two Hand Check
4. Elbow Pull
5. Shoulder Shrug
6. Palm Press
- Stop & Face Inward**
7. Curl
8. Calf Stretch
9. Trunk Extension
10. Leg Stretch
11. Neck Stretch
- Walk**
12. Arm Cross

ASP Basic Certification (ABC)

TRAINING CRITIQUE

☐ Handcuff

(over)

5. INSTRUCTOR EVALUATION

	<i>Poor</i>	<i>Below Average</i>	<i>Adequate</i>	<i>Good</i>	<i>Excellent</i>
Knowledge of Subject	1	2	3	4	5
Preparation and Organization	1	2	3	4	5
Enthusiasm for Class	1	2	3	4	5
Ability to Communicate	1	2	3	4	5
Attitude Toward Students	1	2	3	4	5
Suitability of Tests	1	2	3	4	5
Use of Class Time by Instructor	1	2	3	4	5
Overall Evaluation of Instructor	1	2	3	4	5

COMMENTS:

EVALUATOR BACKGROUND (Optional)

Name _____ Rank _____

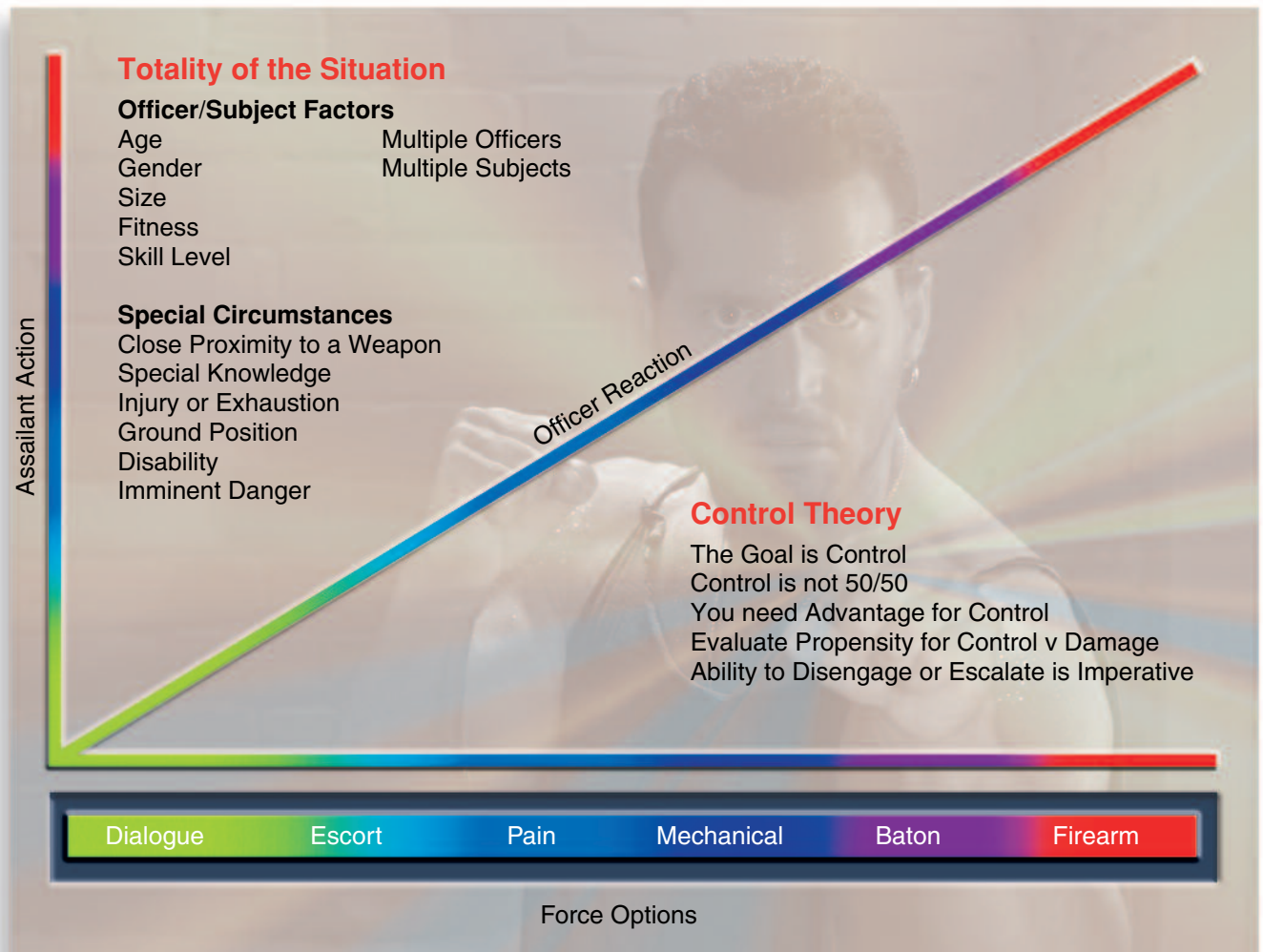
Agency _____ State _____

Years of Law Enforcement Experience _____

Other Baton or Restraint Seminars Attended _____



Force Continuum®





CHAIN HANDCUFF EXPLODED VIEW

OVERHEAD B



REPLACEABLE LOCK SETS



HINGE HANDCUFF EXPLODED VIEW

OVERHEAD C



REPLACEABLE LOCK SETS



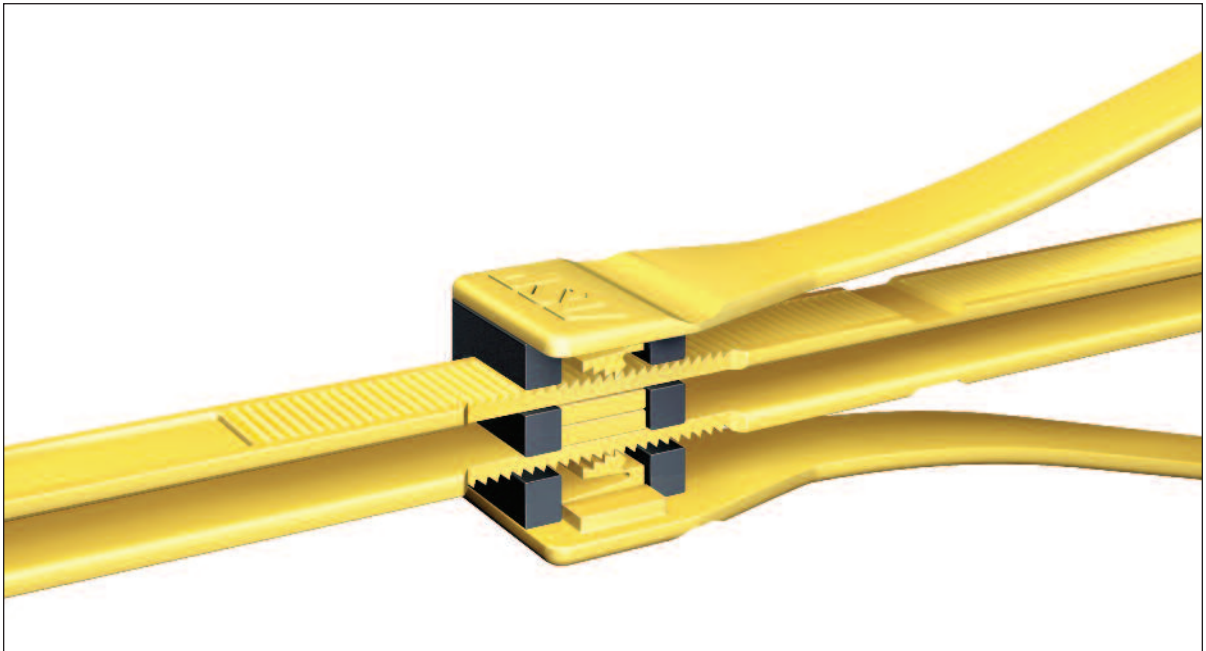
RIGID HANDCUFF EXPLODED VIEW



REPLACEABLE LOCK SETS



TRI-FOLD RESTRAINT CUTAWAY





PYRAMID CONCEPT



1. Wide Base
2. Deep Base
3. Low Center
4. Head Over Center



DAILY DOZEN



1 Walk



2 Arm Swing



3 Two Hand Check



4 Elbow Pull



5 Shoulder Shrug



6 Palm Press

Stop and
Face Inward



7 Curl



8 Calf Stretch



9 Trunk Extension



10 Leg Stretch



11 Neck Stretch

Walk



12 Arm Cross

