



# Handcuff Training Drills

## LINE DEMONSTRATION

*(Instructor Demonstration, Optional Line Drill)*

1. Pyramid Concept
2. Interview to Combat Stance
3. Presentation of Restraints
4. Angle of Approach
5. Control of the Strong Hand
6. Stacking

## LINE DRILLS WITH BAGS

1. Check
2. Turn, Check
3. Turn, Cease to Exist, Check
4. Turn, Cease to Exist, Check, Draw Baton

## LINE DRILLS WITH BATONS

1. Tri-Fold
  - a. Standing
  - b. Kneeling
  - c. Prone
2. Chain Cuffs
  - a. Standing
  - b. Kneeling
  - c. Prone
3. Hinge Cuffs
  - a. Standing
  - b. Kneeling
  - c. Prone
4. Rigid Cuffs
  - a. Standing
  - b. Stacking
  - c. Kneeling
  - d. Prone

## WHEEL DRILLS WITH BATONS

1. Standing
  - a. Tri-Fold
  - b. Chain
  - c. Hinge
  - d. Rigid
  - e. Stacking
2. Kneeling
  - a. Tri-Fold
  - b. Chain
  - c. Hinge
  - d. Rigid

3. Prone
  - a. Tri-Fold
  - b. Chain
  - c. Hinge
  - d. Rigid
4. Mixed
  - a. Positions (Standing, Kneeling, Prone)
  - b. Restraints (Tri-Fold, Chain, Hinge, Rigid)
  - c. Positions and Restraints
5. The Chase\*

(\*) *Two students on opposing sides of the wheel engage in stress competition by applying handcuffs. The goal is for each student to quickly handcuff a subject in the wheel and then move to the next position and catch the other student.*

### POST DRILLS

1. Standing with Batons
  - a. Tri-Fold
  - b. Chain
  - c. Hinge
  - d. Rigid
2. Mixed with Batons
  - a. Positions (Standing, Kneeling, Prone)
  - b. Restraints (Tri-Fold, Chain, Hinge, Rigid)
  - c. Positions and Restraints
3. Restraints without Batons
  - a. Tri-Fold  
(Next student cuts off)
  - b. Chain and Double Lock  
(Next student uncuffs)
  - c. Hinge and Double Lock  
(Next student uncuffs)
  - d. Rigid and Double Lock  
(Next student uncuffs)
  - e. Stack and Double Lock  
(Next student uncuffs)
  - f. Mixed and Double Lock  
(Next student uncuffs)

### THREE MINUTE DRILLS

#### Combat to Compliance\*

- a. Tri-Fold
- b. Chain, Hinge or Rigid

(\*) *The training consists of two separate three minute drills using the ASP Training Baton or strikes against a student holding a Training Bag. Each drill will conclude in ground stabilization and restraint of the student partner. Students will use Tri-Fold and Chain, Hinge or Rigid cuffs. As with all ASP instructional techniques and drills, safety of the student is of the utmost importance. Be certain to emphasize this important training aspect when conducting this drill.*