



CATCH WRESTLING FOR COPS

DONALD POWERS



Catch Wrestling For Cops Control And Arrest Tactics For The Politically Incorrect

Loren W. Christensen



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Catch Wrestling for Cops Donald C. Powers,2013-01-24 A control and arrest system for Officers that follows a different style than most have seen If you are the kind of Officer that goes hands on and don t let go this system will be right up your alley I have found that most of us lock on and don t let go when the bad guys want to fight This follows the reality I have seen in my time in Law Enforcement I explain and show a few simple Catch Wrestling holds that will make you much more effective at your job A little Cop humor is included to keep it light If your someone that has an interest in Catch Wrestling here s a new book to dig your teeth into If your an MMA fan this will give you a different look at some moves you have seen and some that come from the golden era of NHB Warning This book contains Gallows Humor common to Law Enforcement Officers

Cincinnati Magazine ,2001-08 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region

Bulletin of the Atomic Scientists ,1993-10

Popular Mechanics ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

Defensive Tactics Loren W. Christensen,2008 Whether you are a law enforcement officer wanting to improve your edge or a martial artist wanting to expand your knowledge edge of street proven techniques you will find this book is filled with invaluable information including Joint manipulation that works Leverage control versus pain control Hitting with the hands feet forearms and elbows Safely and quickly crossing the gap Blocking an assailant s strikes Using vulnerable points to gain compliance Head disorientation Safe application of sleeper holds Controlling a suspect on the ground Arresting big guys Fighting concepts to take on patrol Weapon retention in close quarters and on the ground Written by a retired cop and high ranking martial artist who survived all that the mean streets threw at him while working patrol gang enforcement and dignitary protection This book goes beyond a what is taught in the academy officer s in service training and what is allowed by the administration BONUS Includes a chapter on proven ways to control a suspect on the ground written by LAPD officer Mark Mireles an MMA coach police academy trainer and wrestling champ

FACTS AND FALLACIES ABOUT LAW ENFORCEMENT TRAINING AND DEFENSIVE TACTICS Joseph Truncale,2015-06-02 This is a manual will be of interest to not only all Law Enforcement Defensive Tactics Instructors but to anyone in the law enforcement field who is concerned about the facts and fallacies floating around this field The following are just a sample of the questions this basic guide will answer Is law enforcement defensive tactics a science Do the techniques and tactics you were taught always work on the street What is reality based training as it applies to defensive tactics Is there any formal martial art which is perfect for police officers Should officers be taught striking techniques Is the PR 24 Police Baton just a Tonfa Is training once a year sufficient to remain competent in defensive tactics

Defense and Control Tactics Georges Sylvain,1971 A routine arrest

if improperly carried out can cause a riot In view of this problem the author has carefully chosen both defense and control techniques which he considers will give officers the skill to be effective without using excessive strength The methods in this book are based on Jui Jitsu and Karate plus standard police techniques All the techniques and maneuvers included in this books can be applied to either right or left handed person by simply reversing the action when necessary Defense Tactics for Law Enforcement Bruce Tegner,1978 Examines practical ethical and effective defense tactics for law enforcement officers with discussions on dealing effectively with common assault situations without reliance on firearms

Comprehensive Joint-Locking Techniques for Law Enforcement Al Arsenault,2021-08-20 The new martial art of Police Judo covers the critical gap between talking and tasing arrestees the difference between holding and controlling uncooperative resistant and violent individuals is profound Comprehensive Joint Locking Techniques for Law Enforcement offers ethically sound and sometimes unique control and arrest techniques and tactics for police officers sheriffs jail guards loss prevention officers and anyone who needs to effectively control those held in custody without resorting to injurious and optically unappealing striking techniques Police Judo is the hybridization of the practical non sporting basics of ancient judo with modern control and arrest techniques It was created for police by police If you are looking to add some highly useful and innovative tools to your arsenal or you are seeking to street proof your martial art then this book is for you Indeed the entire Police Judo series will enhance your control tactics skills as a law enforcement officer or as a civilian while minimizing injuries to those who resist arrest Stop Resisting Jeremy Butler,2022-07 Have you recently started or been considering training in martial arts to supplement your use of force training If so this book is for you In STOP RESISTING Dr Butler draws from years of martial arts training law enforcement experience and research to ensure you understand The best martial arts for law enforcement officers how to adapt martial arts training to fit the unique needs of law enforcement and how to mentally prepare for use of force encounters to maximize performance On top of this you ll also get tips on what to look for in a LEO friendly martial arts school and specific techniques and tactics recommended by officers who actively train in Brazilian Jiu jitsu Whether you are in law enforcement or a martial arts instructor interested in training police officers this book will greatly enhance your ability to train for the needs of a modern day officer

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