

Most vulnerable position to be in, in a hand to hand fight, is on your back

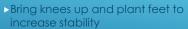


- If suspect is on top of you, access to tools on equipment belt are inaccessible due to position
- >Always train for the worst-case scenario





## Raise your head - to avoid impacts against the ground



Buck hips up to destabilize the opponent

MOUNT ESCAPES



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Grab an elbow, pull in - drive off opposite foot to roll and pull opponent over and off



OFFICER

VIRTUAL

- Improvised weapons, such as a pen or small tactical light, if accessible is an excellent striking tool to escape
- Response to escape the Mount has to be energetic and immediate

MOUNT ESCAPES



- Officer knocked to the ground opponent comes down with them
- Prevent opponent from "posturing up" to minimize their attack ability
- >Wrap legs and pull the opponent down

GUARD ESCAPES



/IRTUA

- Move strong side foot to the ground
- Place hands on head strong hand to face (wrist, nose, etc) and support hand to back of head
- Drive with strong foot while twisting head and pushing opponent to support side

GUARD ESCAPES

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