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BASIC ESCAPES H2H

1




- ▶ 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

2



MOUNT ESCAPES


3



- ▶ Raise your head - to avoid impacts against the ground
- ▶ Bring knees up and plant feet to increase stability
- ▶ Buck hips up to destabilize the opponent

MOUNT ESCAPES


4



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

5



GUARD ESCAPES


6



- ▶ 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

7



- ▶ 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

8
