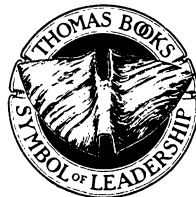


**BASIC ARREST
AND
PRISONER CONTROL TACTICS**

BASIC ARREST
AND
PRISONER CONTROL TACTICS
Practical Techniques • Fast, Simple, Effective
The Cane Method

By
ANDRIES C. CANE



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PREFACE

It has been customary in the past to present methods of apprehension and control in such a manner that the officer recruit would need a black belt to assimilate and utilize the many techniques involved. A certain type of attack would be presented and the trainees would be shown numerous techniques for protecting themselves. The Cane Method trains the recruit in a reversed format.

The quality that distinguishes an outstanding fighter is that of being superbly expert with a few techniques. You have only to view a few championship boxers, judo players, and karateka to know the truth of that statement, and that truth is the foundation of the Cane Method.

Four basic techniques are employed throughout the training which the officer finds himself using in numerous combinations, with all of them completed when the attacker is in the face-down, handcuff position.

At first glance, this book appears to contain a great many different skills. You will find, however, that the major focus involves only Cane's Basic Four. All of the rest are support systems with a few techniques being directed toward very individualized cases, such as those requiring the Vagal Response (back choke).

The proof of the Cane Method is found in Chapter 18, entitled "Review of Cane's Basic Four," where the Basic Four are used as defenses in 30 different attacks and are thoroughly *covered* in hour Seventeen and Eighteen of the formal training.

Cane's Basic Four

- I. Hitchhiker I
- II. L-Wrist
- III. Front Dazzle
- IV. Back Dazzle

Most law enforcement training in the field of apprehension and control is extremely difficult for trainees to retain after its introduction and they are often discouraged by "old-timers"—experienced officers who

belittle what the recruits have been taught. They are, instead, encouraged to use whatever methods these more experienced officers have developed over a period of years. The key phrase here is “over a period of years.” These men know that the techniques they use must be fast, simple, effective, and, above all, practical. Experienced officers and police instructors who learn the Cane Method are its most enthusiastic supporters, because it meets their criteria.

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Chapter 1

HELPFUL HINTS

How many peace officers maintain or continue to improve the skills of their profession? It is too easy for the policeman on the street to fall into habits of enforcement that have their basis in force and brutality. Our society and laws have changed to such an extent that making a legal arrest almost requires a law degree. None of us wants to be sued, suspended, or jailed, yet the possibility becomes more likely every day. The criminal has so many rights we are obligated to protect that it is sometimes difficult to ascertain our areas of duty.

What about the rights of the peace officer? Certainly we have the right to defend ourselves, but not in the same manner as the citizen. If someone threatens us, we cannot run away; if someone abuses us, we cannot knock them down and run off. We are in a fishbowl, under observation by everyone, and we are required to maintain a high degree of professionalism.

How can we make arrests while always using only the necessary amount of force to do the job? With every encounter, we are faced with a series of options. If the only options one has been trained to use are a gun, a nightstick, or a PR24, it becomes a simple matter but eventually would probably lead to the peace officer being placed under arrest. Fortunately, there are many alternatives to brute force that can be used in apprehending a suspect. It requires a great deal more effort and knowledge than pulling a trigger or swinging a club. To have the additional options in your arsenal of weapons demands hard training and continuous review.

This manual is a reference book and a guide of instruction encompassing the basics in PRISONER CONTROL TACTICS—the skills you need when violence is imminent or already escalated. The training is arranged in a stairstep process, with each skill building a foundation for the next technique or combination. In order to gain the greatest benefit from this training, make copies of the Practice Log and maintain a record of your private practice.

The inexperienced officers who have participated in this training

system attain a high level of competence in a short time. Experienced officers are elated with the reinforcement of their training and the additional options they acquire and are the most enthusiastic supporters of this training.

The benefits are many. Agencies have discovered that officers trained in the Cane Method are less likely to get into a physical confrontation and they are less likely to be injured or to injure a suspect. There is less hospital time, fewer lost man-hours, fewer uniforms ruined and *less liability*.

In this system of training, all exercises are not completed until the arresting officer has the suspect under his complete control and in the handcuff position. Obvious exceptions to the prone handcuff position are such skills as come-along techniques.

Terminology

The terminology used throughout this course of training is intended to simplify the instructor's need for reference. Instead of requiring a paragraph to describe a series of moves, the instructor or participant can use the title of the combination, such as "Front Dazzle."

Training

MENTAL PRACTICE. Your body follows the instructions of your mind. When you encounter difficulties with any of these skills, STOP! Stop, sit down, and go through the moves in your mind. Once your mind perceives and understands the proper movements, your body will follow.

ATTITUDE. Approach this training manual from your position as a professional law enforcement officer. The techniques contained herein are presented from the practical side of police work and have been field-tested for close to 20 years. See them for what they are . . . not magic, not a panacea for every situation. They are tools, like your handgun or nightstick. The final decision still rests with you, the peace officer. The final judgment of your actions lies in the hands of the courts. Use your knowledge wisely and you will be a more proficient and respected officer.

SAFETY IN TRAINING. There are some basic rules to follow in learning the techniques in this manual. They are not ironclad, but we have found them most useful in preventing accidents.

1. The practice area should be clear of dangerous objects. The ideal area is a gymnasium, using mats.
2. Wear loose, comfortable clothing such as a sweat suit.
3. Remove all jewelry before practice.
4. Keep fingernails clipped.
5. When a hold or strangle causes pain or you think injury is possible, slap your leg or body twice to signal a release by your partner. If both hands are free, you can clap your hands twice. If you are able to use a verbal warning, just say "Break." Be certain you and your partner understand the signals before practice.



Figure 1-1. Tapping out.

PHYSICAL CONDITIONING. Your expertise in using the techniques in this course of training will relate directly to your ability to move.

No one makes you work out. No one forces you to be concerned with your health. The only one who can do anything about it is you. Pride in your appearance and ability to do your job and concern for your own welfare as well as those who depend on you are all up to you.

Few of us have the dedication to set a schedule of workouts and stay with it over the years. The best way for most of us is with a partner or group—others interested in losing weight and keeping their physical