

1. Record Nr.	UNINA9910157550403321
Autore	Christensen Loren W
Titolo	Defensive Tactics : Street-Proven Arrest and Control Techniques
Pubbl/distr/stampa	Rolindale, MA : , : YMAA Publication Center, , 2016 ©2016
ISBN	1-59439-487-3
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (386 pages)
Altri autori (Persone)	MirelesMark
Disciplina	363.23
Soggetti	Police training
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Front Cover -- Back Cover -- Title Page -- Copyright Information -- Table of Contents -- Acknowledgements -- About the Author -- Introduction -- Author's Note -- Section 1: The Foundation: Nuts and Bolts -- Chapter 1: Thinking Ahead -- Adrenaline Response -- The Power Of Combat Breathing -- How to do it -- The Importance Of Visualizing -- Visualize the confrontation -- Chapter 2: The Value of Reps -- It's All About Reps -- Line Drill: Attack And Response -- Monkey Line Drill -- Chapter 3: The Elements of Balance -- The Tripod Concept -- The invisible third leg -- Be cognizant of your position -- Using the tripod to your advantage -- Kuzushi -- Handcuffing -- Mental Kuzushi -- Developing self-awareness -- Chapter 4: Crossing the Gap -- Moving into Range -- A potentially dangerous moment -- His body language -- Your stance -- Timing the move -- Where to move -- How to grab -- Chapter 5: Blocking -- Blocking and Shielding -- Shielding -- Chapter 6: Weight Training and Aerobics -- Fast-twitch muscle fibers -- Aerobic and anaerobic -- Section 2: Joint Manipulation and Leverage Control -- Chapter 7: Finger Techniques -- Elements of Applying Finger Techniques -- Applications -- Chapter 8: The Versatile Wristlock -- Elements of the Wristlock -- Standing Suspect -- Downed Suspect -- Wristlock takedowns -- When the suspect resists your grab -- Wristlock Pickups -- Elements of the Wrist Twist -- Applications -- Inverted Wrist Flex -- Elements of inverted wrist flex -- Applications -- Chapter 9: Wrist Crank -- Elements of the Wrist Crank -- Applications -- Handcuffing from the wrist crank position -- Chapter 10: Elbow

Techniques -- Armbar -- Elements of the Armbar -- Applications --
Chapter 11: Shoulder Locks -- Elements of the Shoulder Lock -- The
steps -- Applications -- Chapter 12: Bent-Arm Shoulder Torque --
Elements of the Bent-arm Shoulder Torque.
Applications -- As a Control Hold -- Chin pull -- Handcuffing Position
-- Takedowns -- Section 3: Hitting -- Chapter 13: Hands -- Elements
of Hand Striking -- When to hit -- Fist and Palm-heel Targets --
Applications -- Chapter 14: Forearm Slams -- Elements of the Outside
Forearm -- Applications -- Elements of Inside Forearm Strike --
Applications -- Chapter 15: Elbow Strikes -- Elements of Elbow Striking
-- Applications -- Chapter 16: Kicking -- Elements of Kicking --
Targets -- Applications -- Section 4: Vulnerable Points -- Chapter 17:
Get the Point -- Elements of Pressing Vulnerable Points -- Applications
-- Section 5: Head and Neck -- Chapter 18: Head Disorientation --
Defense/Offense -- Chapter 19: Carotid Constraint: Sleeper Holds --
Sleeper hold -- Choke hold -- Elements of Getting Behind the Suspect
-- Elements of the Sleeper -- Applications -- Basic constriction when
standing -- On the Ground -- Handcuffing -- Section 6: Ground
Fighting -- Chapter 20: Ground Grappling -- The Learning Curve --
Three Types of Suspects -- Elements of Ground Fighting -- The mount
-- Knee onto stomach and roll over -- North-south control -- Worst-
case Scenarios -- The hip escape -- The Guard -- Rolls -- Simple
sweep -- Chapter 21: Ground Kicking and Trapping -- Trapping --
Kicking -- Section 7: Baton -- Chapter 22: Body Mechanics -- Common
errors -- Increase Your Hitting Impact -- Drawing -- Section 8:
Arresting Big Guys -- Chapter 23: Facing a Big Suspect -- Does Size
Matter? -- What about pepper spray? -- Mental preparation --
Preparation -- Some almost nevers -- Using your baton - targets -- A
psychological ploy -- Section 9: Training and Fighting Concepts --
Chapter 24: Concepts -- Survival Concepts -- Training Concepts --
Fighting Concepts -- Concepts to take on patrol -- Index -- Books
from YMAA -- DVDs from YMAA.
