

LASPD Impact Weapons Update Course

I. Side-handle baton

- A. Nomenclature
- B. Ready position, grip & re-gripping techniques
- C. Draws
 - 1. Cross draw
 - 2. Power draw
 - 3. Rear draw
 - 4. Weak hand from the ring
- D. Strikes
 - 1. Forward & reverse spin
 - 2. Forward & reverse power strike
 - 3. Inside spin
 - 4. Front jab
 - 5. Rear jab
 - 6. *Yawara* strike
 - 7. Flat chop
 - 8. Upper chop
 - 9. Power chop
 - 10. Long extended jab
- E. Blocks
 - 1. High
 - 2. Middle
 - 3. Low
 - 4. Strong side
 - 5. Weak side
- F. Control (with and without baton)
 - 1. Formula for arm lock
 - 2. Arm locks
 - 3. Running arm lock

4. Wrist drag
5. Flipping wrist lock

II. **Expandable/Straight Baton**

- A. Proper grip and carry position
 1. Vertical carry - long end behind calf or not.
 - a. Long end down
 2. Outside-the-arm carry (Not resting on shoulder)
 - a. Ready for one-handed strike
 3. "Port Arms"
 - a. Weak hand up, strong hand down
 4. Two hand long grip (Weak hand – palm down)
 - a. Ready for forward thrust
 5. Two handed basic ready position
 6. Guard Positions – for parrying strikes
- B. Draws
 1. Cross draw
 2. Strong side draw (Expandable only)
- C. Strikes
 1. Downward diagonal, palm up
 2. Downward diagonal, palm down
 3. Horizontal, palm up
 4. Horizontal, palm down
 5. Upward diagonal, palm up
 6. Upward diagonal, palm down
 7. Forward thrust, with strong side hand on grip (palm down) and weak side hand grasping extended end.
 8. Swinging thrust strike with side of forward end; with a two handed grip.
- D. Blocks
 1. High
 2. Middle

- 3. Low
- 4. Strong side
- 5. Weak side
- E. Baton retention
 - 1. One hand - grab defense
 - 2. Two hand - grab defense
- F. Defensive techniques – blocks against blunt weapon attacks

While holding the baton with one (or two) hands, block incoming attacks in a 360 arch consisting of 9 positions:

 - 1. Straight up - baton over head
 - 2. 45 degrees up
 - 3. 90 degrees to the side, with the baton pointing up
 - 4. 90 degrees to the side, with the baton pointing down
 - 5. 45 degrees down
 - 6. Straight down - baton horizontal; bend lower body away from threat
 - 7. 45 degrees down across body, with baton pointing up
 - 8. 90 degrees to the opposite side, with baton pointing down
 - 9. 45 degrees up toward the opposite side with baton pointing down

III. Blunt weapon take-away

- A. Defense against overhead strike
 - 1. Redirect, control, attack, take-away
- B. Defense against sideways swing
 - 1. Redirect, control, attack, take-away
- C. Defense against baton restraint from behind
 - 1. Under/over grab, jerk baton to vertical position, and turn

IV. Long gun strikes

- A. Port-arms position
 - 1. 11 strikes