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# **"Basic and Power Handcuffing Techniques"**

**Series I Video 7**

**Training Guide  
Program Overview  
Test Questions and Answers**

# TRAINING GUIDE

*"Basic and Power Handcuffing Techniques"*  
Series I Video 7

## PROGRAM OVERVIEW

### THE BASICS

*"Handcuffing is the most commonly used tactical skill (by a police officer); yet it is seldom practiced or remedially trained once an officer has completed formal recruit training."*

Sgt. Guy A. Rossi  
*"Subject Control: Tactical Handcuffing"*  
Police Marksman, March/April 1992

Since subject compliance is hard to determine during a first encounter, officers should control subjects first and then handcuff.

According to a St. Louis, Missouri, City Police Department study, in approximately sixty-seven (67) percent of arrest situations, resistance does not occur until the "first touch" or the first handcuff is about to be applied.

Rossi, Police Marksman, March/April 1992

#### **WHEN ARRESTING AN INDIVIDUAL, GET IN A SAFE, READY POSITION, AND SAY THE FOLLOWING COMMANDS TO THE SUBJECT:**

1. You are under arrest. Show me your hands; spread your fingers apart; put your palms up; keep your hands away from your body; and turn around with your back facing me.
2. Spread your feet to a distance at least shoulder and a half width apart, and point your toes outward. *(You are trying to place your subject off-balance.)*
3. Bend forward at the waist, and look straight forward.  
*(Make sure that subjects do not look down between their legs, otherwise they might be able to locate you on your approach.)*
4. Bring your hands/palms back behind you at any angle from your body like "wings."
5. Don't move!

**ELEVEN GOLDEN RULES OF HANDCUFFING**

- 1. Always try to handcuff arrestees while in a safe, balanced position behind the subject. Avoid handcuffing subjects while positioned in front of them.**
- 2. Handcuff, then search.**
- 3. Always maintain a superior position over an unbalanced subject.**
- 4. If possible, avoid the use of a stationary, vertical object such as a wall, car, tree, or floor to prop the subject against. The subject could use that stationary object to push off of.**
- 5. Do not try to handcuff resisting subjects until they are in a position of control.**
- 6. To avoid allegations of misuse, check the fit of the cuffs. You should be able to put your index finger up to the first joint between handcuff and subject's wrist. Remember to doublelock the handcuffs.**
- 7. Always remove handcuffs with a high level of awareness.**
- 8. Handcuffs should be worn in a position on the belt or shoulder rig easily accessible to both hands.**
- 9. Check and load your handcuffs daily. They may inadvertently doublelock if dropped.**
- 10. Carry two handcuff keys with you at all times. One should be used routinely; the other should be hidden on your person in case of an emergency.**
- 11. Be certain to look up and monitor your environment prior to, during, and after handcuffing.**

## **Handcuffing Techniques 3**

**When you move toward your subject to handcuff, approach at a 45 degree angle from the center of the subject's back or Level 2 1/2.**

**Make sure that subject's back of the hands face each other and both thumbs stick up in the air.**

**Then place your handcuffs' single bar between the area at the bottom of the subject's palm and the raised wrist bone.**

**If done properly, you should be able to place an index finger up to the first joint between the handcuff and the subject's wrist.**

**Now you can doublelock to prevent the handcuffs from ratcheting tighter and injuring your subject.**

**It more convenient to remove handcuffs when the key holes are facing up, but as long as you can easily reach them, then it doesn't matter whether key holes are up or down.**

**If you improperly apply handcuffs or the handcuffs are too tight, you could cut off the blood circulation or damage nerves and/or muscles of the wrist and hand.**

**The safest position of approach is when the subject is in the prone position.**

**USE THE PRONE POSITION FOR THESE HIGH RISK SUBJECTS:**

- 1. Non-compliant subject.**
- 2. Threatening subject**
- 3. Subject might be carrying weapon**
- 4. Subject has experience in fighting art**



**PRONE COMMANDS:**

1. Taking cover, the officer challenges: " Police, Don't Move."
2. Stop 'activity' now; drop your weapon; and place hands above your head.
3. Get on your stomach, legs straight out, and put your hands straight out, palms up like "wings."
4. Don't move.

*The officer waits for backup.*

**Only after backup arrives on scene does the officer approach the proned subject. The officer will tell subject to "look away" and cross one ankle over the other.**

**Then the officer approaches cautiously from the subject's blind side, repeating "Don't move."**

*Look around for another subject, an accomplice, waiting to attack.*

**The officer handcuffs the subject's already extended arm.**

**REMEMBER, officers who first win encounters are sometimes killed upon approach.**

**NOTE:**

*If the subject is broad-shouldered or has difficulty putting both hands close enough for single handcuffing, the officer might have to interlock two sets of handcuffs and use on subject.*

## **Power Handcuffing**

**The Power Handcuffing Technique begins with the Power Stance.**

### **POWER STANCE - Standing**

- 1. Put left or right leg forward.**
- 2. Keep head aligned vertically above the waist at all times.**
- 3. Both knees should be wider than your hips.**
- 4. Both feet should be placed wider than knees.**
- 5. Arms chest level in ready position.**
- 6. Handgun side turned away from subject.**
- 7. When stepping, the front leg pulls the body.**
- 8. The rear leg (drive leg) pushes the body.**
- 9. Keep your shoulders square to your direction of movement.**

### **POWER STANCE - Kneeling**

- 1. Left or right leg forward.**
- 2. Step to the left or right front with either foot and kneel on your rear leg knee and ball of that foot.**
- 3. As soon as your knee touches the floor, lift your front foot and step wide with it to a basic kneeling power stance.**
- 4. Practice moving the front foot every time you kneel so that you are always prepared to adjust your balance when kneeling.**

**First things, first.**

**Loading the Handcuffs**

**"Loading the handcuff" means to allow the single bar of each handcuff to travel through the double bars to where only three to five teeth remain.**

**By doing this, you shorten the distance that it takes the single bar to revolve to catch.**

**When your handcuffs are properly loaded, it should take only moderate pressure on the single bar to make it travel through and catch.**

**Once your handcuffs are loaded, place them in your case so that both double and single bars point in the same direction.**

**Removal of Handcuffs**

**Place the subject in a position that restricts movement.**

**If you put the handcuffs on the subject, remove them in the reverse order that you applied them.**

**Grip the chain with your strong side hand and unlock the cuffs with your non-gun side hand.**

**Tell the subject to place hand on top of head when you release the first cuff.**

**Ask: "Do you understand me?"**

**Wait for an affirmative answer and then continue.**

**Remove the outside cuff farthest from you first and close the single bar.**

**Repeat the instructions to the subject to place the second hand on head after the release of the second cuff.**

**Remove the inside cuff and close the single bar. Then tell the subject to**

**"take one step forward with each foot" or you step back with your gun side leg and drag your other leg back**



into a modified Power Stance and return cuffs to case.

Handcuffing Techniques 7

## Five Basic Power Handcuffing Techniques:

**Standing**  
**Kneeling**  
**Prone**  
**Standing Wall**  
**Kneeling Wall**

### CUFF HAND GRIPS

#### *GUN HAND: Single Bars Up*

Draw the cuffs and position them with both keyholes forward and the single bars up.

Grip the chain between the cuffs by wrapping all your fingers around it while making a fist palm toward you.

#### *NON-GUN HAND: Single Bars Up*

Same as above.

If the cuffs are positioned with the keyholes forward, they will be on top when applied to the subject.

If the keyholes face toward you prior to cuffing, they will face downward when applied to the subject.

#### *GUN HAND: Single Bars Down*

Draw the cuffs and position them with both keyholes facing forward with the single bars down. Grip the chain between the cuffs by wrapping all your fingers around it while making a fist palm toward you.

#### *NON-HAND: Single Bars Down*

Same as above.

**POWER HANDCUFFING**

**VERBAL COMMANDS**

**Standing**

1. You're under arrest!
2. Spread your fingers and slowly raise your hands above your head!  
Higher!
3. Turn around slowly!
4. Spread your legs apart! Further apart!
5. Extend your arms straight out to your sides, shoulder high.  
Now point your thumbs down!
6. Bend forward from the waist!
7. Turn your head to the right (or left)!
8. Slowly bring your hands behind your back!
9. Don't move!

**Kneeling**

1. You're under arrest!
2. Spread your fingers and slowly raise your hands above your head!  
Higher!
3. Turn around slowly!
4. Kneel down on your right knee. Your left knee. Cross your ankles!
5. Extend your arms straight out to our sides, shoulder high!  
Now point your thumbs down!
6. Turn your head to the right (or left)!
7. Slowly bring your hands behind your back!
8. Don't move!

**Prone**

1. You're under arrest!
2. Spread your fingers and slowly raise your hands above your head!  
Higher!
3. Turn around slowly!
4. Kneel down on your right knee. Now your left knee!
5. Extend your arms straight out in front of you!
6. Keep your arms extended in front of you and lie down on your chest!
7. Turn your head to the right (or the left)!
8. Extend your arms straight out from your shoulders, palms up!
9. Cross your ankles!
10. Slowly bring your hands behind your back!
11. Don't move!

**Standing Wall**

1. You're under arrest!
  2. Spread your fingers and slowly raise your hands above your head!  
Higher!
  3. Turn around slowly and put your feet against the wall!
  4. Cross your ankles!
  5. Turn your head to the right (or the left).
  6. Slowly bring your right (or left) hand behind your back!
  7. Slowly bring your left (or right) hand behind your back!
  8. Don't move!
-

**Kneeling Wall**

1. You're under arrest!
2. Spread your fingers and slowly raise your hands above your head!  
Higher!
3. Turn around slowly and put your feet against the wall!
4. Kneel down on your right knee. Now your left knee!
5. Cross your ankles!
6. Turn your head to the right (or the left)!
7. Slowly bring your right (or left) hand behind your back!
8. Slowly bring your left (or right) hand behind your back!
9. Don't move!

**REMEMBER:**

1. Articulate your commands in a forceful, loud manner.
2. Look carefully for bulges on subject that might be weapons.
3. Cautiously approach the subject with your gun side turn away.
4. Place your foot (or knee) between the subject's crossed ankles for greater control of subject.
5. Grasp subject's hand or two fingers before handcuffing.
6. A slight pulling of the arm when ready to handcuff will control subject and put off-balance.
7. You might need to place a forearm or elbow in the middle of the subject's back when handcuffing against a wall, car, or floor.
8. Control subject, handcuff, and then search. Only in that order.

*ALERT wishes to thank Guy Rossi, Dennis Jurasz, Jim Lindell, and Hugh Mills for their assistance with the video and the accompanying training guide.*

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8. The Power Handcuffing Technique begins with the Power Nap.

True

False

9. When arresting a high-risk subject, you do the following:

- a. Take cover, use the standing position.
- b. Take cover, use the kneeling position, and wait for backup.
- c. Take cover, use the prone position, and wait for backup.

10. Doublelock handcuffs to prevent serious injury to your subject.

True

False

11. What two serious injuries could happen if you fail to doublelock cuffs?

- a.
- b.

12. Always keep your \_\_\_\_\_ turned away from your subject.

13. When approaching a subject, be aware of a possible accomplice waiting to attack you.

True

False

14. Place handcuffs between the bottom of the subject's palm and the protruding \_\_\_\_\_ bone.

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## **Test Answers**

*"Basic and Power Handcuffing Techniques"*

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1. b. prone
  2. True
  3. High Risk
  4. True
  5. c. two
  6. False
  7. potential weapons
  8. False
  9. c. Take cover, use the prone position, and wait for backup.
  10. True
  11. a. stop blood circulation  
    b. damage muscle and nerves
  12. Gunside
  13. True
  14. wrist
-

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