

SUPPORT TRAINING RESPONSE TECHNIQUES

Side Parry: This technique generally used when someone is attempting to bolt or is charging toward someone with the attempt to aggress against them and you find yourself to the side of or behind the person.

1. Approaching the person from the side or the rear, place an open palm (fingers up) against the person's critical arm area (just above the elbow).



2. Applying the least amount of force necessary, push against the critical arm area so that the person is re-directed away from his/her intended target.



3. Maintain contact with the person with your forearm (across their upper arm and back) until you have determined the appropriate next step (move away, re-direct to another area, physically contain, etc).



4. If the person's arms are down, place the side of the fleshy part of your hand (palm down) against the back of the person's critical arm area (just above the elbow). Move your hand slightly toward the front of the person's body (so that their arm is a few inches out in front of them). Then move their arm across their body by applying pressure to the critical arm area in the direction you want them to turn. Maintain contact with their body until you have decided on the next appropriate step.

Front Parry: Generally used when someone is attempting to strike or grab you from the front and your initial goal is to re-direct their aggression and to place yourself in their safety zone to determine your options.

1. As the person moves their hand toward your face or upper body (with the intention of scratching, punching, or grabbing) lift your arm, with the palm open in a parry-hand position, fingers pointing toward the ceiling, and place it against the outside of their hand or forearm (of the offending arm).



2. Continue with a motion across the front of your body, effectively parrying the person's arm across and away from you, exposing the outside of their critical arm area.
3. Slide your forearm back along the person's upper arm until your elbow is positioned slightly behind their shoulder (this should place you in the person's safety zone).



Oops and Cross: Generally used when someone is attempting to grab or strike you with both hands from the front and your initial goal is to re-direct their aggression and to place yourself in their safety zone to determine your options. This technique assumes that you have mistakenly grabbed at the wrists of the individual instead of parrying their arms away.

1. First determine which direction you would like to parry the person.
2. Holding loosely on to the person's wrist (of the arm that is not on the side of where the person will be directed) and move it across and on top of the forearm of their other arm (in the direction you do not want to parry them).



3. Maintaining a grasp on the arm that is underneath, remove your grip on the upper arm and slide your forearm back along the person's arm until your elbow is positioned slightly behind their shoulder (in the safety zone).



4. Remove your hold on the person's lower arm before parrying the person away.

Butterfly Block/Parry: Use this when you find yourself in front of or immediately behind an individual who is attempting to strike you with their fists, arms or other object.

1. Bring your hands up in front of your face, crossing your arms at the wrists. Your palms should be open, facing you at approximately 10 inches from your face (the length of your upper arms). Initially, you should be able to see the person under your crossed wrists.



2. If necessary, drop one foot back approximately 12 inches, bending knees slightly, to improve balance.
3. Move block in the direction of the offending arm or object (side to side, up and back, down).
4. Allow for slight movement of your forearms (toward you) to absorb the force of the impact. Do not move arms forward in the direction of the blow.
5. If possible, step back and away from aggressor.

If unable to step back and out of harms way:

6. Remove one arm from the cross position (leaving remaining arm to block the person's free arm) and place your open palm on the outside of the offending object or arm (at the critical arm area).



7. Move arm (or object) across your body so that you are placed behind the person (safety zone). Step out of harm's way or move to simple escort or other technique, as warranted.



Wrist Grab Releases: When you are grabbed, do not panic or swing your arm wildly. Struggling most likely will not free you and could increase the chance of injury.

1. Once grabbed, turn wrist $\frac{1}{4}$ (this changes the shape of the wrist in the grab) and simultaneously pull your wrist free from the weakest part of the grasp (where his/her finger meets the thumb).





(Side parry when you release from the grab).

2. If necessary, you block the person's forearm with the back of your open hand of your free arm just prior to attempting to pull free from the grab. (This will prevent the person from moving with you as you pull your arm away in a cross-arm grab).



3. If the person grabs your wrists with two hands, reach through, over the top, with your free hand, grasp your hand, and pull your hand up toward the side of your head or into a butterfly block (be careful not to strike yourself when your hands break free).



Hair Pull Release (Knuckle Press): It is critical in all hair pulls that one stabilizes the hand that is pulling the hair to prevent being pulled around by the hair.

1. Secure the hand (directly over the wrist) that is in your hair with an overhand grasp. (Do this with the hand that can be used to block the client's free hand).
2. Orient your body away from the person by taking a staggered step back with the foot that is opposite your stabilizing hand.
3. Place your free hand, with an open palm facing down, across the knuckles of the person's hand that is pulling your hair. Apply slight pressure downward, which should cause their grasp to weaken. With the hand that is stabilizing, turn your grasp under the wrist to form a "V". In one swift motion, push down with your flat palm and push upward and away with the hand at the wrist. Once free of the hair pull, step back or behind the person to a safe position.



Hair Pull Release (Drill):

1. Follow steps 1 and 2 of the knuckle press.
2. Take your index finger of your free hand and insert it into the client's grasp starting at their pinky. Apply pressure inward using a drilling motion. As you begin to weaken the grasp begin pulling back with your index finger causing their grasp to open or weaken.
3. Hold the person's wrist firmly to ensure they do not forward and step back quickly. This will cause the person's grasp to open sufficiently to remove their hand from your hair. Once free of the hair pull, step back or behind the person to a safe position.



Hair Pull Release (Pony Tail):

1. If your pony tail (or long straight hair) is pulled from behind or from the side, quickly grasp your hair in a fist between the person's hand and your head.



2. Bend forward slightly and get into a balanced stance.
3. Place your other hand around your hair, either below or above your other hand (depending on where your first hand is in relation to the person's hand).



4. With the hand closest to the person's hand, quickly slide your hand down your hair while stepping away. This should cause the hair to slide out of the person's grasp.



5. Step away to a protected position.

Bite Release: This should only be implemented if a bite is making contact with the skin or something harmful to the child (electrical cords or if the child is eating something they are deathly allergic to), not for bites on clothing or other objects (chalk, play-doh). This should only be used as a last resort.

1. Bend your index finger so that your second knuckle is prominent.
2. Place the flat part of that finger, below the knuckle, against the fleshy part of the person's cheek.
3. Pointing the knuckle in, rotate inward and upward, until the knuckle is situated in a pocket in the upper part of the person's cheek (the knuckle should be pressed against the underside of the upper cheek bone at the gum line).
4. Apply pressure against the upper gum until the person ceases to bite. (Only apply enough pressure to get the person to release the bite). If necessary and possible, you may use two knuckles, one to each cheek.



Simple Escort: This technique can be done from either side, keeping in mind that one can only prevent movement backward and to the side that your hand is placed in their critical arm area.

1. Approach person from behind.
2. Place open palm in center of back, between their shoulder blades. This is your “lead” hand.
3. Place your “lead foot”, (the same side as the lead hand) behind the person’s heels, centered between their feet.
4. Place other open palm, at lower part of the critical arm area just above the elbow, angled back at 45 degrees (to prevent blows from side or back).
5. If necessary, move to staggered step or leading trail position, ensuring that the forward foot is on the same side as hand in center of the back.



Simple Restraining Escort: This is used primarily when a simple escort is not sufficient to prevent injury or property destruction. It is typically not used (as a one-person technique) for persons who are in an extreme state of agitation, are very actively aggressive, or are attempting to bolt. It is considered a “restraint” technique.

1. Approach the person from behind in a simple escort position.
2. If additional containment of the arm is warranted, change the position of your hand on the person’s critical arm area to a “V” (make a rigid “V” shape with your thumb and fingers, palm down). Place this “V” on the critical arm area, with your thumb behind the arm, just above the elbow.
3. With squeezing the person’s upper arm, provide resistance when the person attempts to use this arm to aggress against you, themselves, others, or property.
4. If additional containment is required, lean forward, extend your elbow out and to the front and press their arm more firmly against their side. (This position allows you to use the muscles from your shoulder and upper arm).



Lower Cross: This is a one or two-person technique that allows staff to safely move a student with a low-to-moderate level of restrictiveness.

1. From a Simple Escort position, slide the non-lead hand (the one that is on the critical arm area, down to just above the wrist and grasp using an overhand grasp position.
2. Move the person's arm to the side away from their body approximately 10".
3. Move your back foot out to the side so that it is lined up with the person's outstretched arm.
4. Slide your lead hand (the one on the person's back) toward the person's outstretched arm and place it through the gap between the person's arm and side.
5. Step through the same gap with your lead foot.
6. Bring the person's outstretched arm to rest against the front of your thigh (of the leg that is closest to the person).
7. With the hand that was placed through the gap between the person's side and arm, grasp your other wrist in an overhand grasp.
8. Holding the person's arm tightly against your thigh, you may escort the person forward.

In a One-person Lower Cross, be watchful of the person trying to strike you with their free arm and/or for the person attempting to drop to the floor or twist away from you. If you cannot safely maintain the integrity of the hold, either move to a safer and more secure technique or release the person and reassess the situation to determine what to do next.

In a Two-person Lower Cross, the lead person will give instructions on when to move forward and in which direction. Both persons assisting should lean in toward the person being escorted to avoid "wishboning."

Side Assist: This is a one person standing escort that allows the person to be moved in a forward direction or held in place on a couch or in the back seat of a vehicle.

1. From simple escort position, slide hand in center of back (lead hand), across the person's back (away from your other hand), between their side and outer arm, grasping the person's forearm just above the wrist.
2. Move person's arm into "L" position, holding tightly against their side.
3. Step forward so that your lead foot is placed next to the person's foot (on the near side, away from the hand that is grasping their outer arm).
4. Slide your "free" or near hand straight down to outside of forearm, grasping just above the waist.
5. Bring trailing foot up next to the other foot in open stance, move hip away from person to give your room to pace the person's arm into "V" position tucking it firmly back between your side and the person's side (under their arm pit).
6. Change outside hand position from "grasp" to "hook" to prevent digging into the person's side.
7. To increase the efficacy of this hold, pull your outside hand tighter against their body, lean away from them, and vary your speed to keep the person a little off-balance. This may also help to prevent them from kicking you or from planting their feet to increase their upper body strength and mobility.



Cradle Assist: It is important to remember to keep your head away from the back of the person's head at all times during this technique to avoid injury from a head butt.

1. From the simple escort position, extend your lead foot forward so that it looks as if the person has three feet.
2. Slide your lead hand away from your other hand between the person's arm and side.
3. Grasp their forearm just above the wrist and bring it across their body, parallel to the floor and just above the person's naval.
4. Move your other hand off critical arm area, slide between the person's side and arm and grasp forearm just above the wrist. Bring this arm across the body placing it firmly across the other arm.
5. Crossing the arm to the greatest degree possible across the person's front, pull up under the breastbone, then back to increase the security of the hold. The main point of containment is where the person implementing the hold's biceps are pressing against the person's side at the ribs. This reduces the need to put pressure on the diaphragm or lung area and eliminates the possibility of compression asphyxiation.
6. Your head should always remain back as far as possible to prevent head butting.
7. If necessary, rotate both forward foot and hip, bending at the waist so that your upper body is further from the person. This places your head farther back to further prevent head butting.



Standing Wrap: CAUTION: This technique, if used incorrectly, can be potentially harmful to the individual being restrained. It is imperative that you implement the technique precisely as written, releasing the hold if you cannot maintain the integrity of the technique. Never lower someone to the ground while they are in this restraint.

1. Approach the person from behind in a simple escort position.
2. Place your lead foot between their legs and slightly ahead of their feet.
3. Slide your lead hand across the person's back and place it on the critical arm area of the person's "free" arm in a "V" position.
4. Change the position of your hand that is on the critical arm area of the person's other arm into a "V" position.
5. Simultaneously thrust both of your hands forward, maintaining your hands in the critical arm areas, so that the person's arms cross in front of them.
6. Slide your hands down the person's forearms and grasp just above their wrists (ensuring that your right hand is grasping above their left wrist and vice versa).
7. Immediately bring their hands firmly below their belt line and back toward their hips. Use sufficient pressure to ensure that their hands stay as far below the belt line as possible. (This will ensure that their arms don't come up to their chest or neck, potentially cutting off the flow of oxygen).



8. If the person attempts to drop to the ground, slide your lead foot forward and bend at the knee, creating a platform with your thigh to help support the person's weight.



9. If you cannot maintain the hold with the person's hands or below their belt line, release the hold and reassess the situation.

Chair Techniques: With the exception of the chair side assist, these restraint techniques are designed to maintain someone safely in a chair to prevent self-injury and aggression toward others. The person employing this technique must monitor the person for signs of injury or physical distress and should always keep his/her head out of the way to prevent head-butting. All three of these techniques begin with a **modified** simple escort, with one hand on top of the far shoulder and the other on the near arm critical arm area adjusted slightly down and to the front to prevent the individual from striking upward.

Chair Side Assist: This looks just like standing side assist but in a chair.

1. From a modified simple escort, slide the hand on the person's shoulder, between the person's side and arm and secure in an "L" position at the person's side.
2. With your "lead" foot, step forward and to the side so that your baby toe is against the outside of the back leg of the chair on the side where your hand is still on the critical arm area. Adjust your back foot over slightly for balance.
3. As you slide the near arm down to grasp just above the person's wrist, step forward with your outside foot (placing it even with the front leg of the chair) and go down on your inside knee. Place the near arm in an "L" position tucking it between you and the person (you may need to pull them forward a little to avoid banging their elbow into the chair back).
4. If you need to assist them out of the chair, move them forward and then up (using your legs, not your back) until the person is in a standing side assist.

Chair Cradle:

1. From a modified simple escort, place the person in a cradle position.
2. When pulling their arms tight up against the breast bone, extend your torso and lean forward slightly to minimize the room between the back of their head and your chest (to prevent head-butting).
3. If the individual tries to move forward out of the chair, lean back. If the person tries to push back, lean forward.

Chair Wrap:

1. From a modified simple escort, place the person in a wrap position.
2. As you begin to pull their arms down toward their hips, drop to your inside knee and tuck your shoulder into the back of the chair (this will prevent head-butting).
3. Maintain this position while keeping their arms in a double “shoulder seat belt” and using your back leg for leverage and balance.
4. If you find that you are holding on to their wrists, spider up until you are grasping above the wrist joint.



Chair Leg Cross:

1. As the second person assisting in the restraint (the first person has the individual in chair wrap), step in backwards, facing away from the individual's feet, until you are standing at the critical leg area (the lower thigh – just above the knee).
2. Drop to the inside knee, moving the back of your forearm down, maintaining contact with the critical leg area until you are kneeling.
3. Working with the individual's kicking motion, move their near leg on top of the far leg with the back of your forearm, until their legs are crossed with your arm pinched in between.



4. Place the palm of your outside arm on the person's upper thigh (of the top leg) and slide it up to the critical leg area.
5. Turn toward the person in a pivot motion switching your legs so that the knee that was up is down and vice versa until you are facing forward.



6. Slide the hand on the critical leg area over the knee and turn it so that your fingers are pointing back toward you. Move the hand down and cup the individual's ankle.
7. Pulling that leg slightly away from you, remove the arm that was trapped between the person's legs.



8. Place that arm under the person's lower leg and cup your hand over the front of the person's ankle (replacing your hand that was already there).
9. Slide your free arm back so that your armpit is lightly resting on the person's thigh. Use that hand to grasp one of the legs of the chair or your other forearm (under the person's legs). Use your weight to resist the person's attempts to move their hips or to stand up.



Two Person Simple Restraining Escort: This position may start with one person and add the second or start with two. When implementing multiple person techniques, you must always first establish a lead person. In addition, you must communicate and coordinate throughout the technique and practice the techniques with your partners frequently.

1. The first person places the individual in a simple restraining escort.
2. As they call the other person in, they slide their “lead” hand over, resting the bottom of their palm at the bottom of the individual’s shoulder blade, stepping up and to the side so that the baby toe of the lead foot is placed at the outside of the heel of the individual’s foot.
3. The second person steps directly into the position described in step 2 above.
4. The first person then communicates where they will be going and when they can withdraw from the technique.



Two Person Side Assist: Follow procedures for 1 person side assist. Only maintain the hold if you can safely maintain their weight without risking back injury (incase the person in the restraint drops).

1. After the first person calls for assistance, the second person approaches aggressive person from behind on the opposite side of the back.
2. Place “lead” hand in the center of the person’s back and the other hand on the person’s critical arm.
3. Slide “lead” hand under co-workers arm and grasp the person’s forearm closest to the elbow.
4. Step to the side of the person while sliding your hand down to the top of the person’s hand. Move your hand back until you can grasp just above the person’s wrist (pushing your partner’s hand back to the forearm near the elbow).
5. Both people should now position themselves so that they are hip to hip with the person in the restraint.



Two Person Forward Assist: This technique must always be done with two persons and implemented at exactly the same time.

1. Two persons approach the individual simultaneously from the rear, assuming the modified simple escort.
2. Both persons simultaneously slide the hand in the critical arm area down and grasp the forearm just above the wrist.
3. Move the person's arm up and away from the body and place hand that is on the back, under the person's armpit, parallel to the ground (ensure that your entire hand and wrist bone is in front of the person).
4. Slide arm back so that your forearm is placed firmly under the person's armpit, remaining parallel to the ground. Close fingers into a loose fist to prevent biting. Do not bend hand at wrist.
5. Move the person's forearm up and back so that it forms an "L" at their side.
6. Step up to the side of the person and pin the person's arm against their side with your hip.
7. Cueing the other person, move forward at a quick, but safe, rate of speed.



Two Person Backward Assist: This technique must always be done with two persons and implemented at exactly the same time.

1. Two persons approach the individual simultaneously from the front, sweeping (with your “outside” arm) from the person’s midline to the outside of their body to block any punches thrown while approaching the person.
2. Simultaneously step to the outside of the person with your “outside” leg.
3. Trace your arm down their’s until you can grasp their arm just above the wrist.
4. Place your free (or “inside” arm) in the gap between the persons outstretched arm and their body, while stepping through that gap with your “inside” leg.
5. Raise your fist toward the ceiling so that the person’s armpit is resting on your bicep and your arm is in an “L” position (with your forearm pressing against the back of their shoulder).
6. Move their arm so that is wrapped diagonally across your body (like a shoulder belt in a car) and their wrist is held against your “outside” hip.
7. Holding the person tightly against your body, the lead person will give instructions on when to move forward and in which direction. Both persons assisting should lean in toward the person being escorted to avoid “wishboning.”

Two Person Lift from the Chair/Floor: This technique must always be done with two persons, and implemented at exactly the same time. Care must be taken to move the person forward first, then up in order to ensure that you are assisted by the person's forward momentum and that you are lifting with your legs and not your back. In both lifts, you will end up in the standing two person forward assist.

Two Person Lift from a Chair:

1. Two person's approach from the rear and implement modified simple escorts.
2. Each person steps forward and to the side of the individual (with their outside foot) and slides the hand down the near arm and grasps just above the person's wrist, placing their arm in an "L" position **in front** of their body.
3. Each person takes the hand off the shoulder, makes a loose fist, and places their forearm behind the person's upper back and critical arm area, angled at 45 degrees.
4. On the cue of the lead person, both people step forward (moving the person out of the chair) and then stand up, placing the person in a standing two person forward assist.



Two Person Lift from the Floor:

1. Two people enter from the rear of the individual seated on the floor and assume the modified simple escort position.
2. Each person steps forward and to the side (with their outside foot), places their inside knee at the outside of the individual's hip, and slides the hand down the near arm and grasps just above the person's wrist, placing their arm in an "L" position in front of their body.
3. Each person takes their hand off the shoulder, makes a fist, and places their forearm behind the person's upper back and critical arm area, angled at 45 degrees. Then tuck the arm back and pin it in with your hip.
4. On the cue of the lead person, both people step forward (moving the person forward) and then stand up, placing the person in a standing two person forward assist.



Cradle Assist to the Floor: Advanced floor techniques, such as this one, should only be employed when all other techniques have proven ineffective in meeting the desired clinical outcome. Always be aware that the person may immediately drop to the ground at any time during this technique. If this happens and you cannot complete the technique as written, ensure that you go to the ground with the person, bending at your knees and not the waist.

1. Place the person in a standing cradle assist.
2. Move your “lead” foot and place it behind the person’s heel so that it is perpendicular to the person’s foot (your right foot behind their left and vice versa).
3. Maintaining a firm hold on their torso, and keeping your head back to avoid head-butting, pull the person back so that they are resting on your hip (or upper thigh).
4. With your rear foot, take a large step backward.
5. Bring your forward foot back and place it next to your rear foot (the person should have moved back as well, maintaining contact with your upper thigh). Ensure that you have stepped back the full length of the person’s legs.



6. Shift your weight to your back leg and lower the person to the ground by bending your forward leg until you are resting on your knee. (At this point the side of your calf should be pressed against the person’s lower back. Your back foot should be back and pressed against the ground for balance).
7. Still maintaining a firm grip on the person’s torso, swing the knee that is on the ground around to the person’s side. Place the foot that is flat on the ground next to the other side of the person at the hip. (This will ensure that the person’s back is pressing firmly against your inner thighs).
8. Immediately straighten your torso toward the ceiling, so that the back of the person’s head is below your chin and pull the person back tightly into your chest to restrict their movement.
9. If the person attempts to plant their feet in an attempt to push you backward, lean your torso forward and extend the leg of the foot that is flat on the ground behind you to counter the resistance.

Floor Cradle to a Floor Wrap: (continuation of cradle above). Monitor the person throughout the technique to ensure that you are not restricting their breathing.

10. Once the person is securely in the floor cradle, the person implementing the hold may switch to a floor wrap by releasing the person's "bottom" arm, sliding your hand out and around the outside of the person's critical arm area, and grasping just above the wrist of the arm on top. Release the grip on the "top" arm, and grasp just above the wrist of the "bottom" arm. Once you have regained a grasp on each forearm above the wrist, there are three variations of the floor wrap:
 - A. Pull your person's arms across their body so that their right wrist is at their left hip and vice versa. Position your hands in a "knuckle bridge" at their upper thighs and lock your elbows behind their shoulders. Ensure that your chest is tight against their back and that you are avoiding head butts. Ensure that your weight is over their thighs, but not putting pressure on them.



- B. As you cross the person's arms in front of them, lock one forearm under the other and pull up and back. This should lock the person's arms so that they cannot slip down and end up with their arms crossed at their throat. Ensure that your chest is tight against their back and that you are avoiding head butts.



- C. As you cross the person's arms across their body, move the leg that is knee-down on the floor behind the person so that your leg is approximately four to six inches behind the person and perpendicular to their back. Lower your upper arm so that it is pressed tightly against the middle of their back. Pull their arms back toward their back pockets while pushing forward with your upper arm (leaning into the person). Extend your back leg back for balance and to resist the person pushing backward.



Bridge Leg Control: Always approach the person from behind or side to avoid being kicked while attempting the technique.

1. Approach the person at the hip, facing away from the person's feet.
2. Place your foot, closest to the person, approximately 1 inch from their hip to prevent stepping on the person.
3. Kneel down with the leg that is closest to the person (at the hip), leaving your other knee up for balance.
4. With your arm that is closest to the person, move it over the person's body and place your hand on the floor. (IT should be positioned next to the person's hips).
5. Slide your leg that is positioned at the person's hip, toward your outside foot and down so that your hip is touching their hip. (Make sure that you are supporting your own weight and that you are not leaning on the person). Simultaneously, drop down on your elbow with the hand that is resting on the floor.
6. Bring your free hand across and over the body and position it next to your other arm. This action will bring you onto stomach over the person's upper thighs. At this point you will be supporting your weight on your elbows and your knees.
7. Slide down the person's legs (maintaining light contact, without their legs), until your midline is over their "critical leg area" (this is lower portion of the thigh, just above their knees).
8. If the person's legs are calm, maintain a position lightly touching the critical leg area with your stomach/chest, but not placing any weight on them. If the person chooses to kick or lift their legs, require them to support your whole weight until their legs are calm again.
9. When the person is calm, remove this technique exactly in reverse of how you implemented it.
10. If the person is still at risk of escaping from this technique through the use of their legs, you may choose to cross the ankles while maintaining the leg bridge.
11. Shift your weight slightly so that you are supported mainly by the elbow and knee that is closest to the person's chest.
12. With the hand that is closest to the person's feet, cup the near leg of cross is over the far leg.
13. Turn your hand around and cup under the leg that is now under the other leg. Ensure that you keep your thumb with your fingers.
14. Place the forearm off the arm bearing your weight on the floor parallel to the person's legs to give you more balance.

Straddle Leg Control: Always approach the person from behind or side to avoid being kicked while attempting the technique.

1. Approach the person at the hip, facing away from the person's feet.
2. Place your foot, closest to the person, approximately 1 inch from their hip to prevent stepping on the person.
3. Kneel down with the leg that is closest to the person (at the critical leg area), leaving your other knee up for balance.
4. Drop the second knee and place your open palms on the top of the person's upper thighs (where there is the least amount of movement if they are kicking).
5. Keeping your thumbs next to your fingers (to avoid pinching the person) slide your hands down so that they are cupped over the person's critical leg area (palms in – fingers out).
6. Keeping your elbows slightly bent, swing one leg over the person and bring both knees in tight against the outside of the person's critical leg area (if done correctly, your thighs should be covering the back of your hands).
7. Lock your elbows and bring your palms as close together as you can. Do not put any downward pressure on the person's legs! Simply use your dead weight to resist any upward movement.
8. When the person holding the person in the floor cradle or wrap signals that the individual is calm enough to release the leg hold, unlock your elbows and move one or your knees (on the side you will be moving toward as you get off) approximately 4" to 6" to the side.
9. Swing your leg back over the person so that both of your legs are again side by side and you are facing toward the individual's head.
10. Place your outside foot on the floor, and exit forward and out of striking range.

One Person Lift to a Seated Position:

1. Approach the supine individual walking backward from their head toward their feet and place your inside foot next to their critical arm area.
2. Drop your inside knee and the back of your inside hand so they are both next to the critical arm area. Your outside knee should be off the ground.
3. Slide your inside hand down there are and use an overhand grasp just above their wrist.
4. Slide your outside hand, palm up, under the person's shoulder blade so that your fingers are barely touching the person's spine.
5. Rotate toward the person so that you are on their side looking over their body.
6. Raise the arm that you are grasping so that the individual's hand is pointing toward the ceiling.
7. Pull the person slightly forward with their outstretched arm while lifting them into a seated position with the hand under their shoulder blade.
8. Pivot toward the person and dropped your raised knee behind their far hip, raising the near knee off the ground.
9. From this position you should be able to easily transition into either a seated cradle or wrap, if necessary.

Two Person Lift to a Seated Position:

1. Both person's approach and implement the steps above.
2. Once the person is sitting, the second person assists the first (or lead) in implementing whatever procedure is called for – or safely fades back, away from the person's feet, if not needed.

2 Person Assist to the Floor:

1. Two person's approach the individual from the front, blocking any punches with their outside arms and stepping next to the person with their outside feet.
2. Each person will sweep outward with their outside arm and grasp just above the person's wrist, simultaneously moving their inside arm between the individual's body and outstretched arm.
3. Each person will move the fist of their inside arm upward toward the ceiling so that the individual's armpits are resting on their biceps (with their arms at a 90 degree angle).
4. The hands grasping the wrists will move the individual's arm diagonally, down and across their chests, so that the individual's wrists are at their hips (like a car shoulder harness), while simultaneously stepping through with their inside feet and placing their heels behind the individual's, so that they cannot step backward when lowered to the ground.
5. On a cue given by the lead, both people will step forward with their outside feet and go down on their inside knees (gently lowering the person into a seated position). It is imperative that the fists of the persons implementing the technique remain pointing toward the ceiling throughout the take down, so that the weight of the individual is borne by their legs and not their backs.

Name of Technique: TWO PERSON SEMI-EXTENDED SUPINE TORSO CONTROL

Preliminary Considerations: This is considered a very intrusive technique and should only be implemented when other techniques have proven ineffective in meeting the desired clinical outcome. In the description of the technique below, the person in the seated cradle will be the “1st person,” while the person coming into assist will be the “2nd person.” The person being restrained will be referred to as “the person.”

Description of Technique:

1. The 1st person would implement a cradle on the floor and then call for assistance.
2. The 2nd person would approach from the side in which the 1st person's leg is “UP.”
3. The 2nd person would kneel down and place their “near” hand on the ground directly behind the arm of the person being restrained. Their “far” leg should be up to assist in maintaining balance.
4. The 1st person will then let go of the person's arm that is nearest to the 2nd person and will place an open hand on the person's shoulder (to ensure that the person will not successfully push back prematurely).
5. The 1st person will then slide their hand across the person's back until it is resting behind the person's “near” shoulder. The 1st person should ensure that the inner thigh of their leg, which is “up”, is firmly pressed against the person's back.
6. The 1st person will then let go of the person's other arm, will rotate their palm upward, and bring the palm up to cup the front of the person's “near” shoulder. (This is referred to as a “shoulder sandwich”).
7. Pivoting on their knee which is down, the first person will swing their leg which is “up” open like a gate, and will lower the person to the ground. (The 1st person must ensure that they are maintaining the shoulder sandwich until the person is all the way on the ground – to keep them from slamming backward on the floor).
8. During the person's descent to the ground, the 2nd person simply leans forward, keeping their hand on the ground and maintaining contact with the outside of the person's critical arm area. (They should not attempt to assist the person to the ground in any way).
9. Once the person is on the ground (face up), both the 1st and 2nd person use their “outside” hands to “block and sweep” the person's arms down to approximately 45 degrees (so that they look like an arrow). Both should maintain a knuckle bridge just above the person's wrists – keeping the person's palms facing downward.
10. The 1st and 2nd persons should both move their “near” knees up into the person's armpits and place their near hands in a knuckle bridge in the person's critical arm areas.
11. The 1st and 2nd persons should extend their “far” legs out and back to maintain balance and move their hips over the person's hips in to prevent the person from bringing their legs up.

12. If the person cannot be maintained in a supine position, the 1st and 2nd persons may place their open palms gently on the person's shoulder, locking their elbows to prevent the person from rising up. At no time should downward pressure be placed on the person's shoulders.

13. If the person goes to bite, the 1st or 2nd person (whoever is in danger of being bitten) should slide their hand temporarily down to the person's arm and then return it to the critical arm area of shoulder.

14. If necessary, a 3rd person may be added for leg control.

15. The 1st person is responsible for determining when the person is calm. They will release the 3rd person (on the legs) first and then the 1st and 2nd persons will fade out to the sides simultaneously on the 1st person's signal.

Cautionary Notes: If the person is known to bang their head in this restraint, it is the responsibility of the 2nd person to grab a pillow before taking up their position next to the person in the cradle. The 2nd person will then place the pillow (using their outside hand) under the person's head as the 1st person brings them to the ground.



