

Los Angeles Police Department ARCON Historical Notes from Shawn Gregory 2-4-2021

Sergeant II Greg Dossey and Sergeant Steve Uhrig headed up the old Defensive Tactics Unit at the Academy. In 1991 they set out to revamp the LAPD's self-defense / arrest and control training program ([ARCON](#)) and develop a more effective and efficient training program that would allow officers to subdue a suspect with a minimal, more efficient and effect use of force applications.

They did a study which analyzed about 10+ years' worth of UOF incidents and identified that police UOF incidents followed very specific patterns of resistance and combative behavior on the part of suspects in unarmed police UOF situations. They found that the overwhelming majority of police UOF situations involved passive or mild resistance on the part of the suspects.

The remaining UOF encounters where the suspects actions were aggressive/ combative or where the suspect out right attacked the officers showed that about 90% of these situations wound up on the ground with the officer(s) fight to control the suspect.

So, over the next several years they put together the Defensive Tactics Advisory Board, made up of several martial arts experts, doctors, lawyers, professional fighters, military unarmed combat instructors, and police self-defense experts to devise a curriculum of unarmed techniques into a system that was based around addressing the 5/6 most identified patterns of police unarmed UOF incidents.

This science based approach identified that there were three major categories of force applications that needed to be developed.

1. Joint locks/come along control holds. Majority of encounters were non-combative resistance and required better/more effective trading in joint locks and control holds.
2. Stand up. Blocking, striking techniques for defense against aggressive and combative suspects.
3. Ground techniques. Which included take downs, team take downs, control holds and escapes/reversals from ground control. 90% of the time when a suspect actively attacked and officer, or officers, the situation wound up on the ground.

Additionally, it was found that officers could more effectively control larger violent suspects if the first safely took them to the ground and utilized the ground as a controlling agent to subdue the suspect.

The program was called Arrest and Control, as the ultimate aim of force applications is to control a suspect's behavior movements and safely take them into custody with the minimal amount of force. Maximum effect with minimal effort. Economy of action. The panel included both a physician and a City Attorney.

Martial artists who were consulted included the Gracie's, the Machados (Jean jack Machado), Joe Moriera, Dan Inosanto, Bennie Urquidez, Gokor Chivichyan, Gene LeBell, and [Gary Goltz](#). Not sure if Joe Lewis was on the board back in the original study. Others added over the years. The unit also trained with and provided training to the US Navy SEALs and US Marines unarmed combat/arrest and control trainers. Especially during the gulf war when there mission requires making mass arrests and they needed to modify their training include arrest/cuffing and searching techniques.

ARCON also adapted some techniques from their training programs (less lethal) into our program. Unit it also provided training to (and received training from) NYPD, Canadian RCMP, and Thai Royal police. LAPD ARCON trains and certifies numerous law enforcement agency instructors throughout the state in our program, as many of the agencies have adopted our program into their Defensive Tactics program.

And many of the instructors have trained with various martial arts experts, professional fighters, and specialized police and military trainers over the years to expand their expertise and incorporate what they learned into the LAPD's Defensive Tactics training program.

Los Angeles Police Department Training Division



ARCON Team 2005



Gary Goltz & Shawn Gregory 2006



ARCON Team 2006