



Pain Compliance **Vs** Joint Manipulation **Vs** Bodily Structure Control:

Application of These Techniques on Excited Delirium Subjects

By Ari Knazan

www.invictusleo.com

IG @invictusleo_official



*About the Author: Ari Knazan is a police officer, use of force expert and black belt in Brazilian Jiu Jitsu, Japanese Jiu Jitsu and Aikido. He has over 30 years of experience in combatives training and is the co-founder (along with Jason Rebsch) of the **Invictus Law Enforcement Jiu Jitsu Collective**- a world-wide movement striving to make Jiu Jitsu mandatory for law enforcement.*

Introduction:

If you are a police officer, you are well aware of the different *altered states* suspects and citizens can present to us while doing our job. The most common term for this state is *excited delirium*, a condition marked by paranoia, disassociation, aggressiveness, hallucination, rapid heart rate, profuse sweating, over-heating, and increased strength and/or pain tolerance. Drugs like PCP, cocaine, crystal methamphetamine or other stimulants are typically triggers for this condition. As such, physical confrontation with these subjects can lead to higher rates of injury because 'normal techniques' are ineffective on these individuals.

Law Enforcement professionals who have dealt with these situations know of the difficulty that arise when facing such people. The general public is typically unaware of the dynamics in play because they do not have any combative experience. Criticism levelled at police officers by untrained citizens is because the perception of force appears excessive. This perception exists because the public does not realize the difficulty of trying to arrest, subdue or fight a person in this type of alerted state.

This paper will briefly examine three soft level techniques: pain compliance, joint manipulation and bodily structure control and how they come into play when dealing with a person impervious to pain. This paper is simply an introduction and not an in-depth analysis of this topic.

What is Pain Compliance?

Pain compliance is any technique that produces stimulation to a subject that causes them to stop their immediate action and comply with the officer. These techniques focus on areas of the body that have clusters of nerves near the surface and the stimulation to these areas cause an 'attitude interruption' -thus making the subject stop their current course of action and focus on the pain.

What is Joint Manipulation?

Joint manipulation is any technique that applies leverage to a joint that can cause pain but also affects the structure of the human body. These techniques may have elements of pain compliance but they don't necessarily go hand in hand.

What is Bodily Structure Control?

Bodily Structure Control are techniques that work on the base, structure, and angles of the body. They do not rely on pain to achieve their goal but rather a deep understanding of how to position weight and angles in such a way that will give maximum control of a subject. This is often employed by understanding wrestling (grappling) and leverage.

I should note that the scalability of Jiu Jitsu allows a full range of techniques, from low level compliance to lethal force. For the purposes of this paper, we are only focusing on the above three examples that generally fall into the lower-level soft technique category.

Levels of Force:

Before I begin, it is necessary to explain the categories of resistance that an officer may face. The level of resistance by subjects are typically listed as compliant, passive resistance, active resistance, assaultive, and grievous bodily harm or death.

A compliant subject is a person who follows the **verbal commands** of an officer and does not offer resistance in an arrest. Verbal commands are the first tool the majority of police use when affecting an arrest. When officers give commands like “show me your hands”, “turn around”, or “place your hands behind your back”, they are gauging the level of compliance of a subject. No resistance equals no harm or use of force.

A passively resistant subject would be a person who refuses to listen to verbal commands and is not complying with an officer who is in legal execution of their duty. This may be someone who refuses to place their hands behind their back for handcuffing, does not stand or move when asked to. This is a person who is not actively pulling away or fighting but is not doing anything to allow for an arrest to take place.

An actively resistant subject would be a person who refuses to listen to verbal commands from a police officer and is trying to flee, pull away and prevent an officer from manipulating the arms into a handcuffing position. The subject will often pull their hands towards their body, tuck them under their body (when laying facedown), or pull away during an arrest.

An assaultive subject is someone who actively is not complying with an officer’s direction and is resisting arrest through violent means. This may include punching, kicking, biting, spitting or grabbing and the officer. Subjects at this level often give off pre cursors to violent behaviors like clenching of fists, a thousand-yard stare or using language like “I am going to fight”.

A subject involved in grievous bodily harm or death is actively using skills, tools or actions that would place the officer or public in immediate danger of “life or limb.” This could include using or brandishing a weapon, attempting to disarm an officer, attempting to use a vehicle to strike an officer or member of the public, or using techniques that could render an officer incapacitated (choking, ground and pound, breaking of limbs etc).



Step 1: The Problem with Pain Compliance:



Pain compliance can be a wonderful tool for a police officer that is typically employed as the *first line of offence* (after verbal communication has been exhausted) on passively or *sometimes* actively resistant subjects. Pain compliance typically works on those individuals that are not in a state of impairment. Knowing when to employ pain compliance is the *first step to its success*. Pain compliance is typically unsuccessful because the officer uses it in the wrong situation.

However, there *are levels of pain compliance* that directly correlate to the training of the officer. The majority of officers use three types of pain compliance on subjects: ear notch pressure, goose neck wrist lock (aka: come-along) or sternum rub. These moves are initially taught to officers in the police academy and are practiced on other officers in a controlled environment. The reaction from most officers, who are 'acting as the subject' when these pain compliance techniques are employed, is pain. This gives a false sense of confidence that these moves will work in the field under *highly variable circumstances*. In other words, the failure rate is very high when a police officer uses them against a fully resisting, motivated and/or psychotic subject.

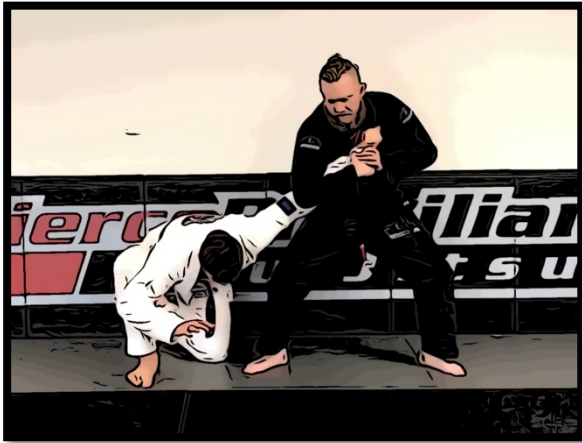
If you ask a police officer how often pain stimulation to the back of the ear works on a subject who is **affected by excited delirium**, you would get a success rate of probably under 5%. That certainly isn't a tool you'd like to rely on based on those numbers.

Officers who are trained in martial arts and have experience in pain application have a higher success rate when employing pain compliance techniques. An officer who understands and knows human anatomy, nerve cluster positions, and meridians of the body can cause a variety of pain responses in a subject. These may include knowing how to apply techniques to the mandibular angle, brachial plexus, radial or median nerves, ribs, neck or numerous other areas. But again, the success rate against someone who is in excited delirium, even by a trained officer, are typically under 20%*. Again, not a very high rate of success.

When a subject is in such an alerted state, they simply do not 'feel' the pain and thus do not react in a manner that would allow an officer to affect an arrest. All the thumb jabbing in the world won't get a hopped-up suspect into handcuffs. Furthermore, those persons who are intently focused or have martial art experience, may not be affected either. When I went through the police academy, no amount of ear stimulation was going to get me to 'show my hands' to the 'arresting officer'. The reason was because of my experience in Jiu Jitsu training. My pain tolerance was higher than the majority of officers because I was comfortable being 'uncomfortable.' An arresting officer would need to focus on breaking my structure rather than relying on pain to achieve their goal of an arrest.

As such, fighting an actively resistant subject in a state of excited delirium would not yield positive results by pain stimulation alone (including pressure points and OC spray). This can be problematic for officers who rely on pain stimulation to get compliance.

Step 2: The Problem with Joint Manipulation



Joint manipulation is a step above pain compliance and typically uses pain AND joint pressure to achieve its goal. Some joint manipulation will also affect the body structure but not always. Joint manipulation typically involves wrist locks (various forms), elbow locks (armbars/ ude gatami), shoulder locks (kimura, americana or ude garami), arm pins (Catchers position, ikkyo, ippon dori etc) or in rare cases, some leg locks (knee bars).

The problem officers face with joint manipulation is that a subject suffering from excited delirium will ignore the pressure (and pain) to the joint being manipulated. As such, the risk of damage to that joint is very real. Many officers can attest that they applied significant amounts of leverage and force to a joint only to have the subject completely ignore the technique. Officer's typically remark "I had the wrist (elbow, shoulder) completely locked out and they were still fighting. If I applied any more pressure, the joint would have simply broke- so I let go."

With the failure of pain compliance and/or joint manipulation on a subject in excited delirium, what is the next option?

Step 3: A Solution: Manipulation of Body Structure



When facing a subject who is resistant to pain compliance or joint manipulation, an officer must have another option at their disposal. This is where the understanding of body structure, anatomy and wrestling come into play. However, this requires an officer to actually take the time to train in Jiu Jitsu and wrestling in order understand and apply these techniques. Without the hours spent applying these moves on actively resistant partners, it is all academic. Jiu Jitsu allow

officers to apply moves to a resisting partner. This "real world" training is a must for cops. Too often police fall victim to never knowing how to apply a technique to a resisting opponent. Most cops first real exposure to application is in the field and on the job. This usually leads to very high failure rates in all hands-on situations.

By understanding how to grapple and wrestle, an officer can control a larger opponent with relative ease, utilizing not only pain compliance and joint manipulation, but also positional

dominance. A police officer's job, when arresting someone, will naturally lead them into hands on 'grappling range'. Therefore, knowing how to actually grapple would logically seem to be the correct course of action.

The use of the lateral (vascular) neck restraint is a tool that also can be employed when a subject needs to be immediately controlled and all lower levels of force are deemed ineffective and all higher levels of force are deemed unjustified. This of course is for departments that allow the technique. There is a trend among cities that are banning and removing numerous techniques like the VNR, mount, back mount or knee on belly for police officers. This trend limits officers to avoid the 'less lethal, middle controlled techniques' which force cops to use higher levels of force on subjects, thus leading to more injuries and unfortunately, officer involved shootings.

Conclusion:

Police officers, no matter if they train or not, are well aware of the failings of pain compliance and joint manipulation. But many refuse to do anything about it and they simply rely on tools like tasers or batons to 'get the job done' when a subject will not comply. While tools like the taser are a great addition for an officer, our goal should be to get officers to train Jiu Jitsu in order to give them MORE tools to do their job. A better trained officer is a safer officer. More training will keep both the officer and subjects safe during physical encounters. Please refer to our past studies [Why officers Don't Train](#) and [Why Jiu Jitsu is Saving Lives in Policing](#) for data on these topics. Also, stay tuned for the next article: ***The Hierarchy of Jiu Jitsu Techniques for Law Enforcement.***

Stay Safe,

And Train!

Ari Knazan

Invictus Leo Jiu Jitsu Collective

Co-Founder

IG @thearikay

Article Written: December 2020