



## BASIC HANDCUFFING MANUAL

### PALM FORWARD METHOD

#### STRAIGHT WRIST TWISTLOCK



*Maintain good tactical position, and use straight wrist twist lock to control the inmate.*

#### C-STEP



1

*C-STEP back with the foot closer to the inmate and face the inmate's side.*



2

#### NEAR HAND - CUFFING



*Keeping Straight Arm Lock on,  
Use your outside hand to apply the handcuffs.  
Pinky side of the handcuffs, applied to the inmates' thumb side of the wrist.*



# Handcuffing Techniques Manual

**SA Dillow**



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